

Kind HEARTED

your gift changed lives

Human Kind

March/April 2022

AGAINST All ODDS

YOUR GIFT MADE THE
IMPOSSIBLE, POSSIBLE.

LONDYN'S DOCTORS
AND THERAPISTS
TOLD HER PARENTS
THEIR DAUGHTER
WOULD FACE GREAT
CHALLENGES IN LIFE.

She would not have a healthy appetite, she would not have fine motor skills, and she may never walk. But they didn't know that Londyn, her family, and her teacher Stephanie at Early Head Start (EHS) made an incredible team. Because of you, they were able to face every obstacle together. Londyn was just 2-years-old when she came to EHS. The week before she was to start, her teacher Stephanie met with the Family Engagement Specialist to hear more about Londyn

YOU ARE A HERO TO FAMILIES STRUGGLING TO OVERCOME CHALLENGES.

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Stephanie proudly shares, "She's shown me this personality that I never would have thought was under all that anxiety. She's determined and independent. She is just WOW; mind-blowing every day." What an amazing gift you have given. You made it possible for Londyn to get the love, care and specialized support she needed to shine.

Overcoming separation anxiety was just the beginning for Londyn. She overcame all the limits that society had set for her, and proved them wrong! Stephanie excitedly shared, "And let me tell you, this girl can eat! She loves eating and will often ask for seconds! She is doing amazing with fine motor activities and keeping up with all her classmates." Londyn began to further thrive in her classroom, have meaningful social interactions with friends and her personality just blossomed.

Londyn is ready to take the next step and will soon transition to a pre-school for her age. Her parents and teachers have no doubt she will continue to flourish. Because of you, teachers like Stephanie had the resources and the training needed to love and teach children like Londyn. You provided the support she needed to overcome these obstacles, and any others that may come her way.

Your gift has forever changed the life of Londyn and other children like her.



Because of you Londyn is thriving. "Somebody once asked me if I thought Londyn will ever walk. I knew she was determined and that she would walk in her own timing!" It was the very next weekend Londyn's mother shared a video of her walking on her own at home. "I was so excited, and proud to be part of her story," shared Stephanie pictured above with Londyn.

and her needs. Here she learned that Londyn had cerebral palsy and was not very verbal, unable to walk on her own and struggling with severe separation anxiety. "I didn't know much about cerebral palsy, so I started researching and wanted to create space for her to teach me who she is, and what she can do."

In those first few weeks, Stephanie felt like a failure. She couldn't understand why she could not comfort Londyn. Stephanie tried everything she knew to do when a toddler was in distress, but Londyn would cry from the moment she left her mother's arms until she eventually fell asleep exhausted at nap time.

"A typical day for Londyn included about 3-4 hours of constant crying. That's a lot of stress on her body. All my training taught me to be patient and give it time – it might be exactly what she needs right now even if I can't see it."

Weeks passed with no change in Londyn's behavior or progress in development. Stephanie's confidence wavered, but she refused to give up. She kept trying new ideas--and gave Londyn time, love and as much consistency as possible. Then one day as if a switch was flipped, Londyn came to school with a smile on her face. Stephanie's eyes filled with tears of joy.



Answered Prayers YOU'RE THE REASON SARAH AND HER FAMILY ARE THRIVING

Kathy wanted to help her daughter – but with challenges from the pandemic – she didn't know where to begin. Her daughter Sarah was pregnant and had lost her job. She struggled to find work, much less a job that would be flexible for prenatal care and still be there after she gave birth. But then she wondered, what would she do for child care?

"Sarah was overwhelmed when Aiden first came. She struggled with anxiety her whole life, and now with a baby, that panic just sky rocketed," Kathy shared.

Sarah felt the panic of new motherhood. She didn't have a job, and no one besides her mom and his father to help. Then Kathy heard about a new program opening in the community that might be an answer to all of her prayers -- for her daughter and Aiden. Because of your generous support Early Head Start (EHS) was there.

Kathy was determined to help her daughter. She got Aiden's application done just weeks after he was born. During that process she learned that the program could meet Aiden's needs, and also provide wrap around support services for his parents too.

Sarah still has moments of anxiety and Kathy still worries about her. But because of you they have comfort in knowing the tools and resources are there to support their family. What a gift you have given this family to build resiliency.

What a blessing you have provided for this family.

Aiden was one of the first children in the door when the EHS center opened. His Grandmother Kathy, was overjoyed the day she found out he was officially in, "I knew his life was about to get so much better, my daughter's life and Aiden's daddy too."

"When he first started with EHS, they were just doing virtual so twice a week Sarah or myself would meet with the teacher and just get to know them and they would talk to Aiden or read him a book. Honestly, as much as we needed childcare and to be in person, it was almost a blessing that we had those first weeks virtual so Sarah could get to know the teacher before leaving Aiden with her."

The more she got to know Aiden's teacher Ms. Jackie, Sarah's anxiety began to calm down. As a part of the program, she was paired with a Family Engagement Specialist who helped her apply for jobs that would work around the center's childcare hours.

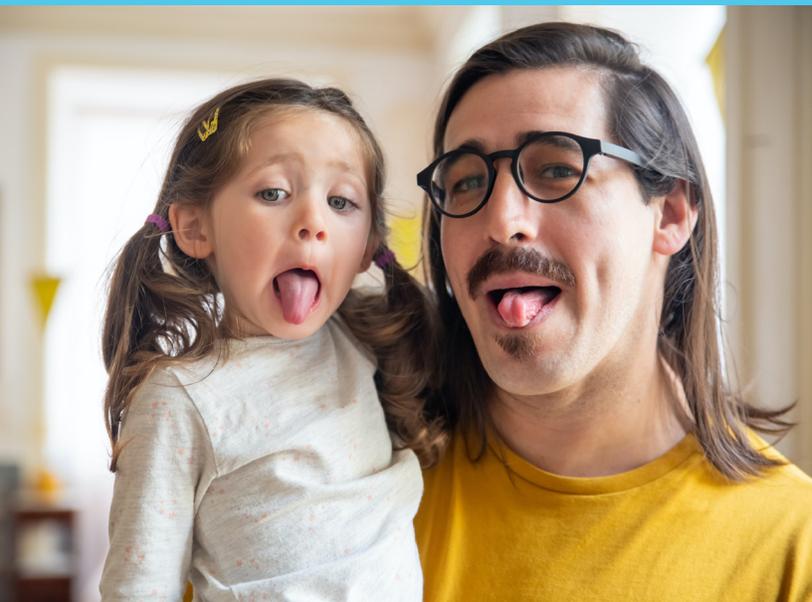
Now after nearly a year of being a part of EHS, this family is thriving. Aiden has surpassed milestones making friends his own age, a strong relationship with his teachers, and is all smiles at the end of the day. Sarah found a steady job that gives her the flexibility she needs as a mom. She has also built an incredible bond with Aiden's teacher and looks forward to hearing all about his day at pick up.

Because of you Sarah has gained the confidence and security to build a life for her and her son. You opened doors so Kathy could help her daughter blossom into an amazing mother and make sure Aiden had a safe environment to grow and explore.

Because of you, Sarah has a support system to wrap around her family.

THANK YOU FOR BEING A LIFELINE.

What a gift you have provided Chris and his family – high quality care and access to resources to wrap around this whole family helping them to heal.



Road to Healing

BECAUSE OF YOU CHRIS TOOK
THE FIRST STEP FOR HIS FAMILY

Chris had one fear – that he would lose his family. He had struggled for years with his anger, but didn't understand how he could get help. Chris was unsure of how to start this journey. Where would he look for help? How would he afford this additional expense? And what would he actually say if he found someone to listen. Because of your unwavering support, Blackwater Counseling was there to help Chris.

Then he took the hardest step -- and reached out for help.

At first Chris was quiet in his sessions, not knowing what to say, afraid of feeling judged or misunderstood. After a few sessions he began to open up. He was beginning to see anger in a new light. He saw that the person sitting across from him wasn't judging him, but rather expressing compassion and understanding.

Because of you, Chris and his entire family were able to take life-changing steps towards recovery and healing.

Because of you and your support, Chris began to heal. He realized his feelings of anger traced back to painful experiences from his childhood. So Chris put in the work. With the help of his anger management facilitator they were able to pin point triggers and worked to find healthier ways to express his difficult feelings.

Healing felt good and his family saw the difference in him too. Chris started into counseling with Matt, a trauma-informed clinician. It was through these sessions that Chris began to feel compassion for not only what he was putting his family through, but for himself as well.

Determined to break this cycle, Chris began to connect his family to Blackwater's team of clinicians. Abby, his 6-year-old daughter, started seeing Amanda, a trauma-informed therapist who often uses the soothing work of art and nature to help kids who have been through hard things so early in life. Chris's wife began seeing the healing happening before her eyes and she soon sought after help of her own and became connected to Lupita, who provided a safe space to start to name and process the stress she'd been carrying for so long.

You provided hope in the middle of the storm for this family. Your selfless giving ensured that help was available and waiting for Chris. Because of you, an entire family began to heal and break the cycle for a healthier tomorrow.

“Chris came to Blackwater Counseling for anger management. His reason for being there was clear – *‘I don't know how to change, I don't want to lose my my wife and daughter. I have to be better for them.’*”

HELP A CHILD IN EARLY HEAD START: CLASSROOM SUPPLIES NEEDED!

This is the time of year our classroom shelves are starting to look empty. Please help keep the learning going in our Early Head Start centers. You can help by donating items from the most needed list below.

All donations must be new.

ITEMS MOST NEEDED RIGHT NOW

- Washable Markers (*triangular/jumbo*)
- Large Toddler Paint Brushes
- Glue Sticks
- Glue Bottles
(*refillable containers with brushes*)
- Tissues
- Unscented Baby Wipes
- Scotch Tape Refills
- Masking Tape Refills
- Construction Paper
- Jumbo/Large Crayons
- Printer Paper
- Cardstock
- Tissue Paper
- Easel Paper
- Colorations Washable
Tempera Paint
(*Gallon Size*)
- Bubbles
- Unscented Laundry Detergent
- Sandwich Bags
- Gallon Ziploc Bags



DONATION DROP-OFFS

HumanKind Main Campus | 1903 HumanKind Way, Lynchburg VA 24503

Open Monday – Friday | 8:00 AM – 5:00 PM

To coordinate a group drive, contact [Mitzi Dooley at midooley@humankind.org](mailto:midooley@humankind.org).

Letter from the President



Stan Southworth
President and Interim-CEO

WITHOUT YOUR FAITHFUL GENEROSITY & SUPPORT, HUMANKIND COULD NOT MEET THE GROWING NEEDS CHILDREN AND FAMILIES ARE FACING TODAY.

As we enter this season of spring – a time of renewal and rebirth, I want to express my gratitude to you. As a partner, donor, volunteer, and member of this community, you are such a blessing!

So many of those who come to us in need are weary from any number of life's challenges –

poverty, abuse, neglect, job loss, mental health struggles or just stuck in a cycle they didn't choose for themselves. They live in isolation, feeling like there is no way out and no way up. A helping hand and a person to walk the journey with seems like an impossible dream. But that's what you do for these children and families – you make the impossible – possible.

This spring and always, I hope we take time to reflect together on a season of growing, restoration, and gratitude. We are fortunate to walk this journey with you so together we can lift others.

Your generosity means so much. Thank you for helping us show that opportunities for change do exist.

You Can Help Her Overcome

YOUR GIFT WILL MAKE A DIFFERENCE FOR A MOTHER WHO IS STRUGGLING.

Julie is still struggling to recover from the hardships caused by the pandemic. All she wants is to get back where she was before it all started – at least to make ends meet. The past two years have been a roller coaster with one challenge after another. Having become a mother during this time, she knows she needs help and for the first time in her life, is reaching out for support.

She has lost her job, taken on multiple jobs to try and bridge the gap, depended on community resources for food and has been looking for a support system to help navigate new motherhood. Her son Gage was born during the pandemic and he has been isolated for almost his entire life.

This isolation has also left Julie feeling overwhelmed trying to provide for him with limited baby supplies and resources. She wants to build a better life for him, but she is now stuck in the cycle of trying to find



work without reliable childcare.

But the good news is that you can help! For just \$22 you can give her son Gage a full day of child care plus lunch and a snack through Early

Head Start. And it's more than the child care for Gage – your generous gift will also provide additional help for Julie like food, diapers, and wrap around parent support she so desperately needs.

When you help a mom like Julie have child care for her son -- you help her find steady work, have access to resources and ultimately equip her to build a better life for both of them.

And it's not just Julie who is struggling right now. More parents are at risk as they are trying to overcome the fallout from the pandemic -- and now costs of everything are on the rise. Your support is critical in supporting these children and their families. Parents like Julie cannot overcome these challenges without you.

Please send in a gift today to help families like Julie's connect with resources to navigate these challenging times.

Your gift of \$22 will equip her with reliable childcare and parent support.

Yes, I'll help equip a parent struggling to get back on their feet.

Here's my special gift to provide childcare, food, diapers, parent resources and support the good work of HumanKind.

- \$22 to provide parent support and a full day of child care for 1 child
- \$44 to provide parent support and a full day of child care for 2 children
- \$66 to provide parent support and a full day of child care for 3 children
- \$ _____, to provide help to as many parents and children as possible.

To give faster, please give online today: humankind.org/ehshelp

Help a family in need today!