

# HIGHLIGHTS FOR FRIENDS OF FAMILY & CHILDREN SERVICES

Strengthening individuals.  
Strengthening families.  
Strengthening communities.



## SUPPORTING CHILDREN AND FAMILIES THROUGH TRANSITIONS



The colorful crayon drawing seems to portray a happy scene. The sun is shining vibrantly overhead, the grass is healthy and green, and the sky is clear of clouds. Father and son stick figures smile together as the father looks at his son's report card. Baby sister sits to the side, also smiling.

Ask the nine-year-old child to describe his drawing and the scene becomes less happy. The type of event captured in crayon no longer occurs. Dad now lives in a different state, having been transferred there for his job. For the child, James\*, this is a radical life transition. Although he has not lived with his father for two years, since his parents' divorce, his father had lived nearby, and remained an active presence in his children's lives. James could often find his father in the crowd at soccer games, and they often spent at least one weekend day together.

His father had always encouraged him to study, pay attention in school, and do well. At every visit, his father would ask James to share something with him that he had learned. When he received his report card, he looked forward to showing it to his father, who would then allow James to plan a

special activity for them to do together. His father phoned now, but it was not enough.

*"When school started, I didn't want to study or listen to my teacher. I missed my dad. School was not as fun without telling him about it," said James.*

At a parent-teacher conference, James's teacher expressed her concern about James's declining grades and lack of attention in class.

"I was surprised," said James's mother. "James had always been such a good, attentive student. Even during the divorce, he was good and easy-going and remained enthusiastic about going to school. Talking with the teacher made it clear that this was more than a phase and I needed to do something to get him reengaged and happier again."

*(continued on page 5)*



*Young clients in our San Jose office, 1980s.*

## LETTER FROM THE PRESIDENT & CEO

### Dear Friends of Family & Children Services,

“To assist individuals and families in developing the capacity and opportunity to lead satisfactory and socially useful lives, such assistance to be through individualized counsel and advice, through the formulation of plans for effective use by families and individuals of their material, emotional and psychological resources and through such means as may tend to secure the foregoing.”

This clipping from *The Palo Alto Times*’ February 4, 1950 edition describes the founding purpose of the Palo Alto office of Family & Children Services. A lot has changed since 1950, yet core human needs remain strikingly similar. The founding agency of Family & Children Services in San Jose began services in order to help address the mental health needs of World War II veterans and their families, a need we know from news reports or from the personal experiences of families and friends is a significant area of challenge today.

As Family & Children Services celebrates the beginning of our seventh decade of service to the Silicon Valley community, we are humbled and inspired by the number of individuals who have contributed to our longevity as founders, staff, volunteers, donors, and visionaries.

In 1951, the editorial page of *The San Jose Mercury News* told the community: “Because of the success of this agency, the entire community has benefitted financially far more than the dollars and cents cost of the operation.” It is our commitment in 2008 and for years to come to be worthy of this praise.

I look forward to sharing with you in our next issue the outcomes of our strategic planning process. Reaching 60 years is only one part of our celebration. We are going to show you how it matters that Family & Children Services will here for the next 60.

In partnership,

James J. Welsh, MSW  
President & CEO

*Our mission is to  
build strong, safe,  
and self-sufficient  
individuals,  
families, and  
communities.*



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## NEWS & VIEWS

### WELCOME NEW BOARD MEMBERS!

We are delighted to introduce three new members of our Board of Directors. **Marianne Austin**, MBA, JD, an investment consultant for the U.C. Riverside Foundation and other institutions. Marianne has served on the Finance and Administration Committee of the United Way Silicon Valley and as co-president of the Castilleja School Association.

**Marilyn Nagel**, MPA, is Director of Diversity and Inclusion at Cisco Systems. Her career has focused on leadership and organizational development and communications. Marilyn's expertise has allowed the board to create a Human Resources Committee, of which Marilyn is serving as Chair.

**Sharon Nelson-Barber**, Ed.D., has served on the board's Program Committee for several years, including during her prior tenure on the Board of Directors. As Director of the Center for the Study of Culture & Language in Education at WestEd and a lecturer at Stanford University, Sharon has studied, researched, and taught about the impact of culture and language on academic achievement.

### HONORING AN F&CS VOLUNTEER

In November, Barbara Glynn, nominated



*John, Barbara, and David Glynn at the award luncheon.*

by Family & Children Services, was honored as a Distinguished Volunteer Fundraiser at the National Philanthropy Luncheon of the Association of Fundraising Professionals Silicon Valley. Barbara serves on the agency's Advisory Board and Development & Marketing Committee and founded the Circle of Support Breakfast (see page 4). It was the agency's pleasure to see Barbara honored for her philanthropic and volunteer service.

## F&CS IN THE COMMUNITY

### SCHOOL-BASED COUNSELING GROWS

We are excited to announce new counseling services being offered for students of **East Palo Alto Charter School** and their families. Grants from the **Junior League of Palo Alto Mid-Peninsula**, the **Palo Alto Community Fund**, and the **David B. and Edward C. Goodstein Foundation** are making these services possible at no cost to the families or the school.

### PROVIDING NEEDED FINANCIAL EDUCATION



*Jim Dale presents Cesar Anda with the Family Advocate Award.*

For National Family Week, our Ways to Work Family Loan Program presented a free financial education event. Funded through a grant from the Annie E. Casey Foundation, the evening featured workshops by Lenders for Community Development, Catholic Charities of Santa Clara County, America Saves, and F&CS's Ways to Work. **Cesar**

**Anda** of Assemblymember Joe Coto's office received the 2008 Family Advocate Award. (Our Ways to Work Family Loan Program was featured on CBS 5 News in April for its role in helping the "credit challenged" improve their credit scores and their finances.)

### MEN'S OUTREACH PROJECT PROMOTING HEALTHY RELATIONSHIPS

**Grants from the Fatherhood Collaborative of San Mateo County** and the **Rotary Club of Palo Alto** are funding an expansion of outreach and support services to fathers and partners in east Menlo Park, East Palo Alto, and Palo Alto. This work is part of the agency's Positive Solutions program, which has been working to prevent and reduce family violence and abuse for more than 16 years. For information, please call 650-326-6576.

### ADDRESSING MENTAL HEALTH NEEDS IN SUNNYVALE

We are delighted to be a continuing part of the health and human services provided at the **Columbia Neighborhood Center** by the City of Sunnyvale. Our bilingual therapist assists children and families with issues related to cultural assimilation and integration, anger management, social and peer pressures, academic struggles, and healthy relationships. One client, "Susannah," was referred for counseling services following the death of her mother. As Susannah began to transition into adolescence, she missed her mother's guidance and support acutely. Our therapist referred Susannah to Kara, where Susannah would meet peers dealing with similar feelings and issues, and worked with Friends for Youth to find a mentor for Susannah who could transport her to and from the meetings. She continues to receive one-to-one counseling from her Family & Children Services' therapist just blocks from her home.

# ANNUAL CIRCLE OF SUPPORT BREAKFAST

Fundraising events at their best are enjoyable, meaningful, and financially successful. Thanks to the dedicated work of the 2008 Circle of Support Committee, led by co-chairs **Susan Friedman** and **Marianne Palefsky**, the fifth annual breakfast was all of these things and more. It was also record-setting, with a packed ballroom of close to 450 guests.

The morning began with a tribute to **Susan Ford Dorsey**, who as president of the Sand Hill Foundation has been a local leader in advancing philanthropy. Susan spoke of the contributions of her children as volunteers and founders of community-based initiatives and of our shared humanity. Heads nodded in agreement as she said, "To help not only

those you know and love, but to help people you don't even know. If we are lucky in life, we will have multiple moments of being touched by such humanity."

**Firoozeh Dumas**, local author and the event's keynote speaker, continued this theme, explaining that "families are families." She noted that readers of her first book, *Funny In Farsi*, have found similarities to their own friends and relatives in her tales of her Iranian family. This has proven to her that we are more alike than we are different.

Thank you to the following generous underwriters and table sponsors for contributing to the event's success!



*Susan Ford Dorsey is congratulated on her philanthropic work.*



*Event Co-Chair Marianne Palefsky (left) with Firoozeh Dumas and committee member Barbara Jones.*



*F&CS Board Chair Lynette Mandal with event Co-Chair Susan Friedman.*

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## ENDOW THE FUTURE OF FAMILY & CHILDREN SERVICES

We have been helping individuals, couples, and families for sixty years. Please help to ensure the next sixty years of meeting the emotional needs of the most vulnerable in our community. Your investment in our Endowment Fund makes certain our high-impact initiatives will allow our clients to reach their full potential.

**Supporting Youth in Transition:** Life skills preparation for youth aging out of foster care

**Investing in School-Based Services:** Therapists on-site at childcare centers helping young children with early emotional and behavioral disorders

**Ensuring Emotional Health and Preventing Family Violence:** Individual, couples, and family counseling to help clients through loss, depression, mental illness, and divorce.

Planned gifts demonstrate a lasting commitment to the health of our community. We are proud to announce the establishment of the *Family & Children Services Legacy Circle*, created to honor those who leave a legacy gift through their will or trust. If Family & Children Services is already named in your estate plans, please let us know so we can say thank you now for your future gifts.

**For more information,** please call our Development Department at 650-326-6576.

## SUPPORTING CHILDREN AND FAMILIES *(continued from page 1)*

James's teacher suggested that she call Family & Children Services. The location would be convenient for her, and the teacher knew that the agency offered both individual and family counseling. When James's mother called and spoke with the intake coordinator, she was shocked to learn that James was eligible for up to 24 free counseling sessions. These sessions are available to students living in Santa Clara County who are between the ages of 7 and 17.

"I'd been concerned about what it might cost to have help for James, and the free sessions helped a lot. When he began attending sessions and I met his therapist, I knew we were getting excellent quality as well" said James's mother.

*"My counselor and I talked about how it felt to have my dad far away," said James. "I drew sometimes, instead of talking, because I like to draw and it helped me explain."*

"Counseling helped James so much. He is happier again. He is listening to his teacher and learning. I have learned more about how to support him. That has included increasing the involvement of James's uncles and some family friends in James's life. They cannot replace his father, but they are enriching his life," said his mother.

*\*Names have been changed to protect client confidentiality.*

**FAMILY & CHILDREN SERVICES** has provided counseling services to the community for 60 years. It is at the heart of our work and of our approach to building strong, safe, and self-sufficient individuals, families, and communities. Our professional therapists support children, youth, adults, and families in working through a variety of issues, ranging from short-term needs to long-term treatment for depression and mental illness.

The support of foundations, including the **Sand Hill Foundation**, the **Altos Foundation**, and **Silicon Valley Community Foundation**, as well as generous individuals, allows Family & Children Services to offer these high quality counseling services to individuals and families who are uninsured or underinsured.

*Child using sand tray therapy to express herself.*





*Thao Nguyen shares tips on tea with event guests.*

## THANK YOU

### TO OUR COMMUNITY BUSINESS SUPPORTERS

The business community continues to help strengthen Family & Children Services' resources to serve clients. We would like to acknowledge three local stores and one international business who have made a difference in recent months.

In October, **Bloomingdale's at Stanford Shopping Center** presented its annual event, The Shopping Benefit. Family & Children Services was one of the beneficiaries of the day, which was co-presented by the San Francisco and Stanford stores. We would like to thank the leadership and sales associates of the Stanford store for their gracious hospitality and commitment to our community.

We would like to recognize and thank **Tea Time** and **Bulgari Fragrances** for participating in our tea party during the Benefit. Thao Nguyen of Tea Time, located on Ramona Street in Palo Alto, shared advice on selecting and preparing tea and answered questions, while leading guests in a tea tasting. Representatives from Bulgari Fragrances spoke about tea notes in their fragrances and advised guests on wearing scents.

Thank you to all of our friends and supporters who brought their tickets to the store for the benefit day, and helped to raise valuable funds to support our services.

We enjoy a year-round partnership with **Kepler's Books & Magazines** in Menlo Park. As a Community Partner, Family & Children Services receives a percentage of the sales for each customer who names the agency at the register. We would like to thank Kepler's for its support. Please remember the agency next time you shop at Kepler's for your book, magazine, and gift needs.

## PARTNERS MAKING A DIFFERENCE

Contributions from individuals, organizations, companies, and foundations allow the agency to provide our range of services to individuals and families in need, as well as to develop new programs and services to meet emerging needs that align with our mission.

Here are just a few of the ways that donations are making a difference in our community:

**Valle Monte League** held its 40th annual Christmas Tree Elegance event at the beginning of the 2007 holiday season. Proceeds from the week-long event, which featured fashion shows, a children's party, and a gala, provide critical funding for our services for children, youth, adults, and families in the South Bay. We congratulate the all-volunteer Valle Monte League on another outstanding event!

The **Harvard Business School Association** of Northern California has awarded our President & CEO Jim Welsh a full scholarship to attend Harvard Business School's Strategic Perspectives in Nonprofit Management program this summer. In addition to learning from faculty and peers, Jim will be sharing lessons learned from volunteers, provided through a Service Grant from the **Taproot Foundation**, who are working with the agency to develop a strategic scorecard.

A grant from **Kaiser Permanente Santa Clara** is supporting a series of health workshops for youth in our Independent Living Program who are preparing to exit the foster care system. This expanded curriculum addresses targeted informational needs identified by program staff working closely with the youth.

The **Safeway Foundation** has provided valuable support to our Families and Schools Together (FAST) program offered to families in the Franklin-McKinley School District of San Jose, while **Target** has supported our efforts to reduce family violence and abuse.

We thank individuals who gave through their workplace giving campaigns, including the **United Way Silicon Valley** campaign.

Employees at **Novellus Systems** and **The Olive Garden** (Palo Alto) helped to make the holidays brighter for families we serve by donating gifts that fulfilled children's and parents' wishes.

We also thank **Sorenson Communications** and **Cookies By Design** for their donations to a special holiday party for children who are Deaf or Hard of Hearing and their families.

# DONOR APPRECIATION

Family & Children Services extends appreciation and thanks to the generous donors whose support makes it possible for our clients to grow stronger, safer, and more self-sufficient. We are proud to acknowledge the individuals, foundations, and corporations who invested in our community between August 1, 2007 and May 15, 2008 at the \$1,000 level and above or through memorial, honorarium, and in-kind gifts. We regret the omission or incorrect listing of any names, and thank all of our donors, providing gifts of all sizes, for being part of our work.

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## CIRCLE OF SUPPORT BREAKFAST 2008

Check inside for event photos and coverage. This year set records!



### *Endow the Future of Family & Children Services!*

*Inside we talk about our initiatives for building strength, safety, and self-sufficiency. You can help!*

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## FAMILY & CHILDREN SERVICES

**Family & Children Services** annually provides health and human services to approximately 8,000 children, teens, and adults in San Mateo and Santa Clara counties. Through our range of services, we build strong, safe, and self-sufficient individuals, families, and communities. Please visit our web site to learn more: [www.fcservices.org](http://www.fcservices.org).



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