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Dear Family Paths' Leadership Circle and Legacy Donor,

As we end another calendar year, I invite you to take a look at our Annual Report and see for yourselves the impact your generosity has helped us to achieve. Thank you for partnering with Family Paths this past year! It is with sincere gratitude that I share with you some of the life changing successes that your 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 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.

With your generous contribution, more families and children can have these life changing experiences through their work with Family Paths. Consider the effect your support has had and imagine what we could do together if you increase your level of giving. We hope you'll continue to be part of the healing moving our community forward by determining your top or next level of impact. By deepening what you can offer this year, you'll be breaking more 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