



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 Recent Family Paths Supporter and New Donor,

Welcome! We know there are many options for charitable giving and deeply appreciate your choosing Family Paths, now more than ever.

As we end another calendar year, it is with sincere gratitude that I'd like to share with you some life changing successes, made possible by your support:

“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. We do that 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 financial contribution today, more families and children can have these life changing experiences through their work with Family Paths. I invite you to continue to be part of the healing that will move our community forward by breaking the negative cycles of the past and 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