FY26 ANNUAL REPORT

...empowering parents to break generational cycles
& create safer, more supportive environments
where children flourish

10% more than FY25

816 parents & caregivers served

951 children's lives improved

HOW WE HELPED CHILDREN

POSITIVE PARENTING... *PLUS!*

- weekly parenting groups (adults & teens) providing skills, knowledge, & support

NURTURING FAMILIES

- 1:1 family coaching helping families identify goals & create safe, stable, nurturing relationships

CO-PARENTING

- monthly sessions for parents whose children live across two homes because of divorce or other reasons

WORKSHOPS

- bringing key information or skills to parents and/or children on topics like emotional self-regulation, safety, etc.

WE HELP CHILDREN/FAMILIES ACROSS TENNESSEE

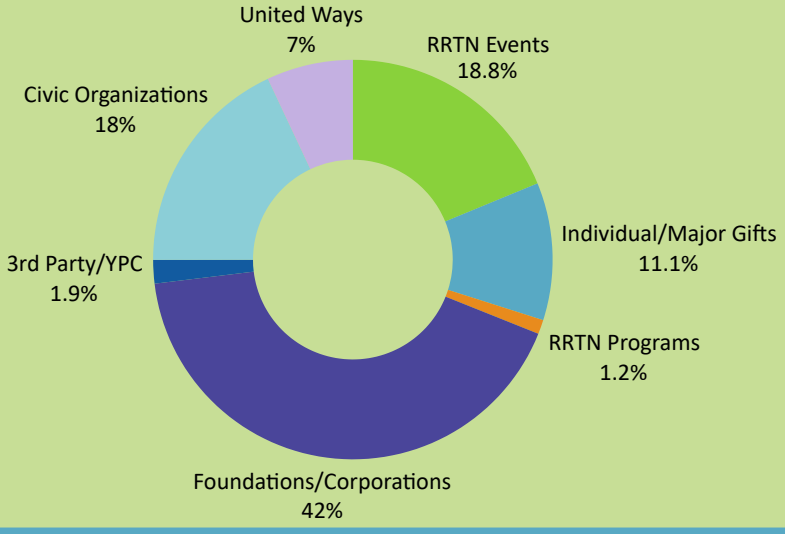
In FY26 we supported children & families in 34 Tennessee counties as well as others in California, Florida, Kentucky, New York, Ohio, & Texas



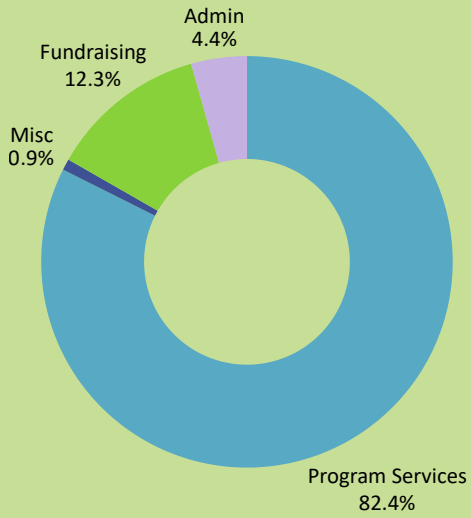
AFTER OUR PROGRAMS, PARENTS:

- **96%** plan to use skills they've learned
- **90%** understand children have many emotions & know how to respond
- **87%** understand the way they parent affects their children
- **89%** understand how brain development affects behavior
- **88%** can communicate with children in ways that meet their needs

FY26 REVENUE



FY26 EXPENSES

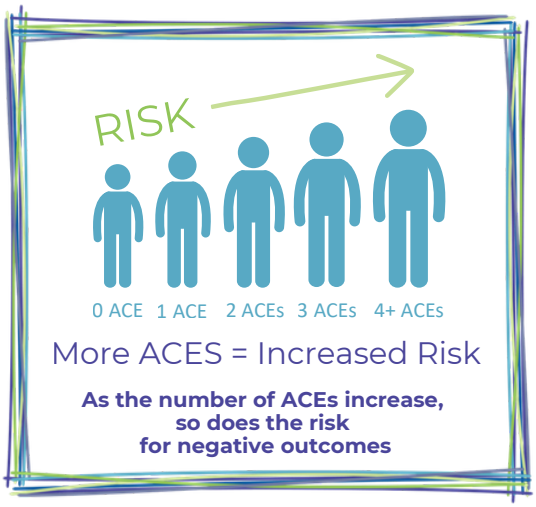


...percentages based on unaudited financials

Research demonstrates the long term, negative consequences of toxic stress on developing brains.
ACEs (Adverse Childhood Experiences) can impact brain development & epigenetics.

ACEs

- abuse (emotional/physical/sexual)
- neglect (emotional or physical)
- mental illness in the home
- substance use in the home
- incarcerated family member
- divorce, separation, or parent death
- witnessing violence
- living in poverty
- discrimination/racism
- bullying



PCEs

- able to talk w/family about feelings
- feel family supports them in difficult times
- enjoy participating in community traditions
- a sense of belonging in high school
- feel supported by friends
- have 2+ non-parent adults who care
- feel safe/protected by an adult at home

Yet there's **HOPE! Growing up in safer, more stable, nurturing environments promotes greater academic achievement, healthier relationships, & future work success... essentially RESILIENCE!** If we can't prevent ACEs, we can mitigate them through changing how parents "parent" & through **Positive Childhood Experiences (PCEs)** which buffer ACEs. Our programs ensure children & families have the education, skills, & access to support needed to better prepare children for positive futures!

Why is what we do needed? **Our programs are provided at no cost to families & are incredibly cost effective: $1,390/family vs** approximately **$3.3billion** annually in related costs (medical, lost productivity, foster care, etc) in Tennessee due to children's exposure to childhood trauma/abuse/neglect.

Every dollar makes a difference for the children whose parents we help!



