What Makes Families First Unique?

Innovation
All parents need help; we work with low-income families because often they lack access to parenting resources. More than 90 partnerships with other family-serving nonprofits and schools help us reach families in need effectively. Our high-dose workshop series and other supports are strengths-based. Parents start from where they are and gain knowledge and skills that help them build family relationships that serve as the foundation for successful lives.

Research-Base
The latest research shows that the chronic stress that accompanies poverty can become toxic for children, negatively affecting their development and overall outcomes. The antidote to toxic stress is a caring adult. Families First helps parents build six protective factors known to promote well-being in families. When they do, children can become resilient and develop in a healthy way despite the stress in their environment.

Impact
Your support enabled Families First to reach more than 1,500 parents with up to 12 hours of parenting education a piece in 2013—a significant increase in hours per parent! This work benefited an estimated 3,000 children. With materials written for adults with low reading levels and translated into Spanish or Haitian Creole, and with expert facilitation by Parenting Educators rooted in communities where these languages are spoken, we are able to serve parents others find hard to reach.

Throughout this report, you’ll learn about Families First’s impact—by the numbers.

3,000 children benefitted
Dear Friends

Your support of Families First in 2013 was tremendous. On behalf of the 1,500 families you helped us reach and our more than 90 nonprofit partners, we are deeply grateful for your investment in the critical work of supporting families. Your generous contributions built capacity in preparation for growth so that, in the coming years, we can serve many more families in need.

This year you helped expand our Outreach & Education department staff and our skilled group of Parenting Educators. With this new expertise and the unflagging energy of a great team, we’re providing parents with the best possible supports. That has meant revitalizing our curriculum and infusing it with the latest thinking on parenting through perplexing new 21st century challenges.

Born out of Wheelock College, Families First has always been a learning organization. The research is clear that parents are key to children’s healthy development, that more parenting education is better, and that if we support parents to have more productive relationships with their children’s schools and child-care providers, kids will do better emotionally and academically.

Your support has increased our impact by enabling a crucial shift to offering nearly all of our workshops in series. We’ve also developed new capacity in the exciting area of family engagement. Working with schools and the parents they serve over 6 – 12 months, we are promoting the true, two-way partnerships that help both teachers and parents do their jobs better, and ultimately improve children’s school achievement.

As you know well, parenting is challenging for everyone. Through your contribution for high-quality workshop series and other services, you are supporting low-income families who would otherwise have nowhere to turn for help. You are empowering the parents we serve to give their children a stronger foundation, and strengthening our community as well. Thank you.

Sincerely,

Liz, Jen and Gayle

Board Co-Chairs Jen Kordell and Gayle Dublin with Executive Director Liz Cohen (center).
Sylvia’s Past and America’s Future

When Sylvia was young, her mother was addicted to drugs and wasn’t there for her. For many years, no one was. Sylvia spent much of her young life with a series of foster families. One foster mother yelled at her for the smallest things, like not rinsing cans before putting them in the recycling. She was scared by the people she relied on for care. Sylvia describes her experience as unimaginable, and by age 12, she was depressed, engaging in self-destructive behaviors, and flunking out of school.

When she ran away to live with her uncle, she finally found people who nurtured and helped her. With hard work and determination, she fought her way back—she finished her education and got a good job.

When her daughter America, now 3, came into her life, Sylvia knew she wanted to be a different parent than any she’d had, so again she sought out help. She found Higher Ground in Roxbury and began attending its Parenting Circle program led by Families First.

Because of you, Families First has given her support and structure and a community of other moms and dads who are also trying to be good parents.

From Families First, Sylvia has learned how to listen to her daughter, how to praise and encourage her, and how to discipline without yelling—without scaring her. She has learned how to be the role model that she never had herself. Sylvia has learned to be there for America.

Your support helps moms like Sylvia break the cycle of poverty, addiction, and abuse, so their children will have bright futures. Thank you.
## Selected Financial Information

**YEAR ENDING JUNE 30, 2013**

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### Statement of Activities

<table>
<thead>
<tr>
<th>Source of Revenue</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Operating Revenues:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Foundation grants</td>
<td>$333,171</td>
<td>$114,264</td>
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<td>$447,435</td>
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<tr>
<td>Individual contributions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corporate contributions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program revenue</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In-kind donations</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interest and dividends</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Investment income appropriated for operations</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net assets released from restrictions</td>
<td>95,580</td>
<td></td>
<td>(95,580)</td>
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<tr>
<td><strong>Total Operating Revenues</strong></td>
<td>$1,018,170</td>
<td></td>
<td>$18,684</td>
<td>$1,036,854</td>
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<td><strong>Operating Expenses:</strong></td>
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<td>Programs</td>
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<td>$711,938</td>
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<td>General and administrative</td>
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<tr>
<td>Development</td>
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<tr>
<td><strong>Total Operating Expenses</strong></td>
<td>$976,884</td>
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<td>$976,884</td>
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<tr>
<td><strong>Changes in Net Assets from Operations</strong></td>
<td>$41,286</td>
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<td>$18,684</td>
<td>$59,970</td>
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### Changes in Total Net Assets

<table>
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<tr>
<th></th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Net Assets, Beginning of Year</td>
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<td>$114,580</td>
<td>$565,250</td>
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<td>Net Assets, End of Year</td>
<td>$540,743</td>
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<td>$133,264</td>
<td>$565,250</td>
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</tbody>
</table>

### Sources of Revenue (FY 2013)

- **Foundation Grants**: 447,435
- **Major Donors/Corp.**: 243,250
- **In-Kind Donations**: 105,450
- **Board**: 76,825
- **Friends**: 52,950
- **Earned Income**: 56,944
- **Investment Income**: 54,000

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This page represents selected financial data from the FY13 (year ending June 30, 2013) audit. Complete copies of the audited financial statements are available upon request.
EARLY CARE & PRESCHOOL
Baby University, Cambridge
Boston Higher Ground, Roxbury
Brockton Day Nursery
Dorchester House Multi-Service Center: Fields Corner Children Thrive Initiative
East Boston Social Centers
Greater Boston Early Childhood Resource Center, Cambridge
Norwood Public Schools-Coordinated Family & Community Engagement Program
Old Colony YMCA Childcare-Striar Branch, Stoughton
PACE Head Start, New Bedford
Schwartz Center for Children, Dartmouth
Tartt’s Day Care Centers, Inc.
Viet-AID, Au Co Preschool, Dorchester*
Walpole Coordinated Family & Community Engagement Program
World of Wonder Preschool, Woburn

AFTER SCHOOL PROGRAMES
Cambridge Housing Authority*
Pelham Apartments, Framingham

PARENT AND COMMUNITY ORGANIZATIONS
Cambridge Community Center
Cambridge Police Department*
Cambridge Senior Center
Camp Harborview, Roxbury*
Child Care Resource Center, Cambridge
Children’s Services of Roxbury
Community Connections of Brockton*
Community Service Center, Jamaica Plain*
Dare Family Services, Somerville
Educational Development Group, Boston
Evergreen Community Services, Malden
Good Samaritan Fellowship Home Care, Brockton
Haitian American Public Health Initiative, Mattapan
Home for Little Wanderers, Jamaica Plain*
Julie’s Family Learning Program, South Boston
Lynn Community Connections*
Lynn DCF Grandparent Support Group*
Malden Family Network*
Medford Family Network
Morgan Memorial Goodwill Industries, Boston
MSPCC Kinnections, Jamaica Plain
Nazarean Haitian Church, Malden*
North Suburban Child & Family Resource Network, Stoneham
PACE Child Care Works, New Bedford
Parent Placentin, Randolph
Roxbury Youthworks
Sion Seventh Day Adventist Church, Somerville
United South End Settlements, Boston
Weymouth DCF Grandparents Group

*New Sites in FY13

88% of our workshops were provided in series
SCHOOLS / EDUCATION CENTERS

Bellesini Academy, Lawrence
Bentley Elementary School, Salem*
William Blackstone School, Boston*
Boston Public Schools Parent University
Bridge Boston Charter School, Jamaica Plain
Brockton Parents’ Academy
Cambridge Rindge & Latin School*
Cambridgeport School
Curley K-8 School, Jamaica Plain
English High School, Boston*
Epiphany School, Dorchester
Curtis Guild Elementary, East Boston
Nathan Hale Elementary School, Roxbury*
James Hennigan School, Jamaica Plain
John F. Kennedy Elementary School, Jamaica Plain*

Lee Academy Pilot School, Dorchester
Marshall School, Dorchester
Donald McKay School, East Boston
Mother Caroline Academy & Education Center, Dorchester
James Otis School, East Boston
Randolph Public Schools
Warren-Prescott School, Charlestown
Wheelock College Aspire Institute-Boston Family Engagement Partnership*
Young Achievers School, Mattapan

TRANSITIONAL HOUSING SITES

Auntie Nat’s Village, Roxbury*
Bethany Hill School, Framingham
Cambridge YWCA Family Shelter
Coordinated Family & Community Engagement of Brockton
Crittenton Women’s Union, South Boston

Crossroads Family Shelter, East Boston
Elizabeth Stone House, Roxbury
Family Promise Metrowest, Natick*
Granada House, Allston
Heading Home, Boston Family Shelter
Homes for Families, Boston*
House of Hope, Lowell
Metropolitan Boston Housing Partnership
Project Hope Family Shelter, Dorchester
St. Ambrose Family Shelter, Dorchester
The Second Step, Newtonville
Transition House, Cambridge
Transitions at Devens*

CONFERENCES

A View from All Sides, Boston

*New Sites in FY13
We are deeply grateful for the generosity of all of our donors

$100,000 +
Anonymous

$65,000-$99,000
The Charles Engelhard Foundation
The TripAdvisor Charitable Foundation

$20,000-$64,999
Bain Capital Children’s Charity Ltd.
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Cabot Family Charitable Trust
Amelia Peabody Foundation

$10,000-$19,999
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1,500 parents participated in workshop series
Families First Supporters (continued)

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Pamela Zients
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**

Melora Balson  
Linda Braun  
Mike Buckley  
Liz Cohen  
Sonia Ettinger  
Mark Feinstein  
Rachel Kalvert  
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Margaret & Jim Wade

**IN MEMORY OF**

Peter Cerutti, Jr.  
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Helen Santagata  
Joseph and Ethel Santagata

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Meryl Kessler  
Ken and Leslie Pucker  
Mr. Sid  
Quinn Popcorn  
Marcy Goldberg Sacks  
SkyWorld Interactive, Inc.  
Paul Tough

94% of participants agree or strongly agree that they understand child development

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.
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Julia DeVoy
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Nancy Hill
Robert Holmes
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Molly Stearns
Judith Sydney
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Susan O’Connor, Honorary

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