


ANNUAL REPORT

2022-2023



About Family Connections



Our Mission

To create the highest quality family learning community so that underserved parents and children together become the drivers of their own success.



Our Vision

Thriving Kids through Thriving Families.

Our Programs & Services

Early Learning Programming: Parent participation programming that enriches early learning experiences for birth-to-five year olds, resulting in children who are academically and socially prepared for kindergarten.

Young Scholars: Tutoring and monthly workshops for families with children 5 through 10 years of age, as well as general support connecting families to resources and referrals.

Parent Education Expert-led sessions on topics such as positive discipline, nutrition, healthy routines, and school transitions as well as opportunities to lead classroom activities.

Support Groups for caregivers that focus on creating safety and trust among all the participants for discussion of topics that are related to mental health challenges that families are experiencing.

Home Visits from teachers for more intimate and personalized interactions and assessments of children's and families' needs.

Developmental Screenings for every child to deepen knowledge of each unique child's needs.

Mental Health Services Individual, couples, group, and family therapy for participants with children in our Early Learning programs.

Parent Leadership Education and Holistic Family Support Systems which help parents confidently and successfully embrace their role as their child's first teacher, most influential role model and best advocate.

Direct and Timely Access to Resources and Care through referrals to Family Connections' extensive network of community partners.

Letter from Our Leadership

Dear Community,

Family Connections is experiencing unprecedented growth. This is a reflection of the demand in the community, and of the community's recognition and trust in Family Connections.

Last year, Family Connections shared exciting news about new seeds of impact we had planted in our region. I'm pleased to share that not only have we seen those initiatives advance, but we are also nurturing growth in other ways that meet the needs of families in the community and foster generational change. As we enter our 31st year of service, Family Connections is growing both in reach and depth to realize our vision of thriving kids through thriving families.

Family Connections has always gone beyond our core early education services to offer holistic support to our families. Now, **San Mateo County has chosen Family Connections to help expand these critical well-being support services to more families by becoming a Family Resource Hub over the next 3 years**, which will allow us to exponentially expand our reach and impact.

At the same time, we are working with community partners such as Izzi, the Jefferson Elementary School District, the San Mateo County Office of Education, and Upward Scholars on initiatives to deepen our impact, including:

- launching our first ever Early Childhood Mental Health Counselor (ECMHC) in three cities
- opening our new site in Daly City
- offering our first Triple P training (Positive Parenting Program)
- providing immigrant college students majoring in Early Childhood Education with valuable classroom experience that will help them transform their own communities.

The strength and dedication of the families we have served throughout the past 30 years continues to inspire us, while the needs of the community drive us forward to new literal and figurative territory. With nearly half of residents in the Bay Area living in family households with low or very low income, there is an immense amount of work to be done to address the effects of poverty and toxic stress on caregivers and children.

As Family Connections has evolved, we've promised to always be there, to listen to families, and to adapt our services to the needs of the community, and the updates we've provided here in this Annual Report show our commitment to uphold those promises. We thank you, our dedicated donors, advocates, and community partners for helping us nurture this growth and for being there every step of the way.

In gratitude,



Eric Valladares, Executive Director



Yukari Schneider, Board Chair



Family Connections' Model Works

In Fiscal Year 2023, Family Connections served **398** individuals.

Studies show that caregiver knowledge about child development and parenting have benefits on parent-child engagement, appropriate discipline, child behavior, child cognitive and motor skills, and quality of home environment.* Therefore, we administer the Protective Factors Survey, an evidence-based tool, to ensure that we are supporting needs identified by families:



92% of caregivers in Family Connections' programs feel that their knowledge of child development and parenting have improved.

85% report that they feel a strong sense of community at Family Connections.

83% report that Family Connections is helping them reach their goals.

83% report that they have others who will listen when they need to talk about their problems.



Modern-day parenting can be isolating, particularly for immigrant families. Social ties decrease anxiety and depression, increase parental satisfaction, and create networks of support* that help caregivers thrive and be present for their children.

**Committee on Supporting the Parents of Young Children (2016).*

Widening Our Reach

Evolving into a Resource Hub



Historically, Family Connections offered holistic support for families enrolled in our Early Learning Classes. While this single access-point approach has allowed us to serve thousands of families throughout the years, we are excited to share that we have been approached with a new opportunity to expand our reach substantially.

The County of San Mateo has chosen Family Connections to become a Family Resource Hub over the next 3 years. This means we will be able to offer services such as Parent Education groups, mental health services including counseling, and Parent Nights to all interested families in our surrounding communities, rather than solely those enrolled in our core Early Childhood Education programs.

Expansion through Mental Health Consultants

In April 2023, Family Connections launched a new partnership with Izzi Education to support families by hiring a Family Connections Early Childhood Mental Health Consultant to expand our Early Childhood Mental Health support beyond those enrolled in our programs. Family Connections' consultant will serve Izzi Head Start sites in Daly City, San Mateo, and East Palo Alto, supporting providers, caregivers, and children in multiple classrooms.

What is an Early Childhood Mental Health Consultant?

Early Childhood Mental Health Consultation (ECMHC) is a prevention-based approach in which a trained consultant assists staff, families, programs, and systems in their capacity to prevent, identify, treat, and reduce the impact of mental health problems and increase healthy social and emotional development for children from birth to age 5.

Opening Our Third Site in Daly City

Family Connections is opening a third site at Susan B. Anthony Elementary School in Daly City, launching the beginning of this school year.

This location was selected because it was identified as the school with one of the highest levels of enrollment and the highest level of need for early learning programming.

Family Connections will offer early learning classes, parent education groups, and family engagement activities at our new site, as well as access to our mental health and home visiting services.



Serving Children in Daly City



1 in almost every 5 children live in low-income households.



1 in every 10 children live in linguistically isolated households.



1 in every 4 children live with at least one parent who does not have secure employment.

Expanding Our Programming

New Classroom Slots

We found that many families wanted more focused time in class to address questions they had about their child's development, specifically in our Nurturing Families classes. Parents had concerns about delays in their child's speech, gross and fine motor skills, and other developmental milestones which have particularly affected children growing up in the global pandemic.

To ensure that families' needs are met, we are decreasing the size of each class to provide more intentional and focused support to each caregiver. We are also offering an additional class in the afternoon to accommodate this change.



Increasing Our Impact

Advancing the Positive Parenting Program in San Mateo County

Earlier this year, Family Connections Staff became accredited to facilitate Positive Parenting Program (Triple P) training, and we will train our first Triple P group at the beginning of this school year. We look forward to partnering with the San Mateo County Office of Education to offer these groups throughout San Mateo County.

What is Triple P?

Triple P is a support system focused on prevention and treatment of behavioral and emotional problems in children by prioritizing positive relationships. This approach is based on social learning, cognitive behavioral and developmental theory, and a wealth of research into risk factors, and is backed by significant evidence— So much so that it is ranked number one in the United Nations' ranking of parenting programs.

Growing the Early Learning Workforce with TeacherUp

To help address the Early Learning Teacher shortage throughout California, we are partnering with Upward Scholars to provide new opportunities to bolster the early learning workforce in our region. TeacherUp, Upward Scholars' newest program, supports adult immigrant college students in their career development in Early Education, bringing prospective educators valuable experience in the classroom.

Our partnership will provide opportunities to offer participants in the TeacherUp program early childhood education work experience as volunteers in our Early Learning classes. We anticipate having participants of the TeacherUp program start this academic school year. Family Connections and Upward Scholars share a mutual goal to address the gaps that exist in our workforce through initiatives that will build more equity in our communities and drive generational change.

A Father's Journey

At Family Connections, we're honored to walk alongside our families as they journey through life. This story of Miguel and his family is just one of many that we've had the privilege of forming together with our families.

In 2021, Miguel's family, including his especially quiet daughter, joined the Nurturing program at Family Connections. Over time, our staff witnessed Miguel becoming more involved with his children's education. And his daughter, Ixchel, once very shy, became more confident and sociable. She even became comfortable being dropped off on days when it wasn't her parents' turn to facilitate our co-op preschool.

Miguel explained the positive effect that participation in Family Connections' programs had on his parenting:

"It's been a very important resource, as someone who didn't grow up with a dad, it really did guide me in making that transition, taught me how to take care of a child, what it means to be a father, and really helped me with my uncertainties and doubts."

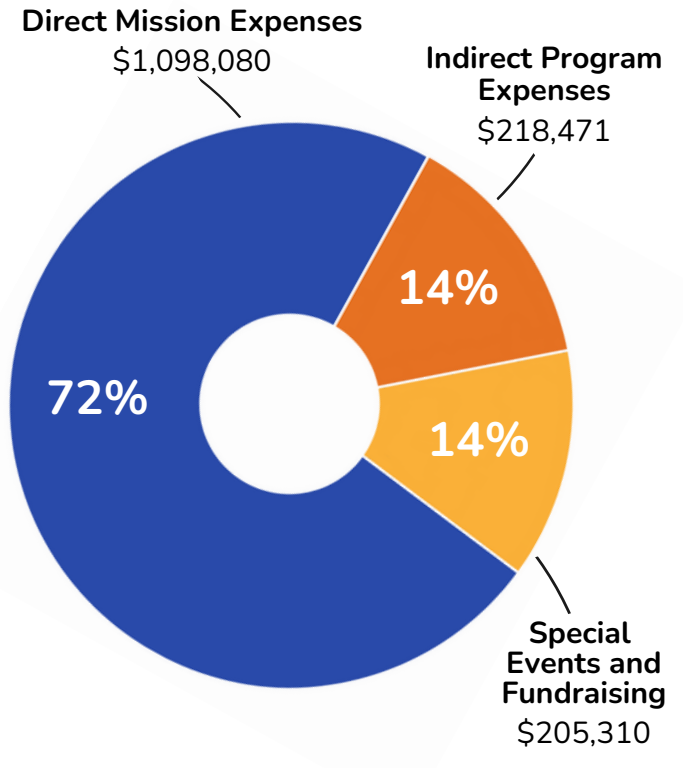
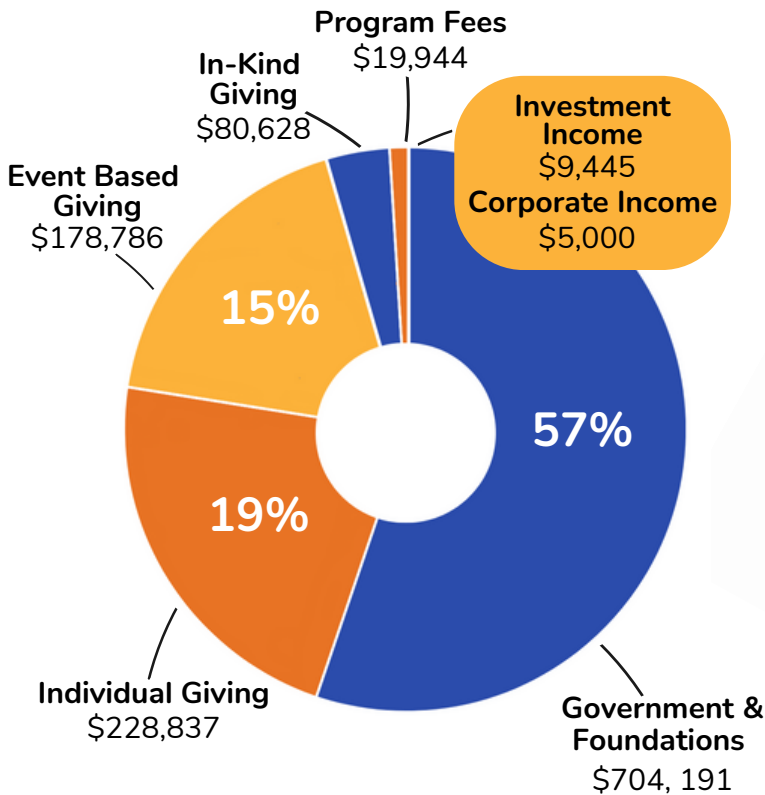
Like many families at Family Connections, Miguel and his wife were able to hone, test, and gain confidence in their parenting abilities as their daughters learned too. Parents in our program gain the opportunity to learn from their children's classes, Parent Nights, Daddy & Me outings, and counseling services.

“

"Family Connections is different from other programs in that it focuses on the family as a whole... not only are they providing academic services, but also helping to guide parents in that transition into parenthood and taking mental health into account."



Financial Update



*Total Revenue: **\$1,226,831**

Total Expenses: **\$1,521,861**

Total Assets: **\$1,200,891**

Total Liabilities and Equity: **\$1,200,891**

*Family Connections received \$161,776 in restricted multi-year funding from foundations that were collected last year but are reserved for future years. This amount is **not included** in the revenue pie chart above. Family Connections' Board of Directors has reviewed and approved this financial data.

“Family Connections is a fun and educational place for my son... He’s exposed to new things that he may not have been introduced to at home with one caregiver. From the family photos to the Christmas gifts, we are just grateful. We have been able to do things this past school year that we wouldn’t have been able to do because of Family Connections.”

-Family Connections Caregiver



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Thank you to all the generous supporters that helped Family Connections expand our reach and impact this year!



“Family Connections.... Literally. I feel more connected to my family and a sense of value to the community.”

-Family Connections Caregiver

Our Locations

Administrative Office

3460 W. Bayshore Road, Suite 202
Palo Alto, CA 94303

East Palo Alto

Los Robles-Ronald
McNair Academy
2033 Pulgas Avenue
East Palo Alto, CA 94303

Daly City

Susan B. Anthony Elementary
575 Abbot Avenue
Daly City, CA 94014

Redwood City

414 4th Avenue
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