



OAKLAND OFFICE

1727 Martin Luther King Jr. Way, Ste 109
Oakland, CA 94612
Phone: 510.893.9230

HAYWARD OFFICE

22320 Foothill Blvd., Ste 400
Hayward, CA 94541
Phone: 510.893.9230

Dear Friend of Family Paths,

As we end another calendar year, I want to appreciate your commitment to supporting Family Paths, especially at this time. It is with sincere gratitude that I share with you some of the life changing successes that your continued support has made possible:

“I have learned that I have to regulate myself before I can help my children regulate. I have learned to take 2 minutes before responding so that I don't respond the way my mother responded to me.”
~ Mother of 2

“My parents were cruel to me and now I see that there are other ways to raise children. I have learned how to treat them so that they can have a good life.”
~ Father of 6

Feedback like this motivates us every day to continue to provide spaces for families to tap into their inner resources and find ways to create stronger families, reduce the risk of child abuse, and heal from past traumas. Your continued and deepening financial gifts enable us to do that by:

- ❖ Providing parents with knowledge of child development and practical tools to help their children learn and grow.
- ❖ Being available when stressed parents need someone to talk to about the everyday challenges of parenthood.
- ❖ Connecting families to resources in their community where they can get their basic needs met.
- ❖ Providing safe spaces where parents can connect with other parents to learn from each other.
- ❖ Teaching children and their caregivers' ways to express their feelings and manage stress.

As you know, with your ongoing generous partnership, more local families and children can have these life changing experiences through their work with Family Paths. This year, I invite you to make an even deeper impact by increasing your gift to a level that is comfortable for you, while allowing us to make a more significant impact overall. In doing so, you'll be a greater part of the healing moving our community forward breaking the negative cycles of the past and making an integral difference in creating a **good life** for the children and families of Alameda County today and in the future.

I thank you for your generosity and wish you and your family a safe, happy and healthy new year.

Barbra Silver, Executive Director

Lyman Hollins, Board President

PS. To best meet your needs, kindly reply with your preferences for future contact by taking our 5 Minute Survey at <https://bit.ly/2CLwB6B> or by email/phone to mschindler@familypaths.org /510.893.9230 X243.

Parent Support & Resource Hotline: 800.829.3777 ♦ www.familypaths.org ♦ info@familypaths.org