

FAMILY PATHS ANNUAL REPORT 2023



Empowering Parents - Supporting Families - Healing Communities

Dear Friends of Family Paths,

This past year we took a step back to look at the challenges and opportunities ahead and create clear priorities for the next 3 years. We have seen that we are reaching more parents not only throughout the Bay, but also throughout the State. We see that young parents, fathers, communities of color and LGBT+ families need and deserve more support.

Our goals remain clear: **Empower Parents. Support Families. Heal Communities.** Families make up communities. Some are small, some are large. Some are thriving and some are struggling. However, a community is all of us. Family Paths' work is integral to creating a better world, one family at a time.

I invite you to read further to learn about how we are empowering, supporting and helping to heal the families we have the privilege to walk besides on their journey.

~ Barbra Silver, Executive Director



OUR IMPACT

3,357

Calls fielded by
our Parenting
Stress Helpline

40 called our Foster
Parent Advice Line.

800-829-3777



461 clients served.

81% of our clients live in acutely low and extremely low income households.

As a result of our services...

95% are doing better at handling daily life.

95% are better able to manage stress.

90% feel more hopeful.

89% feel supported by their child's therapist.

78% have a better understanding of their child's strengths.



169 parents attended
our Parent Education classes.

94% have a more positive attitude around parenting.

93% are more patient with their child.

91% have a better understanding of their child's behavior.

100% of our Fatherhood & Co-Parenting class participants...

- have a better understanding of the value of co-parenting and the important role they play in the development of their children.
- feel more confident in their co-parenting ability and communication skills.

“

**You have changed
my perspective of
how to be a better
parent and person
all around.**

~ Family Paths Client

”

WHO WE SERVED IN 2022-2023



42% Oakland
14% Hayward
10% Tri-City
4% San Leandro
17% Other Alameda County
12% Outside Alameda County
1% Out of State



3.5% 0-7 years
32% 8-21 years
64.5% 22+ years

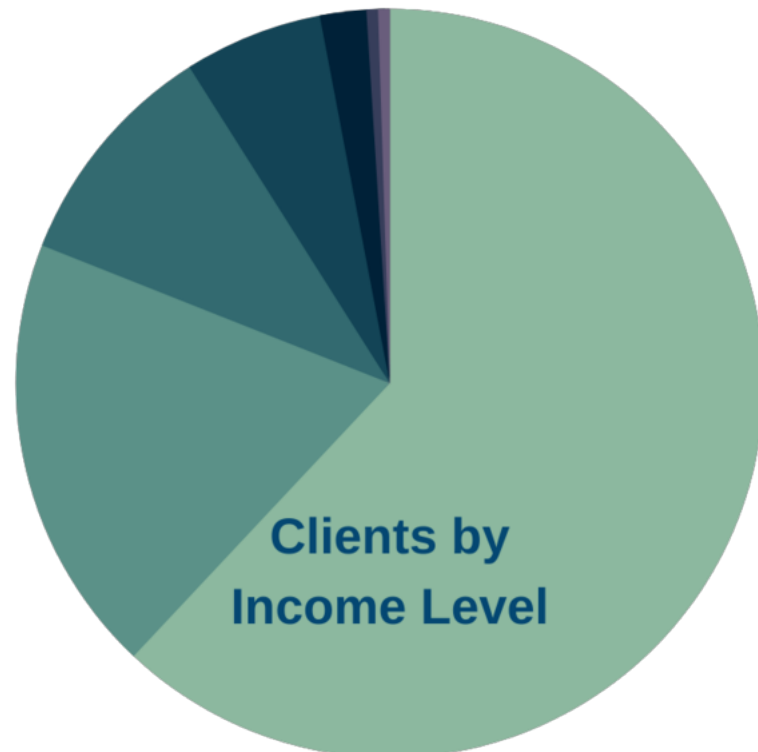
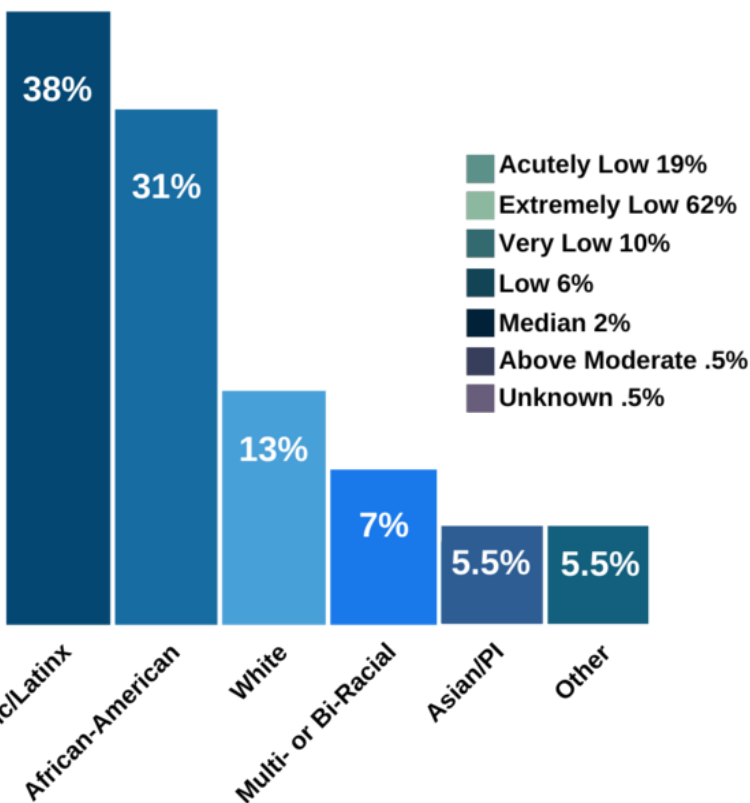


61% Female
36% Male
.5% Non-Binary
.5% Transgender
.6% Gender Non-Conforming
.4% Other
1% Declined to State



BY PROGRAM

169 Parent Ed
135 FIT/ECMH
100 TIPS
68 CalWORKs



"Thank you for helping me to change from within."

For more than 50 years, Family Paths has empowered families to be the best they can be. Our parent education, mental health and employment support services provide knowledge, skills, and tools to help parents and children thrive.

Our group classes, individual and family therapy, case management and peer support help parents and youth strengthen parent-child relationships, improve communications, connect to resources, and develop new ways to manage stress to address the challenges that impact their lives.

Sheila, a client in our BOOST program, is a mom who was referred to us for peer mentor support, employment assistance and mental health counseling for her and her child. The Peer Specialist contacted Sheila, and thoughtfully and with compassion, completed an intake, which helps the BOOST team make collaborative decisions on how to best support a client and determine which staff is needed on any given day. Once Sheila started therapy and felt comfortable moving into other services, she met with our Employment Specialist to assess her skill sets, match her to some job opportunities and create a resume. The Peer Specialist referred Sheila to a workshop on rental laws to support her with a landlord conflict, she attended regular therapy sessions, and received emails of job opportunities from the Employment Specialist. Sheila practiced her interviewing skills with the team and secured a job that works with her child's school schedule. She continues weekly therapy and recently joined our Finding Peace Within group for trauma survivors. The BOOST team works together to empower clients to navigate the world of CalWORKs benefits and helps them reach their goals.



Watch BOOST Peer Specialist Que'Aire Anderson share how her work empowers the clients she works with

<https://youtu.be/neYu3K3hUvs>

Stories

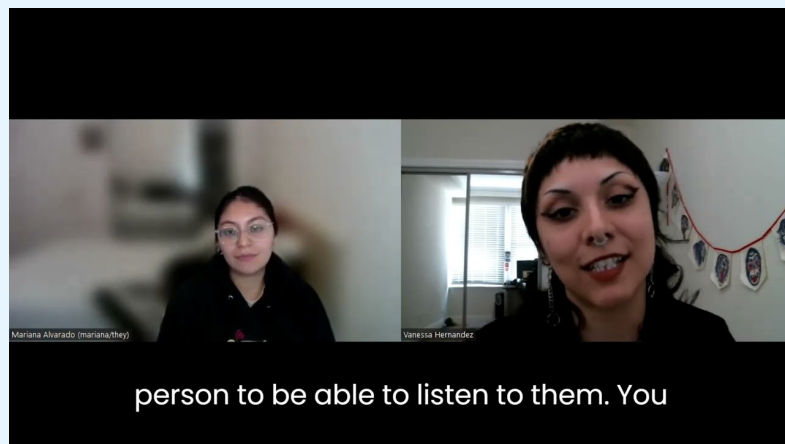
"Life changing! I was heard and I realized I'm not alone anymore."

Family Paths provides a lifeline for parents facing the daily stress of raising children, offering emotional, practical, and therapeutic support when they need it most.

Our 24-hour Parenting Stress Helpline provides guidance, empathy, and resources to help parents and caregivers navigate through their toughest moments. Whether dealing with sleepless nights, behavioral challenges, or emotional distress, the Helpline offers immediate support, ensuring parents and caregivers never feel alone on their parenting journey.

Robert called Family Paths saying he wanted to "take control of his life" and calling our Helpline was his first step. He was "working but homeless" and had no custody or visitation rights for any of his children. He felt overwhelmed and needed support around steps he could take to improve the relationship with his co-parent and children, as well as how to navigate housing resources. Our Parent Support Counselor gave him resources to call and offered regular callbacks with our Fatherhood Specialist, who could meet him where he is as a dad.

Rachel is a singer mother of a toddler who called our Helpline to get emotional support around how difficult parenting is. The Parent Support Counselor helped her explore her parenting strengths and offered information on how to handle tantrums, wean her child off the pacifier, how to tire her child out before bedtime so they both can get a good night's sleep, as well as development norms she can expect at this age. Rachel was very thankful and knows our Helpline is available to support her 24 hours a day, in times of crisis or just to check in if she needs support.



"I am learning how to effectively communicate with others and be a calm parent and mindful human."

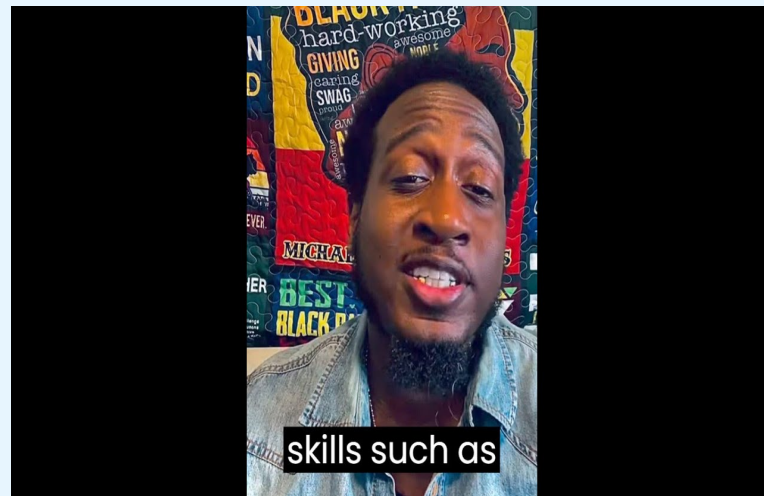
Family Paths understands that strong, resilient families are the cornerstone of healthy communities.

Our parent education services offer the guidance needed to navigate complete dynamics and foster cooperation between co-parents and parents and their children. This support not only heals emotional wounds and reduces family conflict but sets an example for children, showing them how healthy relationships work, making them better partners in the future.

Keisha, a young mother of a toddler, had this to say about her experience in one of our 12-week Positive Parenting classes. "Over the past three months I enjoyed taking the positive parenting classes. I knew from our very first session this wasn't going to be your typical "professional development" where you get some instructions or gain some new skills as a result of taking the class. What I didn't know or quite anticipate was the community feeling and sense of belonging within the cohort. I felt as though each and every parent in the class was a member of my extended family. I've thoroughly enjoyed our lively discussions, the educational content, and the delivery from our fabulous instructor. I've personally grown in all phases when it comes to applying the core concepts and strategies to becoming an intentional parent raising a toddler who is the epitome of black excellence in the making. I highly recommend this class be taken by all parents, especially expecting parents, as this class would help new parents be better prepared and less stressed. Thank you, Family Paths and please keep bringing these classes to the community."

Watch Parent Education instructor Michael Lewis share how our PE classes help heal the communities we serve.

<https://youtu.be/8cG7MAAfK2Y>



The class taught me many different approaches for both long term healing and in the moment relief.

~ Family Paths Client

My daughter's therapist always makes me feel like my child and I are not alone.

~ Family Paths Client

FEELING INSPIRED?

Will you help us fill the gaps in our contract funding by donating today in honor of our over 50 years of serving children, parents and families in the Bay Area and beyond?

SCAN THIS CODE TO GIVE TODAY

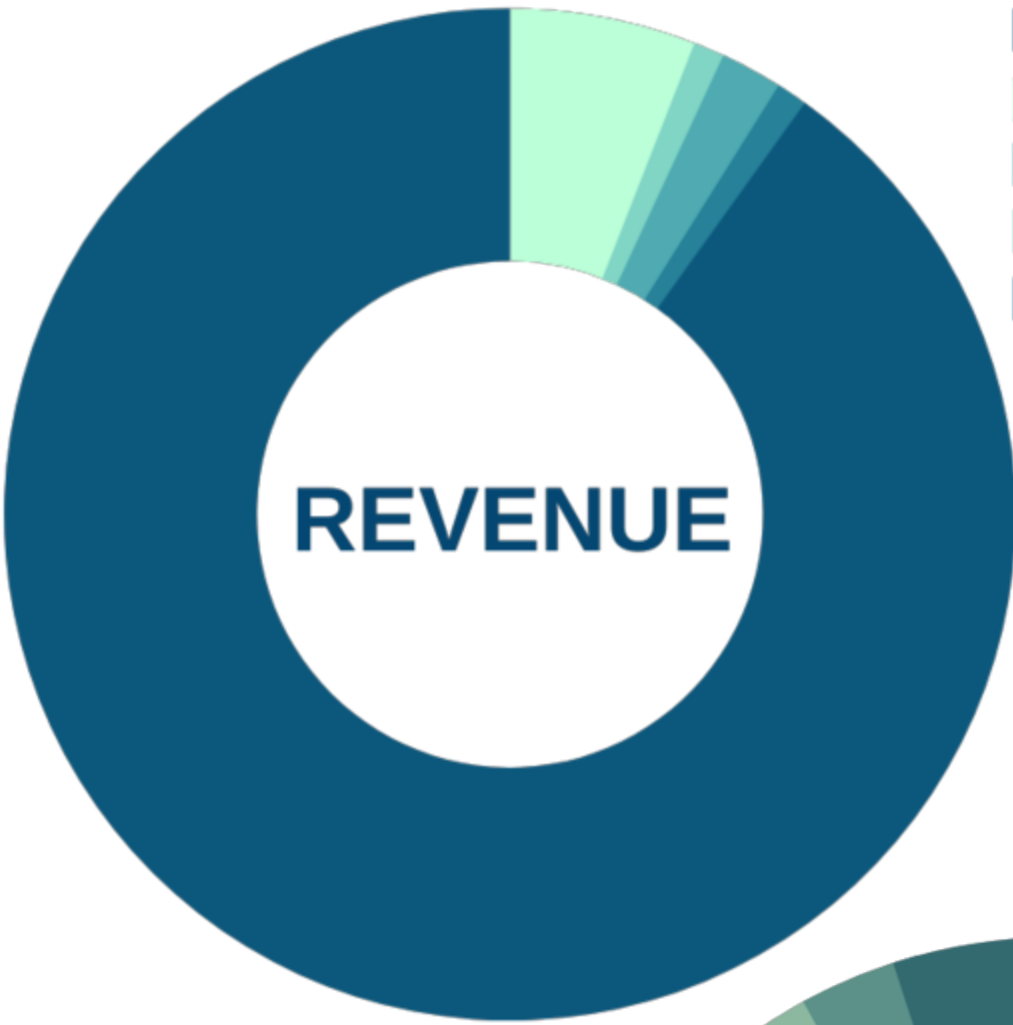


My case manager and therapist are my dream team. I felt seen, heard, understood and guided in helpful ways.

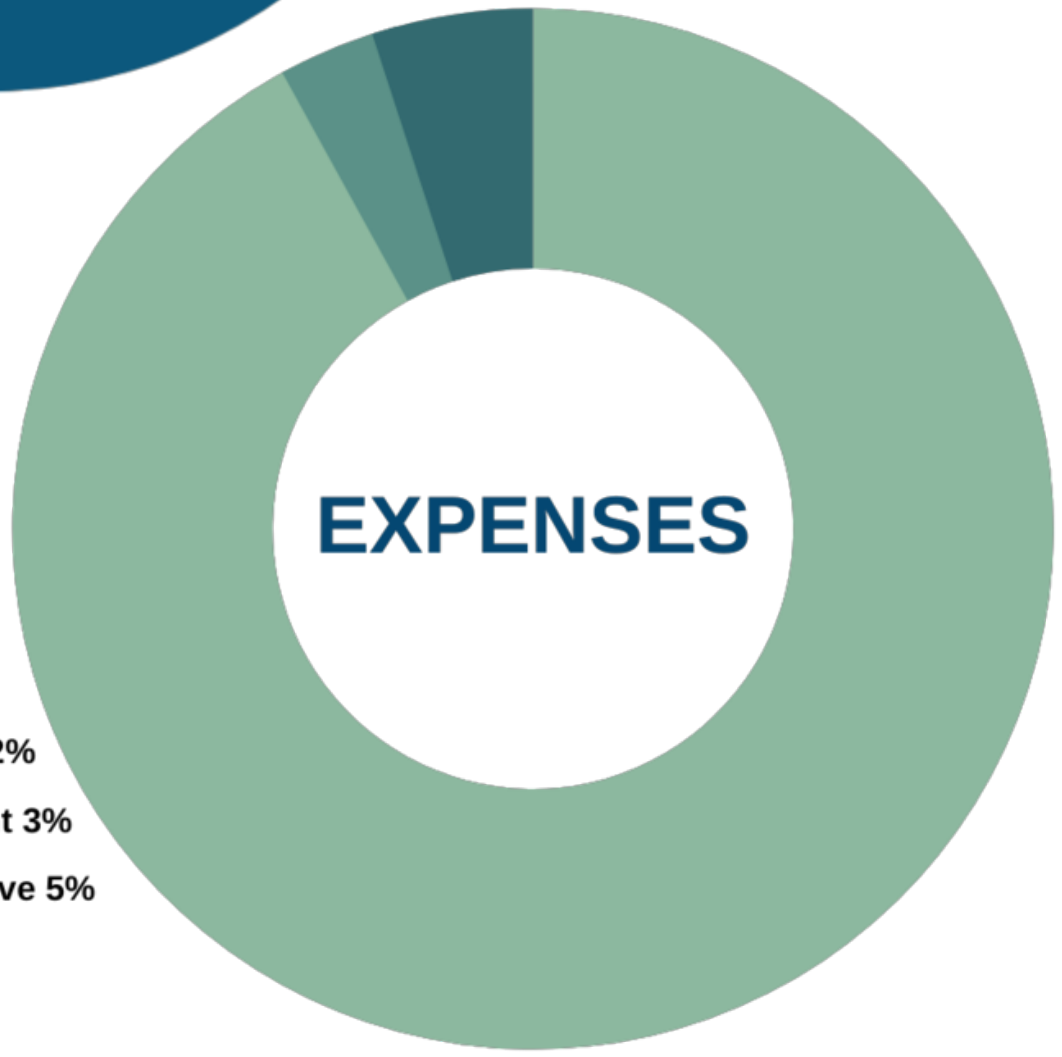
~ Family Paths Client

Every facet of my life has improved in ways I didn't think was possible before therapy.

~ Family Paths Client



-  **Programs 90%***
 -  **Fundraising 6%**
 -  **Contributed Services 2%**
 -  **Admin/Building 1%**
 -  **Charitable Remainder Trust 1%**
- *88% Government



-  **Programs 92%**
-  **Development 3%**
-  **Administrative 5%**

2022-2023 FINANCIALS*

REVENUE & SUPPORT

Contracts	\$5,059,160
Programs	\$ 172,203
Grants	\$ 281,150
Donations & Fundraising	\$ 48,955
In-Kind Services	\$ 128,640
Building	\$ 38,178
Charitable Remainder Trust	\$ 33,365
TOTAL REVENUE	\$5,761,651

EXPENSES

Salaries & Benefits	\$ 4,522,064
Operating Expenses	\$ 959,836
Building Operations	\$ 133,115
TOTAL ORDINARY EXPENSES	\$ 5,615,015
Change in Net Assets	\$ 146,635
Beginning of Year Net Assets	\$ 3,693,839
End of Year Net Assets	\$3,840,474

*not yet audited

THANK YOU TO OUR FUNDERS

Bernard E. and Alba Witkin Charitable Foundation

Birches Foundation, Inc.

Ruth Arnhold Endowment at the East Bay Community Foundation

Help for Children

In-N-Out Burger Foundation

The Barrios Trust

The Lowell Berry Foundation

The Ruby Tuesdae and Patrick Ely Fund

Western Alliance Bank

Alameda County Behavioral Health Care

Alameda County Districts 1, 3, 4 and 5

Alameda County Social Services Agency (CAPIT & CBCAP)

Chabot-Las Positas Community College District

City of Fremont

State of California Board of State and Community

Corrections

THANK YOU TO ALL OUR SUPPORTERS,

\$50,000 and Up

Alameda County - District 5
Help For Children

\$10,000 - \$49,999

Alameda County - Districts 1, 3 and 4
Bernard E. and Alba Witkin Charitable Foundation
Ruth Arnhold Endowment at the East Bay Community Foundation
Western Alliance Bank

\$5,000 - \$9,999

Anonymous
Andrew Haydel
In-N-Out Burger Foundation
The Barrios Trust

\$1,000 - \$4,999

Birches Foundation, Inc.
Evangeline and James Brown
Katy Brown
Anne Dixon
Heidi Giordano & Elena Ortiz
Debbi and Shelly Sack
The Lowell Berry Foundation
Ruby Tuesdae and Patrick Ely Fund
Martha Winnacker, JD
Resti Zaballos and Sons
Melissa Zucker

\$500 - \$999

Cynthia and Michael Attiyeh
Renie Bartolini
Shay Black and Erica Pagels
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Christine Cueto
Holly Babe Faust
Mary Louise Flynn
Kimball Hamilton
J. Harrison Family Giving Fund
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Diana Paque
Diana and Mitchell Shiver
Barbra Silver and Audrey Rosenberg
Ralph Sklar
Dawn Sung
Shirley Suzuki
Pat Thomas

\$250 - \$499

Christine LaBadie
Richard Meyer
Susan O'Brien
Lynette Pang and Michael Man
John and Mary Reaugh
Kaitlyn Van Arsdell
Amanda Weitman

\$100 - \$249

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Ladyjoy Aquino-Masana
Bianca Badrinath
Vincenza Baldino
Sarah Winnacker Beaudin
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Phylicia Clifton
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Kristi Schutjer and Al Mance
Faraz Sabet
Karan Sandhu
Susan Springborg and Gregory Martin
Joan and Donald Strand
James Wilson

INTERNS, VOLUNTEERS AND PARTNERS!

\$50 - \$99

AmazonSmile donations
Wayne Armstrong
Lori Baird
Zonia and Richard Banegas
Adele Boyd
Malayan Boyd
Tia Delia Chiesa
Renee Brown-Hollibaugh
Sierralyn Ed
Sabrina Estell
Tomika Houghtby
Abbe Kalos
Nora Privitera and Mike Banister
Lesley Sternin
Elle Wisnicki

Under \$50

Arnie Archuleta
Sharifa Beria
Renee Brown-Hollibaugh
Jeanette Cruz
Earnestine Dahn
Maryann Faris
Jessica Gaumot
Jessifer Johnson
Ladeja McIntyre
Nicole Madayag
Jameelah Hill Palmer
Rachna Prabhakar
Elizabeth Rivera
Maria Rodriguez Garibay
Gerardo Valezquez
Travia Witcher

Clinical Interns

Katie Colver, Ella Davidson, Lilah Kendall, Orna Kornig, Linda Ozarow, Corina Seligman, Hui Chun Shen, Katerin Celeste Spohn, Cara Toomey

Volunteers (*Parenting Stress Helpline)

Mariana Alvarado*, Tyler Burt*, Bekah Cohen*, Calico Dant, Avihai Guzy*, Olivia Chaney, Cara Oster*, Linsey Parecadan*

Community Advisory Network (CAN)

Norman Abercrombie, Ashley Acosta, Brenda Addison, Michael Alvarenga, Ayanna Anderson, Ron Armstrong, Tolo Asefi, Gregory Bailey, Hagerey Berhe, Gary Blodger, Kevin Bremond, Felicia Brown Goins, Julie Calderon, Etel Calles, Krystal Carpenter, Rev. Cynthia Carter Perrilliat, Tamara Centeno, Veena Channon, Andrew Chen, Oleta Cook, Cynthia Cornelius, Diana Cortes, Laurie Costa, Jeramy Dantzle, Andrea Davis, Melody Davis, Paris Davis, Norma Dib, Shannon Edwards, Dianna Farias, Paul Francisco, Cynthia Franco, Tonja Fuller Bryant, Jason Grant, Josefina Garcia, Niran Ghaley, Lisa Gibes de Gac, Susan Gonzalez, Katie Gordon, Ellery Graves, Ly Ha, Barbara Hardy, Nickia Harris, Erica Hilton, Claudia Hinjosa Torres, Oraya Hunter, Isaiah Hurtado, Tonya Jackson, Khafre Jay, Martin Jeffreys, Soni Johnson, Sharon Jones-Nelson, Sahrui Keiser, Joci Kelleher, Phebe Kemp, Nichelle Kitt, Sara Lamnin, Dr. Dawud Lankford, Michelle Lessard, Karla Leyva, Noah Lopes, Michelle Luong, Sophia Marshall, Tina McClain, Kimberly McLeod, Alejandra Melgoza, Charles Mintz, Jose Carlos Montesinos, Dr. Talia Moore, Farial Nazari, Ivy Odiamar, Lindsay Partridge, Danny Patron, Maria Perez, Michael Perrilliat, Jeremy Phillips, Teray Porter, Sonia Reed, Titiana Rivera, Shawn Renee Robinson, Sophia Rodriguez, Ana Rodriguez, Raul Rodriguez, David Rogers, Ray Roundtree, Kim San Gabriel, Nick Sermeno, Stephanie Singleton, Stephanie Singleton, Patricia Smith, Ben Smity, Helen Tam, Alexis Taper, Denita Taylor, Tawo Tekpa, Araceli Tellez, Ken Toliver, Claudia Torres, Darren White, Dr. Khalid White, April Williamson, Aisha Wilson, Michelle Wilson, Alejandra Yanez, G'esler Zavala

Community Partners

Abriendo Puertas/Opening Doors National Institute, Alameda Alliance Health, Alameda County Fathers Corps, Community Child Care Council (4Cs) of Alameda County, Crisis Support Services of Alameda County, First 5 Alameda County, Lincoln Center, Oakland Housing Authority, St. Vincent Day School, YMCA East Bay

Follow us on

socials



Together
we give &
make a
difference.

Donate today!



**\$5,000
Board
match!**

Our Board will match donations up to \$5,000. Double your donation before 12/31/23!

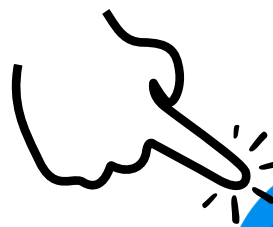
JOIN OUR BOARD

Use your passion about Family Paths' mission to support our organizational goals.

We are recruiting for representatives of BIPOC communities, fathers, those with expertise in finance, HR, legal and other skills, and those excited to promote the work we do with friends and colleagues.

Join our current Board members in providing guidance and oversight to this agency we all love so much. Do you wish to serve or do you know someone who would be a great fit?

Click the LEARN MORE button and fill out our Interest Form.



**LEARN
MORE**



510-893-9230

FamilyPaths.org

MAIN OFFICE

1727 Martin Luther King Jr. Way, Suite 109
Oakland, CA 94612

HAYWARD OFFICE

22320 Foothill Blvd., Suite 400
Hayward, CA 94541

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Martha Winnacker - Vice President
Christine Cueto - Secretary
Lucy Sheftel - Treasurer

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Parenting Stress Helpline
Línea de Ayuda Para Padres

Resources - Counseling - Referrals Recursos - Consejería - Referencias

1-800-829-3777



