



A special edition of *KindHearted* to say *Thank You* for the lasting impact YOU have made in the lives of children and families.

Kind HEARTED

Saying
THANK
YOU

COULD NEVER
BE ENOUGH



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HumanKind

Because she had a Doula of Color beside her, she wakes up to her healthy and whole baby girl every day.

Because of your gift, Christina and her baby are healthy.

Christina was aware that Women of Color are three times more likely to die in childbirth, which is why she reached out to HumanKind's maternal health supports program, **The Motherhood Collective**. She had heard about the Birth in Color, LYH Doula Project on social media - which pairs Doulas of Color with pregnant Women of Color to help them achieve the healthiest births possible. A Doula is a coach, educator, and counselor all wrapped into one. They assist women during childbirth and are one of the most effective tools for reducing maternal mortality.

YOU ANSWERED THE CALL AND PROVIDED HELP TO FAMILIES IN NEED.

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As someone who battled depression and anxiety even before pregnancy, Christina knew she was going to have to work twenty times harder to advocate for herself as a Woman of Color in the maternity care system. “I think hospitals and doctors’ offices should be safe spaces.” She shared, “It shouldn’t be a battlefield.” With all that she knew and heard from other women of color, she was scared. She knew she needed help. Christina applied for the opportunity to have free Doula Care. And she was amazed by the empowering and nurturing education and support she received! “[My Doula] didn’t just fill up space! She came to prenatal appointments, she supported me - she was like having a mom right there with me.”

Because of your generosity and support, Christina had a support system that walked this journey with her and gave her a safe, nurturing experience.

Her voice trembled as she shared her feelings because she had a Doula of Color in the delivery room with her- she felt safe, she felt whole, and she felt heard. Now when she looks at her healthy baby girl, she wonders how can she pay-it-forward and help other women in her



Pictured here with her husband, George, and Doula, Zel! Your gift ensures other mothers like Christina have the resources they desperately need. Photo credit: @chrissyhutch_

“The fact that a program like this exists, and good people are out in this world and their hearts are beating and they’re donating to make a change...it’s just a beautiful thing. Thank you just doesn’t suffice.”

community have this same experience. What a blessing you are in her life.

You are the reason Christina was not alone during this vulnerable time. Today Christina is not only hopeful for the world she brought her daughter into, but she’s inspired to help other moms like her.

Program Featured
THE MOTHERHOOD COLLECTIVE
The Birth in Color, LYH Doula Project is a partnership between HumanKind and Birth in Color, RVA. For more information please visit: www.themotherhoodcollective.org/birthincolorlyh

Thank You

2021 continued to bring a multitude of unforeseeable challenges and yet you selflessly provided help to our neighbors in need.

PROVIDED RESOURCES
to families struggling during the pandemic.

MAINTAINED A LIFELINE
to new parents.

ENSURED SAFETY
to adults with developmental disabilities.

FED HUNDREDS OF FAMILIES
Thanksgiving meals

GAVE GIFTS TO KIDS
who weren’t your own during the holiday season

EXPRESSED LOVE & HOPE
for children during their first night of foster care.

FINDING HOME

You’re the reason Marc has a loving home.



Outdoor activities have been part of Marc and his family’s greatest joy. Strawberry picking season is a favorite. Thank you for helping foster children like Marc and supporting families to provide safe, secure environments to build stability and give them a forever home.

More than eight placements in just thirteen years. Hard for a child to have a healthy attachment to anyone or anything when home isn’t stable and constant. Marc had all but given up on finding a forever home; and who could blame him after bouncing around foster care and institutions from infancy. But you ensured there was hope. Because of your generosity, when Marc came into transitional care in May of 2020 HumanKind had a placement that fit him just right. And the real blessing was -- it was an adoptive placement who offered him a sense of permanency for the first time in his life.

Tyler Costello has been a single foster parent for a number of years and knows the hard work it takes to help children like Marc living in foster care. Taking in a transitional placement is a long process, but Mr. Costello was committed

to easing Marc into this placement hoping it could be his forever home. There were several in-person visits at the residential facility, therapy sessions with the treatment team, day long visits in a new environment and finally some overnight stays to ensure it is the best fit for Marc.

Since transitioning into Mr. Costello’s home Marc has had no additional hospitalizations, has stabilized on his medications, and he’s dedicated to his out-patient therapy and in-home family services. He has gained stability and routine in his life. He even likes school and has become an excellent student in recent months. “It just goes to show what stability can do for a child”, shares his caseworker Molly.

Knowing that this placement is adoptive, has allowed him to settle into what life could be like in a foreverhome. As a family, they took advantage of pandemic times embracing all the outdoors has to offer. From strawberry picking to spending time on local trails, to kayaking and securing the perfect pumpkin - family time has become front and center. They also engage with other foster families who spend time together actively supporting one another.

Marc has just celebrated his one year anniversary this past summer and plans are in place for this home to become permanent.

Program Featured
HUMANKIND FOSTER CARE





You're the reason Donna and her family are thriving

Donna Brown had a tough year. As the single income provider in her household, she had to keep everyone afloat while staying focused on her journey to financial stability. But she also had to focus on the basics; feed her family, be a mom and a caretaker for her ailing father – all in the midst of a pandemic.

Then the coronavirus pandemic changed everything. Donna felt the impact; from reduced work hours to job changes, and supporting her children through this difficult time. And one of the most challenging parts was caring for her father from a distance, already battling health problems. Devastatingly, after having the coronavirus he passed away in September of 2020.

Because of you, Donna had gift cards for groceries and gas, bill payment and rent assistance, help with a resume and even found new employment.

“Being a part of this program and staying connected, I was able to find a better job that pays more. I have maintained and established more credit.”

Because of you she did it - made her final car payment in February of this past year. But she's not stopping there. Her graduating son has multiple scholarship opportunities to go to college and play football. Donna plans to give him the car she just paid off making sure he can come home on breaks. Her coach helped her get approved for a new car loan, and has continued to connect her with resources.

“I have been blessed in so many ways this year because of good people like you. I just pray that I will be in a position to do the same for someone else, paying it forward.”

Donna was just accepted into the Start Up for Success pilot program by partner Local Initiatives Support Corporation (LISC) – launching emerging entrepreneurs. “My plans are to open a restaurant and make food to ‘feed the soul’. I want a flexible schedule, make retirement plans and be able to enjoy mygrandchildren when they get here. I want to build my brand, save, and enjoy life while I’m here.” You made it possible for her to get

Program Featured

WAYS TO WORK

an affordable car loan and lay the foundation for financial stability.

KEEP THE GOOD GOING IN 2022

Families are still struggling this winter -- and you can help.

Yes, I'll help a family struggling to get back on their feet through this pandemic.

Make a special gift to provide emergency help for food, supplies and bill payment assistance.

Please give online today: humankind.org/pandemichelp

