

*Helping people live positive and productive lives...since 1854*

## *FSI...On the Web*

Family Service's new website is officially up and running. Please check us out online at [www.familyserviceinc.com](http://www.familyserviceinc.com). There you will find information on what's going on, ways to support Family Service, volunteer opportunities, program information and much much more!



Thank you again to the **Jericho Road** volunteers who worked tirelessly to create Family Service's website. You're Great!

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## *Strengthening Couples...Strengthening Kids!*

There are a lot of things that go into raising healthy kids: physical health, a good education, and nurturing relationships. Often overlooked is the importance of the parents' relationship with each other.

Parents who model a healthy marriage shape their children's attitudes toward intimate relationships, show them how to treat others, how they should be treated, and how to resolve conflicts. In addition, a strong marital relationship enables adults to co-parent more effectively, agree on parenting techniques, and spend more time nurturing and less time fighting.

In 2006, Family Service received a grant from the federal Administration for Children and Families to implement a relationship enhancement program for low-income couples raising children in Lawrence. After one year, the program is having outstanding results!

"All of the couples who came to the program were really struggling at home" says Aida Castro, Strengthening Couples Program Coordinator. "After the program, we find that these families still have issues, but now they have the tools to deal with them. They know how to resolve conflicts, and their homes are more peaceful places. It's definitely better for the kids."

The Strengthening Couples program is currently recruiting couples to participate. The only qualification is that the family reside in Greater Lawrence and qualify as low-income according to WIC guidelines. For more information, contact Aida Castro, 978-683-9505 ext.34, [acastro@familyserviceinc.com](mailto:acastro@familyserviceinc.com).



*"When we started the program, our relationship was like two islands. [Family Service] built a bridge between our islands. We learned about compassion, cooperation and commitment."*

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**Welcome New Board Members**

Family Service is pleased to announce its 2007/08 Officers, Directors and Advisory Board members.

Welcome to the Board of Directors, **Daniel Rivera** of Lawrence who is the Marketing Manager at Lifelines in Framingham and is very active in local politics.

To the Advisory Board, welcome: **Eduardo Crespo** of Methuen, Founder & CEO of Hispanic Market Solutions, **Debra Weiss Ford, Esq.** of New Hampshire, Attorney at Devine Millimet, and **Carol Reid** of Andover, Financial Executive at Enterprise Bank.



*Dan Rivera*



*Eduardo Crespo*



*Debra Weiss Ford*



*Carol Reid*

**A New Way to Support Family Service**

**Donate Your Unwanted Vehicle to Family Service**

Have an old vehicle that you want to get rid of? Want to help Family Service strengthen individuals and families in Greater Lawrence? Then we've got a great opportunity for you.

Family Service is now able to accept donations of used and unwanted vehicles. When you donate a vehicle to Family Service, it will be picked up at the location most convenient for you. You don't have to pay for towing and all the DMV paperwork will be taken care of for you. Minus the fees for the towing and auction, Family Service will receive a cash contribution for the value of the vehicle, which you may then deduct from your taxes.

All you need to do is contact:

Family Service's Development Department at  
 978-683-9505 ext.39 or  
[lhowe@familyserviceinc.com](mailto:lhowe@familyserviceinc.com).

or

"Donate for Charity" at 866-392-4483 or go to [donateforcharity.com](http://donateforcharity.com) and fill out their online car donation form.



## *Family Service Receives Federal Mentoring Grant*

There are many different things that influence how well students do in school. Among the most important is having a positive adult role model who supports students' efforts to succeed in school.

For too many students in the City of Lawrence, role models for academic achievement are few. Recent census data report that only 14% of residents over age 25 have a college degree, 37.5% have not graduated from high school.

The federal government recognizes the importance of academic role models and is providing grants to schools and nonprofits across the country to implement school based mentoring programs.

Family Service has been chosen as one of only 195 sites out of more than 2,000 applicants to receive a federal Department of Education mentoring grant. "Family Service has been doing a great deal of youth development work over the past few years and has noticed the need for more and more academic support," says Kay Berthold Frishman, Family Service Executive Director. "We're excited to start this program and work with volunteers throughout the community to be part of the solution."



Family Service is currently seeking mentors for the program. Mentors are required to visit with a student at their school (the Gerard A. Guilmette or the Emily G. Wetherbee Schools in Lawrence) during the lunch period, once each week for the school year, and maintain contact over the summer months.

For more information on the mentoring program, contact Family Service Associate Director, Liz Sweeney at 978-683-9505 ext.37 or [lsweeney@familyserviceinc.com](mailto:lsweeney@familyserviceinc.com).

## *SamariTalk: News from the Samaritans of Merrimack Valley*

### **Safe Place: Support for Suicide Survivors**

The Samaritans of Merrimack Valley is pleased to announce an expansion of their suicide survivor support services. Individuals who have lost a loved one to suicide are welcome to join Safe Place support groups at one of two locations:

- Safe Place in **North Andover** meets at Saint Michael Parish at 193 Main Street
- Safe Place in **Amesbury** meets at the Amesbury Council on Aging at 9 School Street

Both groups meet on the 2nd and 4th Tuesday of each month from 7:00 p.m. to 8:30 p.m. For more information, please feel free to contact Debbie Helms, Samaritans Program Coordinator, at 978-688-0030 or [samaritans@familyserviceinc.com](mailto:samaritans@familyserviceinc.com).

### **Calendar Raffle to Benefit the Samaritans**

During the month of November, every day is your day to win. Buy raffle tickets today to support the Samaritans and buy the chance to win great prizes. Two prizes will be drawn every day during the month of November. Prizes include everything from yoga lessons to restaurant gift certificates. Four grand prizes will be drawn:

- Jonathan Papelbon signed baseball
- 15 x 19 signed/framed Kevin Youkilis photo
- Signed Josh Beckett baseball
- Handmade baby quilt and newborn items

Tickets are \$10.00 for one ticket, \$25.00 for 3, or \$50.00 for 10.

To purchase tickets, contact Mary Lyman at 978-683-9505 ext.48 or [mlyman@familyserviceinc.com](mailto:mlyman@familyserviceinc.com)

## Family Service FAQ:

**What does Family Service do?** We give people the tools to live positive and productive lives.

**What services do you provide?** Over 20 different programs are offered including: parent education, youth development, mental health counseling, and employee assistance.

**Where does your funding come from?** Family Service's revenue sources include public and private grants, fees for service, charitable contributions from individuals and businesses contributions and contracts with collaborating organizations.

**What area do you serve?** Several programs reach the entire Merrimack Valley. Most programs serve Greater Lawrence, and focus on the City of Lawrence where there is the greatest need. Family Service reaches over 3,000 individuals annually.

**How long have you been around?** 153 years! Family Service was first established as the Lawrence City Mission in 1854.

## You Can Be Part of the Solution

Family Service's success in helping people live positive and productive lives depends on the work of many dedicated volunteers. We are currently looking for caring and compassionate individuals for the following volunteer opportunities:

**Advocate for Kids:** The Court Appointed Special Advocate (CASA) program is looking for individuals to advocate for kids in court. No prior experience required, only the desire to help a child. Contact Bree Quiles at 978-683-9505 ext.15 or [casa@familyserviceinc.com](mailto:casa@familyserviceinc.com)

**Samaritan Helpline Volunteer:** The Samaritans is looking for helpline volunteers to befriend individuals who may be lonely, depressed and contemplating suicide. Contact: Debbie Helms at 978-688-0030 or [samaritans@familyserviceinc.com](mailto:samaritans@familyserviceinc.com)

**Academic Mentor:** Family Service is looking for adult mentors to spend one lunch hour per week for a one-year period providing academic mentoring to at risk students in Lawrence. Contact Liz Sweeney at 978-683-9505 ext.37 or [lsweeney@familyserviceinc.com](mailto:lsweeney@familyserviceinc.com)

All volunteers are provided with a high level of training and support. The amount of time required varies by position. Most opportunities are designed to accommodate busy working adults. **Make a difference. Volunteer at Family Service!**

“Family Service has given me the opportunity to give back to the community in ways that I didn't know existed. The diverse programs that are offered are eye opening and I am proud to be part of an organization that supports so many worthwhile causes. My involvement as a CASA volunteer has been truly rewarding. To see the difference that my time and energy has imparted on a child has been most gratifying. Most importantly it has changed the quality of life for an innocent child.”



*Elizabeth Leed, Board Member and CASA Volunteer*



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