



2023 IMPACT REPORT



Strong Families. Healthy Children. Connected Communities

Dear Friends,

The Family Room continues to thrive and grow in many ways. This past year was a time of building our muscles. We've been focusing on our infrastructure and strengthening the organization from the inside. We successfully completed a 5 year strategic plan, establishing our Family Advisory Council, developing our core values and establishing systems so we can extend our reach and hold the community with love, care and sustainability. From a part-time staff of 6 at our onset, to a team of 20, and growing, we are doing our best to embody and carry out the vision of Janet S. Munt.

Thank you to all who support us in all the many ways so we can be here for families when and how they need us.



**Josh Miller,
Executive Director**



Table of Contents

2 Our Mission, Vision and Core Values

2 Parent-Child Center Network
8 Core Services

3 Our Impact by the Numbers

6 Strengthening Families
Through Protective Factors

9 Our Team

10 Giving to The Family Room



Photo Credit: Marion Pope

To learn more about The Family Room, visit www.thefamilyroomvt.org



Our Mission

The Janet S. Munt Family Room is a place that builds healthy, connected communities by supporting families and young children.

Our Vision

Every family is connected, healthy, and strong.

Our Core Values

We believe in nurturing a strong sense of Belonging.

We believe in the importance of Community.

We believe in Celebrating each other.

We believe in treating each other with Love and Dignity.

Parent-Child Center 8 Core Services



Playgroups

Fun gatherings for socializing, snacks, and resource sharing in a kid-friendly setting.



Parent Support

Connect with like-minded families for mutual support and shared experiences.



Parent Education

Practical and empowering sessions covering various parenting topics.



Early Childhood Services

Quality on-site or collaborative child care options for your little ones.



Community Development

We champion family-centered events and services in the community.



Information and referral

Your go-to friendly resource for child development, parenting tips, and local services.



Concrete Supports

Onsite help for immediate needs and long-term well-being.



Home Visiting

Personalized support for families with young ones, tailored to your goals.

We are excited to support families on their journey!



In 2023, increased support from donors and grants allowed us to expand our impact significantly. We offered 95% more meals to families and distributed 225% more pounds of food compared to 2022. *Plus!* We saw an increase of 597 more participants in our programs.



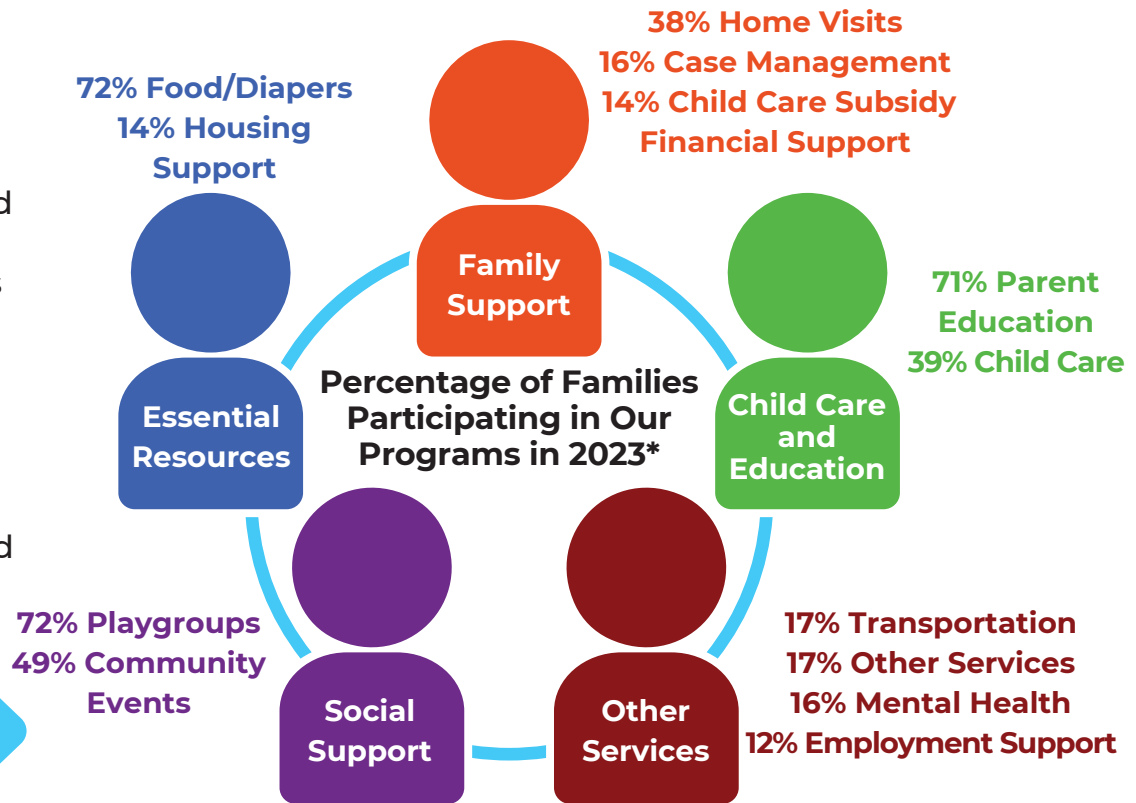
- 8** Families Serving on Family Advisory Council
- 2** New Board Members
- 2** New Staff Members
- 7** New or Expanded Programs

Our Impact by the Numbers

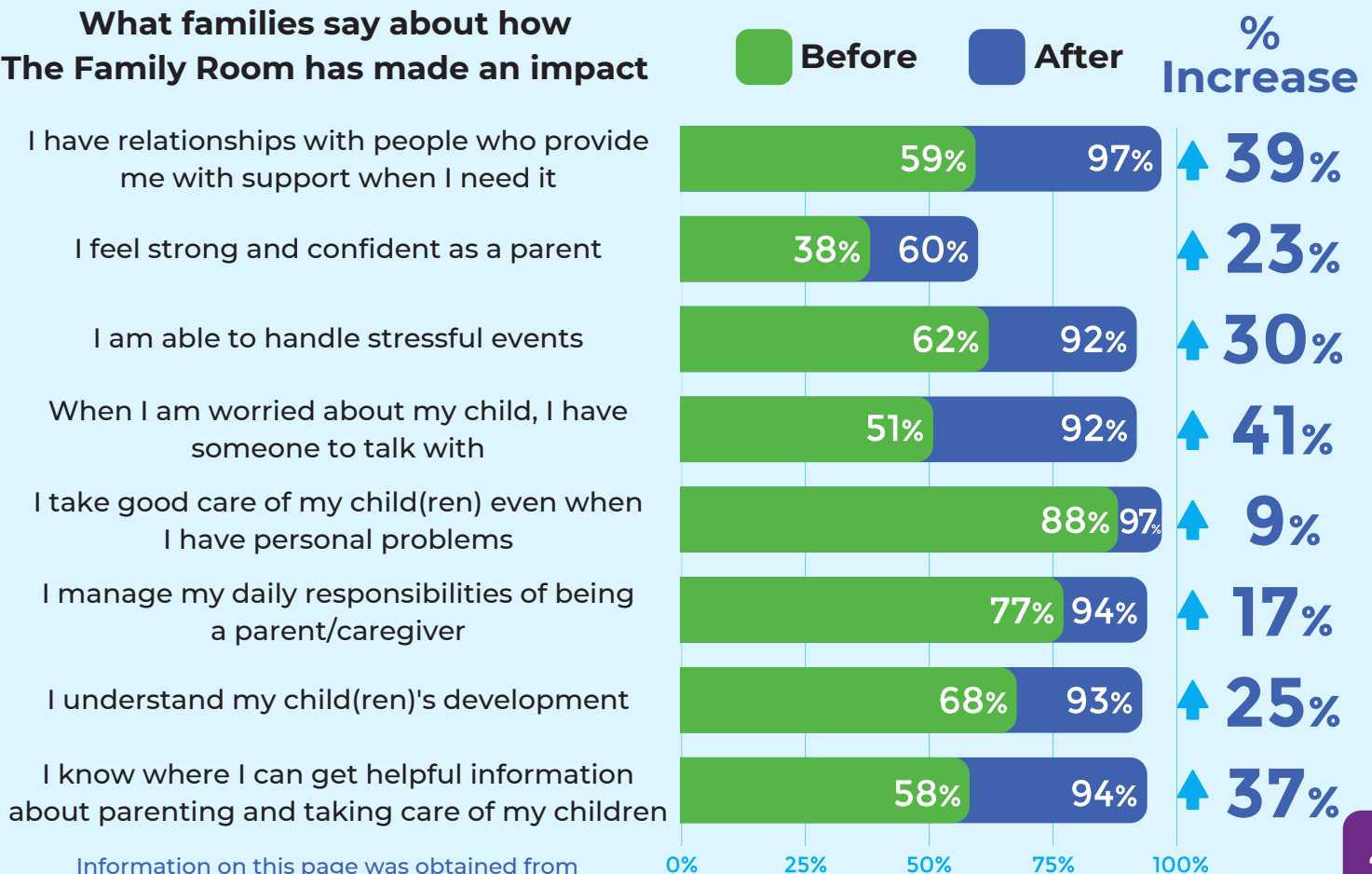
In 2023, our families reported using at least one of our services, with the majority seeking and receiving support from The Family Room across various areas.

These services were provided through our programs, and in collaboration with community partners and volunteers.

***Nearly all families participate in multiple services.**



What families say about how The Family Room has made an impact



Information on this page was obtained from 2023 Parent-Child Center Network Surveys

Our Impact by the Numbers



Our Families in 2023

98%

Believe staff members are welcoming and respectful

95%

Feel the support received had a positive impact on them and their families

98%

Reported to have received the help that was right for them

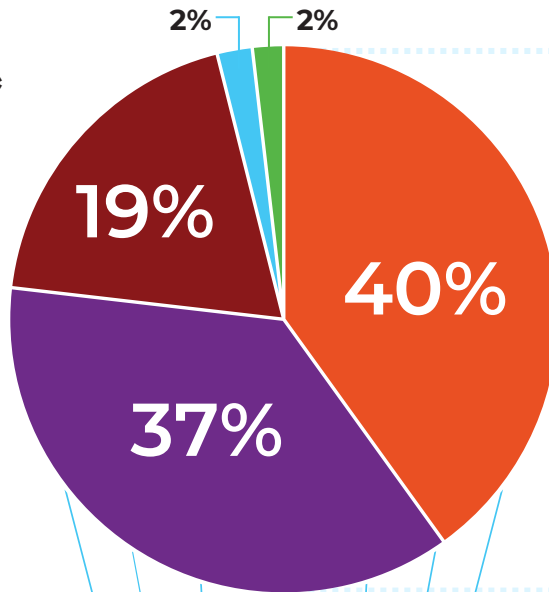
97%

Would recommend our services to others

Photo Credit: Marion Pope

Information obtained from 2023 Parent-Child Center Network Surveys

Our Financials* 2023



Our Sources of Income

- Foundations and Non-Government Grants
- Government Grants
- Individual and Family Donations
- Corporate Donations
- Other Income

Our Expenses



*Unaudited

Protective factors

Photo Credit: Belen Martindale



Strengthening Families is a research-informed approach by the Center for the Study of Social Policy that has proven to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.

The Family Room embeds these protective factors in all of our programs.

Strengthening Families Through 5 Protective Factors

1 Parental Resilience
Be strong even when you are stressed

2 Social Connections
Give and get support and build your network

3 Knowledge of Parenting and Child Development

Understand and normalize the ups-and-downs of your child's development

4 Concrete Supports in Times of Need
Get help when you need it

5 Social and Emotional Competence of Children
Make friends and help your child meet others and to manage feelings



Protective factors



Meet Forrest, Nicole, and the spirited Ivy as we support them with the **Strengthening Families 5 Protective Factors in mind!** Ivy, the 5 1/2-year-old dynamo, radiates infectious joy despite facing challenges. **Nicole proudly shares, "People say to us, Oh her smile! Her laugh!"**



But life wasn't always a laughter-filled carnival; Ivy battled severe digestive issues early on, leaving her parents overwhelmed. Enter The Family Room. Nicole found solace in baby massage classes with Nell Ishee, where compassionate staff normalized feelings and offered unwavering support. **These relationships became a lifeline as they navigated Ivy's medical maze.**

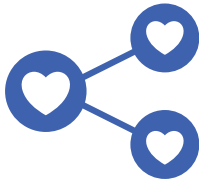


Last year, Ivy took the spotlight at The Family Room's 3-day preschool, soaking in connections and tips from the dynamic duo, Chong Ho and Emma.

For stay-at-home dad Forrest, it wasn't just preschool; it broke the chains of isolation, creating bonds with fellow parents and staff. Nicole emphasizes, **"Without The Family Room, I'd feel much less connected and a lot more alone."** Forrest says, **"Ivy developed close bonds with staff and volunteers, and thrived being in a kind, loving, and supportive environment."**



Protective factors



Nicole tells us, ***“For me, it is like this very very welcoming, nonjudgmental environment where, when you come in, with the challenges Ivy was having, I was made to feel like it was manageable and normalized in some way. Nobody was reacting in a way that made me feel ‘other’ or feel worse.”*** The Autism support group has given Forrest and Nicole contact with other parents who have similar experiences.



The Autism support group became their anchor, connecting them with understanding parents. ***“A staff person might say to the whole group, Hey, we have some donated fresh eggs today. Take some home! Does your kiddo need a pair of warm mittens?”*** The programs transformed into lively gatherings, sharing take-home food and creating an inclusive space for everyone. Forrest and Nicole cherish an extra sprinkle of joy – healthy homemade meals served during each program. It's not just about information; it's a celebration of togetherness, a community-building feast that echoes, ***“Worry less, we've got each other's back in this roller coaster called life!”***



Nicole proudly shares,
***“People say to us,
Oh her smile! Her laugh!”***

Photos courtesy of Forrest and Nicole

Our programs seamlessly weave various services, creating a holistic network of support for families. When families engage with one program, they discover assistance in unexpected areas and can access a network of care. This interconnected approach allows us to support diverse and individual family needs while also building and nurturing a resilient and thriving community.

Learn more about our programs at
www.thefamilyroomvt.org/programs

Our Team



Our Staff

We strive to hire staff who are representative of the families we serve. The majority of our staff is bilingual or multilingual and represents at least 5 different countries of origin. These backgrounds, perspectives and diversity help us better approach families with a lens of equity.

Photo credit: Stephen Mann (at 2023 Family Supper)

Our Board of Directors

Our Board of Directors, led by co-chairs Brooke McFarlin and Mick Leddy, have been integral in our success and growth. We are fortunate to have a very active board who serve on several committees - finance, fund development, communications, and strategic planning. They are a huge support to the staff and are active in programs, events, and fundraising.

Thank you for all of your many contributions to our Family Room.



Photo courtesy of The Family Room Board

Interested in joining us?

Contact Josh Miller about joining the Board of Directors at josh@thefamilyroomvt.org, 802-380-4752.

Watch our website and social media for staff openings.

Learn about each of our staff and board members at www.thefamilyroomvt.org



Judy (right) and Hawa (left) working together during the sewing program

Why do I volunteer every week at The Family Room?

“After I retired from home visiting, I continued my involvement by volunteering at the Family Room. I always want to be giving back to the community. It fills me up. What I love about volunteering here is the people – both the staff and the families.

I will volunteer at The Family Room for as long as I am able. I just love it here.”

--Judy Ayers

*“Judy has been with the Family Room for a long time. Her caring, teaching, and humor have helped so many families in many ways. From her days as a visiting nurse, she supported new families to find a place to live, shop for familiar and new local foods, and navigate medical and school systems. She listens deeply to family stories and cultivates trust and friendship. **With Judy's support, families begin to put down roots in their new home.***

*In sewing, it is the same whether making a first-time project, practicing stitches, or working on a complex dress, the sewers come to know that she is there for them. She will fix the 3rd broken needle or go the extra mile and finish the dress for an important family event. Judy's sewing space is a homey, connecting place for old friends and for making new friends, swapping stories and laughs. She keeps an eye out for fabrics she knows people will love. Judy has been known to make house calls for broken machines and has gotten good donated machines in working order so people can sew at home. **Judy is a Gem!”***

--Sarah Sinnott, Family and Community Engagement Director

**Volunteers are integral to the ease of people's experience at The Family Room!
Explore volunteer opportunities and sign up at
www.thefamilyroomvt.org/volunteer**



Giving to The Family Room

You can help us by volunteering or donating to The Family Room. By doing so, you can make a meaningful difference and support our mission that every family is connected, healthy, and strong.

DONATE



The Family Room is a 501(c)(3) non-profit organization. Donations are tax-deductible as allowed by law. Our EIN is 81-5449524.

Looking Ahead



2023-2028 Strategic Plan Summary The Janet S. Munt Family Room



Photo Credit: Family Room Staff

Since our establishment as an independent 501(c)(3) nonprofit in 2017, The Family Room has experienced remarkable growth. Over the past 7 years, we've responded to community needs, expanded our team and physical space, and strengthened our programs.

Our community requirements and the challenges we've encountered have motivated us to continue evolving and developing our 5-Year Strategic Plan.

Through a comprehensive plan development process, we've envisioned an even greater impact. With a fresh organizational structure, renewed vision, and clear performance measures, we are geared up for success.

This plan reflects the collective effort of all of our dedicated staff, Board of Directors, and Family Advisory Council. We look forward to the positive outcomes that the implementation of this plan will bring.

As we steer towards the future, we invite you to join us in our mission. Together, we can continue making a meaningful difference in our community.

-Josh Miller, Executive Director



Stay in the know and help spread the word! Find us on:



Contact us at
info@thefamilyroomvt.org