

Families First **ANNUAL REPORT**



2012

The Families First Approach



Like you, *Families First* is part of this community. With your help, we've been empowering parents since 1988. Because of you, we reached 3,700 parents and family-serving professionals, last year, with easy-to-understand information and real-world parenting techniques based on the latest research.

All parents need help, but many parents don't have access to the resources they need. You provide free parenting workshops to low-income parents who face challenges from housing and food instability to domestic violence. Often the parents we serve are alone—many are new to the U.S.—with no where else to turn.

Families First promotes well-being by addressing the specific needs of families and children through 4 program initiatives:

- **Parents Are the First Teachers** targets parents of children between birth and age 5
- **Parenting in Public** targets families in shelter and transitional housing
- **School Success** targets parents of children in elementary school and above
- **Strengthening Our Communities** targets families in under-served geographic areas and demographic groups

This past year, 100% of parents we served reported they felt their parenting skills were increased by attending a *Families First* workshop.

Strong parenting increases the likelihood of lasting school and life success for children. Because we know all parents need help with this profoundly challenging work, *Families First* guides parents and caregivers to engage with their children in a new way, transforming uncertainty and vulnerability into knowledge and resilience, allowing families and children to reach their full potential.



Dear Friends

Your involvement with *Families First* this year supported low-income parents to build resilience in their children. Thank you. Families whose resources are limited face many challenges, but we know engaged, nurturing parenting is a key to better lives for children and healthier communities overall.

Like many children growing up in poverty, 8 year-old Darnell experiences chronic stress due to everything from hunger to neighborhood violence. Without a buffer, this could negatively affect his brain development and leave him without skills like self-control to help him stay out of trouble and focus at school.

His mom, Letitia, didn't know how to be that buffer—until she attended a *Families First* workshop offered at Darnell's school. Darnell was getting picked on because he was small for his age. Letitia learned that, as his parent, she had the power to counteract the negative messages he was getting just by showing him how special she knows he is. She began spending more time talking with Darnell and celebrating his daily accomplishments.

With her new understanding of the importance of nurturing, Letitia is helping Darnell to become resilient. He may continue to live in a stressful environment, but his mother is better prepared to help him develop into the healthy and strong young man he was meant to be.

All parents need support. You've provided free parenting workshops where parents gain the skills to raise children who can thrive even under challenging circumstances.

As we enter our 25th year, *Families First* is growing. You help us reach parents and partner

organizations with strong content and new services. Equipped with the best practices and skills we share, parents can give children bright futures and lay the foundation for a stronger community for us all.

Thank you for being such an important part of our family!

Liz Cohen, *Executive Director*

Leslie Zients Pucker, *Board Co-Chair*

Gayle Dublin, *Board Co-Chair*



Elizabeth Cohen, MPH
Executive Director



Leslie Zients Pucker
Board Co-Chair



Gayle Dublin
Board Co-Chair

PARENTS LEARN TO:

- Interact and communicate with children positively
- Understand their children's development
- Build healthy self-esteem in themselves and their children
- Connect with others parents dealing with similar challenges
- Get the answers and resources they need
- Recognize and encourage social and emotional expression in their families



Program Site Report

FISCAL YEAR JULY 1, 2011 – JUNE 30, 2012

EARLY CARE & PRESCHOOL

Boston Higher Ground, Roxbury*
Brockton Day Nursery
Cambridge Baby University
Countdown to Kindergarten, Boston
Dorchester House Multi-Service Center*
Dorchester Thrive*
East Boston Children Thrive*
East Boston Collaborative for Families
Ellis Memorial Early Education and Care, Boston
Friends Childcare, Inc., Brookline
Greater Boston Early Childhood Resource Center/Cambridge Public Library, Cambridge
Horizons for Homeless Children, Dorchester
Horizons for Homeless Children, Jamaica Plain
Horizons for Homeless Children, Roxbury
Julie's Family Learning Program, South Boston
The Kid's Place, Needham
Little People's College, New Bedford*
New Bedford Early Literacy Consortium*
Northeast Early Childhood Resource Center, Haverhill
PACE Head Start, New Bedford*
South End Thrive, Boston
Tartt's Day Care Center II, Roxbury
Tartt's Day Care Center III, Roxbury
Transportation Children's Center, Boston*
Vine Street Community Center, Boston*

**New Sites in FY12*

AFTER SCHOOL PROGRAMS

Boston Public Schools Deltas
Boys and Girls Clubs of Boston
Cambridge Community Center
Dept. of Human Service Programs, City of Cambridge*
Norfolk School Age Child Care*
Old Colony YMCA, Stoughton*
Pelham Apartments, Framingham
Pinnacle Learning, Canton*
Red Oak After School, Boston
Tenacity, Brighton
Yawkey Club of Roxbury

HOSPITALS/COMMUNITY HEALTH CENTERS

Children's Hospital Young Parents Program, Boston
Healthworks, Dorchester*

PARENT AND COMMUNITY ORGANIZATIONS

Assabet Valley Chapter of Mothers and More, Northborough
Astra Zeneca Pharmaceuticals, Waltham
The Boston Project Ministries, Dorchester*

Boston Public Library*
Cambridge Senior Center
Cape Cod Neighborhood Support Coalition, Hyannis*
Children's Services of Roxbury
Community Learning Center, Cambridge
DARE Family Services, Somerville
Evergreen Community Services, Malden
The Family Center, Somerville
Good Samaritan Fellowship Home Care, Brockton
Good Samaritan Fellowship Home Care, Dorchester
Joint Committee on Children's Health Care, Everett
LexFUN, Lexington
Massachusetts Migrant Education Program, Waltham
Medford Family Network
Middlesex Human Services Agency, Dorchester*
Morgan Memorial Goodwill Industries, Boston
MSPCC Kinnections Program, Jamaica Plain
North Suburban Child and Family Resource Network, Melrose



Open Circle Program, Wellesley*
 Plymouth Grandparents Raising Grandchildren*
 R.I.S.E.-Reaching Independence & Striving for Excellence, Framingham*
 Schwartz Center for Children, Dartmouth
 Watertown Free Public Library*
 Wellesley Mothers Forum
 Western Suburban Chapter of the Massachusetts Mothers of Twins Association, Framingham*
 Weymouth Department of Children and Families*
 YMCA of Greater Boston
 YWCA of Central MA, Worcester

SCHOOLS / EDUCATION CENTERS

Abby Kelley Foster Charter Public School, Worcester*
 Bellesini Academy, Lawrence
 Boston Public Schools Family Literacy Program
 Boston Public Schools Parent University
 Bridge Boston Charter School, Jamaica Plain*
 Brockton Public Schools
 Cambridgeport School, Cambridge
 Chelsea Public Schools
 Curley K-8 School, Jamaica Plain
 Curtis Guild Elementary School, East Boston
 Donald McKay School, East Boston
 Dorchester Academy*
 East Boston High School
 Educational Development Group-ESL Program, Boston
 Epiphany School, Dorchester
 Eugene Wright Science & Tech Academy, Chelsea
 Everett Public Schools*
 James Hennigan School, Jamaica Plain

James Otis School, East Boston
 John Holland Elementary School, Dorchester
 John J. Doran School, Fall River
 Lee Academy Pilot School, Dorchester
 Malden Public Schools – Title I
 Marshall School, Dorchester*
 Mother Caroline Academy & Education Center, Dorchester
 Randolph Public Schools*
 Roxbury Preparatory Charter School
 Trotter Elementary School, Dorchester*
 Walpole Coordinated Family & Community Engagement Program
 Warren-Prescott School, Charlestown
 William Blackstone Elementary, Boston*

TRANSITIONAL HOUSING SITES

Bethany Hill School, Framingham
 Cambridge YWCA Family Shelter
 Casa Myrna, Boston*
 Crittenton Women’s Union, South Boston
 Cross Street Family Shelter, Somerville
 Crossroads Family Shelter, East Boston
 Elizabeth Stone House, Roxbury*
 Families in Transition/Greater Boston YMCA, Boston*
 First Parish in Framingham*
 First Parish in Natick*
 Fisk United, Natick*
 Granada House, Allston
 Heading Home: Boston Family Shelter*
 Hildebrand Family Self-Help Center, Inc., Cambridge
 House of Hope and House of Hope H2O Program, Lowell
 Housing Families, Revere
 Metropolitan Boston Housing Partnerships, Boston*

Metrowest Interfaith Hospitality Network, Natick*
 Our Father’s House, Devens
 Project Hope Adult Educational Services, Roxbury
 Project Hope Family Shelter, Dorchester
 St. Ambrose Family Shelter, Dorchester
 St. Mary’s Center for Women and Children, Dorchester
 The Second Step, Newtonville
 Transition House, Cambridge

CONFERENCES

A View from All Sides, Children’s Trust Fund, Boston
 STEPPS Conference, Boston
 Young Children Without Homes Conference, Boston

**New Sites in FY12*



Selected Financial Information

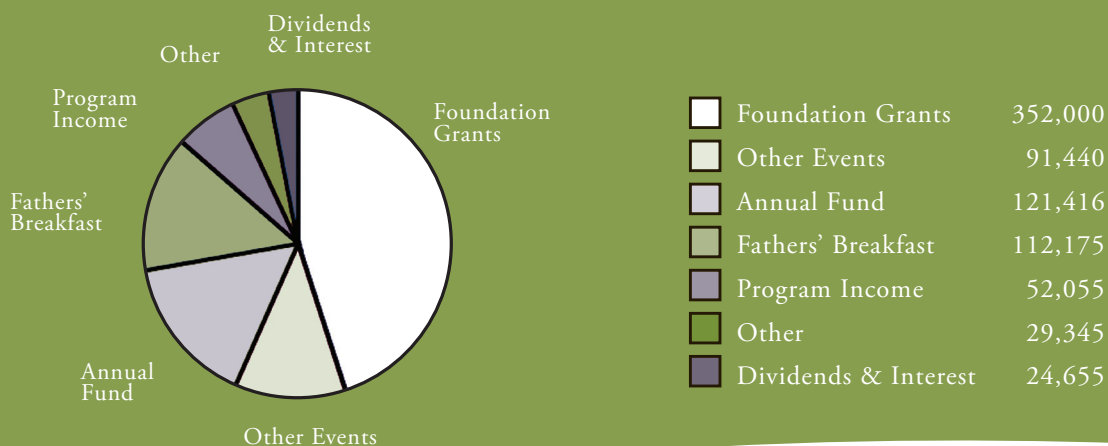
YEAR ENDING JUNE 30, 2012



STATEMENT OF ACTIVITIES

	Unrestricted	Temporarily Restricted	Permanently Restricted	Total
Operating Revenues:				
Foundation grants	\$200,000	\$152,000		\$352,000
Individual contributions	274,303			274,303
Corporate contributions	50,728			50,728
Program revenue	52,055			52,055
Interest and dividends	24,655			24,655
Investment income appropriated for operations	29,345			29,345
Net assets released from restrictions	108,520	(108,520)		
Total Operating Revenues	\$739,606	\$43,480	\$783,086	
Operating Expenses:				
Programs	\$549,427			\$549,427
General and administrative	50,874			50,874
Development	234,028			234,028
Total Operating Expenses	834,329			834,329
Changes in Net Assets from Operations	(\$94,723)	\$43,480	(\$51,243)	
Changes in Total Net Assets				
Net Assets, Beginning of Year	\$567,875	\$71,100	\$565,250	\$1,204,225
Net Assets, End of Year	\$447,949	\$114,580	\$565,250	\$1,127,779

SOURCES OF REVENUE (FY 2012)



This page represents selected financial data from the FY12 (year ending June 30, 2012) audit. Complete copies of the audited financial statements are available upon request.

Families First 2012 Family of Supporters

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JULY 1, 2011 THROUGH JUNE 30, 2012



We are deeply grateful for the generosity of all of our donors

\$75,000 +

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\$25,000-\$74,999

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\$10,000-\$24,999

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"I just could not wait to get back to my office to send this email thanking Families First for one of the best trainings we have had! ...Thank you again for being such a great resource and for responding to the professional development needs in this community."

— Homes for Families

\$1,500-\$2,499

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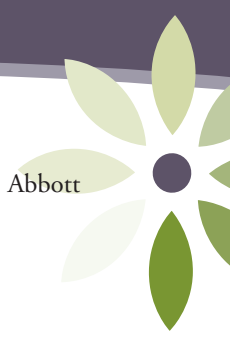
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"I learned that change is very important and the more I change for the better, my son will want to change too."

— Parent participant

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“There is a particularly effective antidote to the ill effects of early stress, and it comes not from pharmaceutical companies or early-childhood educators but from parents.”

— Paul Tough, *How Children Succeed*

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A gift in tribute is a particularly thoughtful way to celebrate a birthday, anniversary, or other joyous event, or to honor the memory of a relative or friend.

We thank all who chose to support *Families First* in this way.

Listed are people in whose honor or memory gifts were received.

IN HONOR OF

Matthew Annunziata
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IN MEMORY OF

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- Digital Bungalow
- John Dowd
- Down Under Yoga
- Gayle Dublin
- Engaging Minds
- Giragos Communications LLC
- Graze
- Inspiration Salon and Spa

"I learned better ways to approach my kids, how not to send a mixed message, and above all, how to be a better parent."

— Parent participant at The Second Step

- John Hancock Financial Services
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- The Kid's Place
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- L'Aroma Café and Bakery
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- Elliot Mael, MPG Productions
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- Mike Winkler

.....
Due to space constraints, we unfortunately can't list all of our donors in our annual report. Our deepest gratitude goes out to all of our supporters who gave gifts up to \$99 over the past year.

*Every effort has been made to ensure the accuracy of this report. If we have inadvertently made an error or omission, please notify **Families First** at 617-868-7687 ext. 24 and accept our sincere apology.*



Mission Statement

Families First Parenting Programs builds positive relationships between parents and their children by educating both families and the professionals who serve them through inspiring, hands-on workshops. Our skilled workshop leaders stand beside parents and caregivers to lead them through the crucible of child rearing by

transforming their experiences, doubts, and fears into the knowledge and confidence they need to build positive discipline, communication, and self-esteem in families. Our training for professionals enhances their ability to better support and engage families. We help communities thrive by strengthening families first.

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