



FAMILY & CHILDREN SERVICES

GUIDING YOUTH THROUGH THE CHALLENGES OF GROWING UP

Adolescence can be a challenging time for many students. For Ana*, everything felt wrong and she feared this was just the beginning.

The eighth-grader reached out for help, requesting to meet with the Family & Children Services' therapist placed at her school.

Ana told her therapist that she often felt depressed and alone. She needed to vent her anger and frustrations, her sadness and confusion. She worried that, without a safe outlet, she would lose her self-control and start fights. She knew that would create more problems and leave her more alone.

** Names changed to protect privacy.*



During weekly sessions, Ana shared whatever was bothering her, grateful not to be judged.

She revealed feeling great stress due to her family's financial difficulties. This was compounded by the loss of her closest friend who had moved away and stopped responding to Ana's texts or emails. Hurt and confused, Ana had withdrawn from everyone.

Through counseling, Ana gained insight into her feelings, relationships, and reactions to situations. She began to talk with her classmates again and reconnected with a trusted aunt. She was excited to share that she was making friends.

Thanks to the support of our donors, we were able to be there with free, professional counseling services when Ana needed a caring adult and a safe place.

At the end of the school year, Ana was optimistic about starting high school in the fall.

"When I feel stressed, I'll remember what you taught me," she said. "And I'll remember to get help when I need it!"

INTRODUCING OUR NEW CEO: MEET DIANA NEIMAN

In May, Diana Neiman became our new Chief Executive Officer. Diana joined our agency last November as our Chief Financial Officer.



Diana has more than 30 years of management experience from a corporate career in finance, IT, and strategic planning at Applied Materials, Sun Microsystems, and Apple.

Diana gained her experience in nonprofits as a founding board member of Bullis Charter School in Los Altos.

"I was impressed to learn just how many critical issues affecting individuals and families are addressed by Family & Children Services," says Diana. "I am honored to work with people who are making such a difference in our local community."

A message from Diana:

While state and county budgets for social services have been cut dramatically, demand for our services has increased greatly as the continuing economic downturn takes its toll on our community.

We simply could not do the work we do without the financial support we receive from our generous donors and the time and talent invested by our dedicated volunteers.

We are adding ways for you to connect with us and our work. I hope you find one of interest. Together we can make a difference in so many ways.

Our Mission: To build strong, safe, and self-sufficient individuals, families, and communities.

Contact Us

650-326-6576 | 375 Cambridge Avenue, Palo Alto, CA 94306
408-292-9353 | 950 West Julian Street, San José, CA 95126
2226 N. First Street, San Jose, CA 95131
Sobrato House, 496 S. 3rd Street, San Jose, CA 95112
LGBTQ Youth Space, Billy DeFrank LGBT Center, 938 The Alameda, San Jose, CA 95126
Videophone: 408-899-5207 (Deaf/Hard-of-Hearing)

www.fcservices.org

Questions, Mailing Updates, Development Department: info@fcservices.org, 650-543-5423

Connect with us!

Find program updates, event happenings, and timely news—and share your thoughts with us! Links from www.fcservices.org.



SPECIAL EVENTS RAISE FUNDS FOR ESSENTIAL SERVICES CIRCLE OF SUPPORT BREAKFAST & CHARITY GOLF CLASSIC

Thanks to more than 20 volunteer committee members and hundreds of donors, this May's special events raised more than \$130,000 to expand our circle of support for children, teens, and adults in our community.

On May 5, the Circle of Support Committee, co-chaired by Barbara Jones and Adrienne Ortega, presented the 8th Annual Circle of Support Breakfast.

Bestselling author **Ayelet Waldman** shared her experience living and parenting with bipolar disorder. Honoree **Victor G. Carrion, M.D.**, spoke of the importance of providing an environment in which children feel safe and nurtured.

On May 16, golfers braved gray skies for a fun-filled 2nd Annual Family & Children Services Charity Golf Classic.

Chaired by Alice Nuzzo, the tournament was held at the Los Altos Golf & Country Club.

We were honored to have **former NFL players** Anthony Bell, Frank Nunley, Milt McColl, and Allan Kennedy participate.

A few golfers came close, yet no one drove home the hole-in-one prize: a 2011 Jaguar XF from **San Jose British Motors**.



Left: Honoree Dr. Victor G. Carrion, Speaker Ayelet Waldman, and Board Chair Jim Ochsner at this spring's Circle of Support Breakfast.

From left: Anthony Bell, David Beronio, Jess Gutierrez, and Jonathan Willyerd at the Golf

A SPECIAL THANKS TO OUR EVENT SPONSORS!

Circle of Support Breakfast

John A. and Cynthia Fry Gunn



Barbara and John Glynn

Susan & Bill Friedman

Barbara E. Jones

Tasneem Ismailji & Bala Manian

Anonymous, Michael & Christine Curry, Minnette Diamond, Dottie & Ledger Free, Joyce Friedman, Jaynie & William Kind, Alice & Richard Nuzzo

Family & Children Services Charity Golf Classic



NEWS & NOTES

We are delighted to welcome two new members to our Board of Directors: **Dana Shelley**, Director of Budget Planning and Policy Analysis in the University Budget Office of Stanford, and **Ian Nasman**, a Senior Manager in the Audit group at Deloitte.

Thank you to the many donors who helped us meet the \$45,000 Challenge given to us by the **Sobrato Family Foundation!**

At the end of September, we will celebrate the grand opening of The Hub, an innovative, **youth-led community center** for current and former foster youth. More news to come on this exciting endeavor!

Going shopping? We are a beneficiary of the Nickels for Nonprofits Program at **Whole Foods Market Palo Alto** through September 25. Please bring your own bags when you shop!

Year-round, you can support our work when shopping at **Kepler's Books**. Simply mention Family & Children Services at the register, or shop online from our page.

Save the date! **Valle Monte League's 44th annual Christmas Tree Elegance: December 1-2, San Jose.** Proceeds benefit our mental health programs. Details: www.vallemonte.org



Upcoming Events:

Palo Alto Challenge & Echelon Gran Fondo: September 17, Palo Alto. Join our team for a day of fitness, food, and fun! This fundraiser offers distance cycling events of 60-95 miles as well as a set-your-own goal walking, running, or cycling course. Visit www.fcservices.org, or call Marianne at 650-543-5423. Registration via www.echelongranfondo.org/palo_alto

Spoil Me Salon: September 18, Mountain View. Special massage, facial, manicure, & pedicure packages: \$120-\$200. Includes a glass of champagne and refreshments. *Space is limited!* Reserve through Jodi: 650-543-5412, jcorwin@fcservices.org.