Find Us On the Web:
FamilyEducationAndSupport.org

⇒ Register for Classes
⇒ Explore our Calendar of Events
⇒ Find Program Information
⇒ Find Parenting Tips and Resources
⇒ Contact Staff
⇒ Learn More About How You Can Support Our Vision of Hope
⇒ Donate money or supplies that we can share with other families in need

Administrative Office
1202 Black Lake Blvd.
Suite B
Olympia, WA 98502

Phone: 360-754-7629
Toll Free: 1-877-813-2828
Fax: 360-705-3411
Website:
FamilyEducationAndSupport.org

Supporting A Vision of Hope for all Families
Family Education and Support Services (FESS) is a private, non-profit 501(c)(3) agency governed by a volunteer Board of Directors representing the diverse sectors of the populations we serve. Originally incorporated in 1984, the organization was granted tax-exempt status in 2000.

Our mission is “to inspire healthy child development through the provision of quality family support services.”

We believe that strong families begin at home and that by strengthening families, we help to create a thriving community.

We recognize that caring for a child can be the most rewarding, and also the most challenging task for every parent or caregiver.

We offer evidence-based parent/caregiver education curricula intended to support parents in raising healthy children.

Family Education Support Services also provides intensive classes for parents or caregivers who are involved in the system. Parents and caregivers may be referred for specific classes such as *The Impact of Domestic Violence on Children*, or be referred for other intensive classes by Child Protective Services, Family Court, Case Managers, or through a Guardian Ad Litem or CASA worker. Evidence-based curricula help parents and caregivers learn about non-abusive discipline and guidance techniques, strategies to prevent addiction, methods for increased communication, child development and expectations, and other strategies for healthier family management.

We also offer bi-lingual services. Most of our training and support programs include on-site childcare, and some services include a concurrent children’s program that engages youth in learning lessons that coincide with the adult topics presented.

Thank you for showing an interest in our organization. Please contact us for further information on our programs, or opportunities to become involved with our organization by contributing to our community’s vision of hope. We will gladly accept your support through donations of funds, new or gently used items, or your time.

### About Us

#### Parenting Instructors/Facilitators

- Walt Barfield
- Kelly Boyle
- Laura Cole
- Sandra Hurd
- Sheryl Jackson
- Juli Jager
- Keoki Kananaue
- Michael Luque
- Joyce Mallinger
- Marji Mitchell
- Cheryl Stines
- Howard Winkler
- Shelly Willis
- Bruce Wood

- CTC Class Presenter
- CTC Class Presenter
- MRT/Kinship Facilitator
- CTC Class Presenter
- CTC/Winning At Parenting/MRT
- CTC Class Presenter
- Men As Fathers/Support Grp.
- CTC Class Presenter
- Kinship Support Group
- CTC Class Presenter
- Domestic Violence Class
- CTC Class Presenter
- MRT Class Clean & Sober Class
- CTC Class Presenter

### Children’s Team

- Frances Allen
- Jill Allen
- Kaine Cox
- Tallie Dahman-Aldrich
- Nicci Daigneault
- Jodi England
- Sam Frank
- Cathy Garry
- Gladys Hernandez
- Amanda Mickelson
- Laura Nickel
- Kelli O’Reilly
- Lily Serhan
2011–2012

Board of Directors

President
Tanya Murray
Secretary
Marilyn Nelson
Treasurer
Ann Jackson
President Elect
Madelin White
Fundraising Chair
Tawnya Smith
Board Members
Jennifer Williamson-Forster
Bruce Grant
Nancy Koptur
Jay Mason
Crista Rifenberg
David Rothschild

Administrative Staff

Executive Director
Shelly Willis
Program Manager/
Instructor
Howard Winkler
Program Coordinator
Marc Daigneault
Administrative Secretary
Carrell Simmons
Administrative Assistants
Barb Fetherson
Eileen Scott
Kinship Navigator
Lynn Urvina
Bilingual Outreach
Rosa Venancio
Fiscal Manager
Chris Fraiser

A Letter from the President of the Board of Directors

We helped to support and strengthen over 5,000 families through our programs in the last year.

Inside this issue:

- About Us
- Working Together
- Voices of Children
- Out of Home Care
- Universal Family Support
- Intensive Parenting Classes
- Community Collaborations
- Financial Report
- Board Member and Staff Listing

Staff Members Barb Fetherson and Carrell Simmons
**Working Together**
**Highlights from 2011-2012**

- **FESS Earns Nomination for the Thurston Economic Development Council’s 2011 Business Recognition Award**

  Family Education and Support Services was one of three nominees for this award in the category of non-profit agencies. This annual award recognizes local businesses for their significant contributions to a healthy and diverse Thurston County economy.

- **Program Coordinator Marc Daigneault Earns Award from Thurston Community Network**

  We were proud of employee Marc Daigneault who was nominated this year for an award based on the work he has done throughout his career to serve our community’s children. He was presented with the “Making a Difference in the Life of a Child” award. We appreciate Marc’s tireless efforts on behalf of children, and are proud to honor him for all of the contributions he has made to the lives of children throughout our community.

- **New Campaign to Help Prevent Shaken Baby Syndrome/Infant Abuse**

  In partnership with the Thurston Community Network, Family Education and Support Services is collecting knitted purple infant caps to raise awareness of the “Period of Purple Crying” and its relation as a trigger for abuse. All babies go through a period of increased crying between 2 weeks and 4 months of age. FESS is accepting donations which will be distributed to new parents in our area. You can find out more about the campaign through our website or at clickforbabies.org

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**A Look at our Financial Picture 2011–2012**

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A Look at our Financial Picture 2011-2012

![Revenue Pie Chart]

**Pass Through Contracts** 167,430.77
**Fee For Service** 118,301.13
**United Way Donations** 21,779.91
**Private Foundations** 20,575.00
**Donations in Kind** 19,098.16
**Tribal Donations** 18,000.00
**Community Donations** 16,419.93
**Fundraiser Income** 11,101.00
**Corporate Foundation** 2,000.00
**Board Contributions** 1,680.00

**Total Revenue** $396,386.40

- **Girl Scouts Team up with FESS for Take Action Project**

In the spring of 2012, Girl Scout Troop 48440 teamed up with Family Education and Support Services for a Take Action Project that would reflect the experience they have had with their guardians. This is the first Girl Scout Troop to include girls whose families utilize the resources at FESS. For weeks, the girls and their guardians worked together with a volunteer team of talented quilters to create a quilt that is now proudly displayed in our office.

Stitched together, the interior and exterior parts of the quilt form a complete portrayal of the experiences of girl and guardian alike; what they share together, and the support and friendship they find in their Girl Scout Troop and at FESS. The quilt will serve as a reminder of all the hope, support, and care that all who meet here experience.

- **Other Highlights and Events**
  - FESS launched a new Parents Helping Parents support group.
  - FESS hosted free Zumba exercise sessions for over thirty families.
  - FESS honored the winners of the Voices of Children contest with an event and overnight stay at the Great Wolf Lodge in Centralia.
  - Participation in the Strengthening Families Luncheon.
  - FESS hosted a Family Treasure Hunt in collaboration with Seattle based business REI (Recreation Equipment Inc.) at a Lacey park.
  - The Foster/Kinship group “FPAWS” honored Executive Director Shelly Willis with the “Night of 1,000 Dreams” award and named a star after her.
  - FESS was featured in the October issue of Washington State’s Caregiver Connection newsletter.
  - Two Proclamations in May:
    - Governor identified May 18th as Kin Caregiver’s Day.
    - County Commissioners identified April as Child Abuse Awareness Month.
  - FESS participated in the Coordinated Health Fairs with Olympia Federal Savings, Nisqually Tribe, Providence St. Peter’s, and Mason County.
  - FESS was represented by Board Member David Rothschild at our annual Kinship Caregiver’s Advocacy Day.
  - FESS gave out 1,000 Pinwheels for Prevention at the Olympia Arts Walk along with a display featuring our Voices of Children drawings.
  - Jon Tunheim, Sandra Romero, and Shelly Willis were successful in securing an Olympian editorial on the increase of child abuse and neglect.
What is Voices of Children?
Voices of Children Raised by Grandparents and Other Relatives is an annual contest for children residing in Washington State who are being raised now or were raised in the past by a relative other than a parent. The contest honors both the children and the more than 37,000 relatives in Washington State who are raising them.

When parents are unable or unwilling to care for their children, placement with a relative caregiver can have some advantages. Kinship Care reduces the trauma children experience when placed with strangers. It enhances children's sense of identity and self-esteem, continues the connections children have to their siblings and other relatives, and strengthens the family's ability to give children the support they need.

Kinship care often comes as a surprise to both the child and the relative caregiver. What does it mean to a child who can't live with her parents to know she is safe and loved, and has a place to belong?

Some answers to this question are offered in the small but powerful book created through the VOC contest as children ages 5-17 from across Washington State relate their experience of being in Kinship Care. Some are funny, some serious or even sad, but all are sincere and offer testimony to the value, sense of family, security, and love each young author experienced in living with a relative caregiver.

The Voices Of Children contest was initiated by the Washington State Relatives as Parents Program (RAPP) and the Kinship Oversight Committee and is coordinated by Family Education and Support Services.

“I live with my grandma. She means a lot to me. She helps me do things I could never do before. She cares about me and watches over me. She would never let anything dangerous happen to me. She is responsible for me. I love my grandma and she loves me very much!”

- Andraya, Age 7

Karen Minnick
Marji Mitchell
Chris Moon
Tanya & Dan Murray
Brian & Sandy Nelson
Marilyn & John Nelson
Norm Nickle
Caprice Paduano
Mary Perkins
Patricia Perry
Chrisy Peters
Carolyn Peterson
Joann Powers
Bonnie Quillici
Jennie Rapacz
Susan Raymond
Margie Reeves
Crista Rifenberg
Vern Robitaille
Deb Ross
David Rothschild
Nancy Rowswell
Jodi Rush
Christine Schaller
Eileen Scott
Karmel Shields
Shanna Shultz
Marie Simmons
Phyl & Carroll Simmons
Shelli Slaughter
Norm Smith
Tawnya Smith
Susan Somers
Bill & Suzann Stahl
John Stines
Joa Swanson
Indu Thomas
Pam Toal
Lynn & Lars Urvina
Sheryl Walters
Madelin & Mark White
Mike Whittenberg
Christopher Wickham
Linda Wilcox
Kimya Williams
Bev Willis
Tony Willis
Howard & Pat Winkler
Cathy Wolf
Dee Wolverton
Bruce Wood
Community Collaborations

Child Abuse Prevention Task Force
Domestic Violence Task Force
Lewis County Hispanic Fair
Love Talk Play
Mason Early Learning Coalition
Parent Education Network
Parenting Tools Lecture Series
Sand in the City
Sound to Harbor Head Start Policy Council
St. Peter’s Health Fair
Thrive by Five, Communities of Practice
Thurston Early Learning Coalition
United Way’s Right From the Start
Washington State Kinship Oversight Committee

Tremendous thanks go to our individual, community, corporate, and foundation donors. Thank you for supporting our Vision of Hope!

Supporting Families...Strengthening Communities

Contest Winners in 2012

Our 9th Annual Voices of Children contest winners, families, and community members met July 18th 2012 at the State Capitol for the VOC award ceremonies. Congratulations to all who participated! Below is a group photo of the 2012 Voices of Children Contest winners with Lt. Governor Brad Owen (middle). From Left to Right: Angel, age 14; Chevelle, age 7; Mary, age 5; Kyle, age 10; Sylvania, age 12; and Aden, age 18.
Out of Home Care

Kinship Care Services

Our Kinship Program links grandparents and other relative caregivers to support groups, provides education, and increases access to resources in the community. The Kinship program is supported by the Lewis-Mason-Thurston Area Agency on Aging and the Department of Social and Health Services Aging and Disability Services Administration.

Navigator Services
The Navigator provides advocacy, information, and referral services to relative caregivers. Caregivers often are overwhelmed by trying to figure out the large and confusing social service, school, and court systems. The Navigator provides information about how to access and apply for services as well as problem solve and advocate for kinship families when issues arise.

Resource Center
The resource center for our Kinship Program provides information and resource materials to relative caregivers in an effort to link families to community resources. The resource center provides information for relatives on child development as well as community events, and provides access to community services such as Temporary Assistance for Needy Families, medical coverage and services, legal services, housing assistance, energy assistance, and child care services.

MRT Clean and Sober Parenting

Offered in collaboration with Behavioral Health Resources Recovery Services, this twelve week parenting class is for pregnant or postpartum women who are recovering from substance abuse. Parenting information is provided as a component of the recovery program. This evidence-based model is based on the Moral Reformation Therapy curriculum. This class is designed to address past parenting behaviors, present family interactions, and assist parents in planning for a healthy family future. This behavioral-based approach to parenting encourages parents to recognize the value of taking responsibility for the choices they make and for the actions they take.

Impact of Domestic Violence on Children

Domestic violence happens in every neighborhood, in every social class, and in every religious, racial and ethnic group. It can happen to our friends, grandparents, neighbors, co-workers, and ourselves.

When it comes to domestic violence, the reality of this issue can be staggering. According to the Washington State Coalition Against Domestic Violence, “50% of men who frequently assault their wives also frequently assault their children...domestic violence may be the single major precursor to child abuse and neglect fatalities in the county.”

For these reasons and more, FESS is committed to the support and education of families who are impacted in any way by domestic violence. This year, 125 parents learned how to support children through this class. Classes are focused on how violence affects children and includes skill-building in the areas of communication, discipline and guidance, as well as anger management strategies for prevention of domestic abuse.
Consider the Children is a four hour class that provides information and support for parents or parental custodians who are undergoing a divorce, paternity action, or parenting plan modification.

This class meets the “parenting class” requirement imposed by the Superior Courts on the parties in those actions.

The Consider the Children class uses an evidence-based curriculum that focuses on addressing grief and loss, stress management, communication, and strategies for co-parenting and sharing residences to support the continuation of raising a healthy child throughout the separation and divorce process.

Participant Comments:

“This class needs to be a prerequisite to marriage – very helpful and appreciated!”
- Jesse, Thurston County

“I thought the class would not be worth my time but it was well prepared and provided excellent info.”
- Michael, Pierce County

“I think it’s helpful for anyone with children, even if they are not getting divorced.
- Randy, Thurston County

Nearly 1,500 adults attended this class in the last year

Lifeline is a support group and training program designed to address the specific needs of foster parents in our community. The group meets monthly at The Hands-On Children’s Museum, where children participate in their own program and foster parents have a chance to connect and receive support.
Universal Family Support

Men As Fathers
An Evidence-Based Curriculum from “Nurturing Father”

On a pathway to becoming a “Dynamic Dad”

Fathers play a significant role in the healthy development of children. The more we understand about the intricate neurological and environmental complexities shaping our children’s healthy development, the clearer the understanding becomes regarding the value of positive father involvement.

The twelve week Men as Fathers program is intended to improve the lives of children by promoting healthy father-child relationships and increasing positive male involvement. Based on the award winning curriculum “Nurturing Father”, this program examines the roots of fatherhood, child development, balancing work and father roles, and conflict resolution.

Class Facilitators Howard Winkler and Keoki Kananaue

Thirty-four men successfully participated in this class in the last year.

Parenting Tools Lecture Series

The Parenting Tools Lecture Series grew from a collaborative effort between Family Education Support Services and the Parenting Education Program. The objective of this program is to collaborate with Thurston County agencies and groups to provide support to parents through free lectures and family events.

Parenting Tools hosts two lectures per academic year as well as a family concert for all ages. Free childcare for the lectures is provided by South Sound YMCA and the Hands-On Children’s Museum.

Over 1,500 Community Members attended this series in the last year.

Many sponsors such as the Thurston County Early Childhood Coalition, South Puget Sound Community College’s Teachers of Tomorrow Club, South Sound Reading Foundation, YMCA, and the Hands On Children’s Museum work together to make these events possible.

Winning at Parenting

This family participation-based parenting program is designed to increase the health of families by helping participants develop their parenting skills. Throughout the seven week class, group members share parenting strengths and identify areas for personal growth.

The class combines discussion, lectures, group activities, and the positive social support of peers to address common parenting concerns. Winning At Parenting is intended to strengthen families by providing information, resources, and an opportunity for parents to connect with each other.

Over 1,500 Community Members attended this series in the last year.

Classes are offered in collaboration with schools and offer a variety of topics such as Realistic Family Expectations, Fairy Tale Families, Child Development, Family Communication, Anger Management, Methods for Managing Stress, and Effective Discipline and Guidance Tools. Classes are offered at a variety of locations and are generally free to participants. An evening meal and a concurrent children’s program are provided as well, making this event accessible to families.

Over 350 parents and children participated in these classes in the last year.