



"There are two lasting things that we can give our children, one is roots and the other is wings." Hodding Carter

Children's Trust Foundation ♦ Dedicated to preventing child abuse & neglect ♦ Spring / Summer 2006

CTF spring planting: Seeds of prevention

Spring is our favorite time of year at Children's Trust. And it isn't just the flowers, trees and sunshine that get us warmed up. Each April we award funds to family centers statewide for programs that strengthen parent-child relationships. This is our mission and purpose—to prevent child abuse and neglect by strengthening families. Reviewing proposals and making site visits to these inspiring programs reinvigorates us and bolsters our resolve to use the resources available to them.

In this issue of WINGS, you will read about the nine programs we have selected for funding in 2006-7. They range geographically from the far West (Port Angeles) to the far East of our state



Gloria Averill,
Board
President

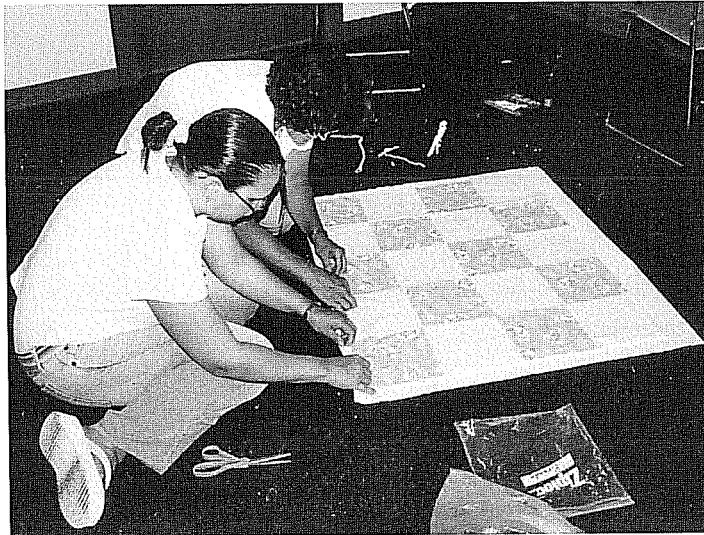
(Spokane). They will serve a wide range of families—from Spanish and Russian-speaking to Native American families, Asian immigrant and Iraqi families, as well as English-speaking white families. They will serve teen parents and fathers and cross-generational families.. But what they share in common is a commitment to giving parents the information and support they need to do the best job possible for their children. We congratulate and celebrate each of these fine programs and ask for our continued support of Children's Trust's prevention work.

Gloria Averill, President

Hands-on help for parents in Port Angeles

First Step Family Center in Port Angeles has learned through years of providing parenting programs that hands-on

In the second program, fathers of young children participating in a six-session support group will make parent memory books. The third program is designed for teen parents from Choice Alternative High School and the Dream Center, a street youth drop-in center. These young parents will make baby books together. In all three of these hands-on learning environments, discussions about parenting will be led by staff trained in the 'Promoting First Relationships' curriculum.



Pinning a quilt, building a family at First Step in Port Angeles.

activities, especially ones that enable parents to create something beautiful or useful for their child, promote parent-child bonding and also increase parental self-confidence. Last year, several groups of parents made baby quilts at the center, and as they worked on the quilts, they talked, along with a trained facilitator, about the challenges they were facing with their children, about their children's development and needs, and they formed supportive friendships with one another.

With a new 2006 grant from Children's Trust Foundation, First Step will build on this model in three separate programs, the first a six-session parent education series with the Jamestown S'Klallam tribe, during which parents will make traditional button blankets.

Venita Lynn, Executive Director of First Step, knows programs like these are important to the Port Angeles community because she hears and sees the results every day—stronger parent-child bonds, stronger support network among parents, and increased parental understanding of children's developmental needs.



Sheri Stutseman, volunteer, and Venita Lynn, on the porch at First Step.

2006 Family Center Grant Recipients

Rainier Beach Family Center Teens as Parents Program

The Teens as Parents Program provides a weekly two-hour support group and a one-hour parenting class for teen parents that meets year-round. The program focuses on teaching teens how to provide and maintain a supportive and nurturing environment for their families, supporting efforts to graduate from high school, and developing self-esteem and self-management skills. Teen parents also receive individual assistance as needed.

Spokane Valley Family Resource Center Nurturing Parent Program

The goal of the Nurturing Parent Program is to provide caregivers and children with the tools they need to create and sustain a nurturing home life. They offer two cycles of the 12-week program. Sessions consist of a 2-½ hour parent-child interaction combined with small groups where parents and children work separately. Topics covered include: nurturing and bonding, knowledge of child development, effective communication and discipline.

Northshore, Shoreline and Ballinger Homes Family Centers First Steps to School Readiness

Two First Steps classes in Spanish and one in English for multilingual families are offered two days a week for two hours each, and focus on helping parents develop relationships with their children and with each other to form responsive social networks.

Family Works Parenting Classes

Family Works will offer four six-week classes for parents of infants, preschoolers, elementary students and teens. The classes address child development, problem solving, effective communication and discipline. As a result parenting skills, nurturing, and bonding between the parent and child are strengthened.

First Step Family Support Center—Port Angeles Promoting First Relationships

Four new program components will be funded. See the article on Page 1 of WINGS for a description.

Four Snohomish County Family Support Centers Strengthening Multi-ethnic Families and Communities

Lake Stevens Family Center, South Everett Neighborhood Center, Family Support Center of South Snohomish County, and Familias Unidas will jointly sponsor a four-week violence prevention program consisting of instructional family meals, children's activities, culminating in a graduation ceremony. The program is designed to enhance family relationships and increase self-esteem, self-discipline, social competency skills and community involvement of children and parents.



Raising Great Kids class, Cedar Valley Community School.

Chinese Information and Service Center Chinese/Vietnamese Parenting Program

The program supports school-age and early childhood parent education, offering linguistically and culturally appropriate resources. Realistic and practical solutions to the challenges of raising children in America are presented. The program's aim is to increase parents' knowledge about raising bilingual and bicultural children and to improve child-parent relations.

Kitsap Community Resources—Bremerton The Nurturing Parent Program

The Nurturing program works with groups of roughly a dozen parents who meet with facilitators to develop parenting skills while children participate in activities such as art games and circle time. The program sessions also include time for parents, children and facilitators to meet in a group. This family centered program is designed to

Grant Recipients, Continued on page 3

KAPPA DELTA AUCTION BREAKS RECORD BY RAISING \$17,000

Children's Trust Foundation honors the KAPPA DELTA Sorority at the University of Washington in this edition of WINGS for their ongoing dedication and support of our organization. For 13 years, Kappa Delta has been raising funds that account for nearly 10% of CTF's annual budget through their annual spring auction. This year, with the leadership of Katie Williams and Kristen Pagnac, the auction was an inspiring evening and an unparalleled success. Held at the Seattle Hilton, this year's auction featured a musical performance by world-renowned guitarist Enrique Henao, and a testimonial presentation on the importance of parent education by a father who maintained custody of his two young daughters.

Special thanks to Katie, Kirsten and J.P. Ruiz, CTF board auction chair.

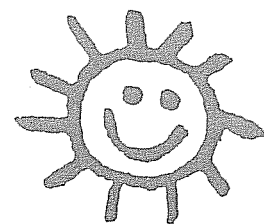
Grant Recipients, Continued from page 2

nurturing skills. Non-violence, healthy decision making and strong family relationships are encouraged.

Southwest Family Center Iraqi Women's Group and Playgroups

The Center will build on its programs of education and support to Iraqi immigrant parents who have been cut off from their extended families and community resources by creating a new Iraqi Women's Group that includes a parent-child play group.

Thank You
2005~2006
Donors!



Donations from October 2005-April 2006

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Mary & Harold Hill	Microsoft Giving Campaign



Thank you to all Courage Classic riders and sponsors.

Change Service Requested

Highlights In This Issue:

- 2006 Grant Program Descriptions
- 2005-6 Donor Thank You & Recognition
- 2006 Courage Classic

CTF's Vision:

No child in Washington State will suffer from abuse or neglect because his or her parent could not find support and help.



The Courage Classic Bicycle Tour



Wings is published by Children's Trust Foundation. A nonprofit organization dedicated to preventing child abuse and neglect in Washington State by strengthening families and ensuring the healthy development of children.

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WINGS Editor,

Children's Trust Foundation

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Once again Children's Trust Foundation is helping co-ordinate the 2006 Courage Classic cycling event! Along with Mary Bridge Children's Hospital of Tacoma, CTF helps organize volunteers and sponsors for this truly unique 3-day cycling 'race' starting in North Bend and ending in Skykomish. This is CTF's largest fundraising event of the year, and over 500 riders generally participate. We're already starting to plan for this year's Courage Classic, August 5-7, 2006. We have gathered product sponsorships from corporations including Glaceau Vitamin Water, Honest Tea Organic Iced Tea Beverages, Talking Rain Sparkling Fruit Water, and Tim's Cascade Potato Chips. We have also received a rental van donation from Budget to help transport these products.

Putting on this event is no small task, and we need your help. If you, your friends, family members or neighbors are available to assist in our effort to prevent child abuse and neglect by supporting this event, we

would appreciate whatever time. We need help directing traffic and parking and also providing snacks and refreshments to cyclists as they finish the race.

Please consider volunteering during the 2006 Courage Classic.

Days and times available to volunteer:

Date and Time: Saturday, August 5 6AM-10:30AM

Location: North Bend

Task: Help direct parking and traffic

Date and Time: 9:00AM-1:15PM or 12:45PM- 4:00PM, Monday, August 7

Location: Skykomish

Task: Alternate between helping direct parking and traffic and snack pavilion

Please contact Kevin Keadle (board member, CTF) at kevink@wafinancial.com or call CTF's office directly, (206) 343-5911