



...working together to
build stronger families
in rural communities

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November 22, 2022

Dear Friend, Supporter, and Neighbor,

This year has been, at the same time, very normal and quite unusual at Strengthening Rural Families. While many of our services are back to being in-person or at levels that we were seeing pre-pandemic, we also continue to observe the impacts on our community members of a very uneven recovery and the results of the stresses and isolation that occurred over the past couple of years. It most clearly shows up in the developmental delays in our youngest learners, then with the levels of dysregulation, depression, and anxiety with many others. As much of our work is involved in these areas, we are certainly seeing high interest in many of our programs. It remains to be seen what some of the longer-term impacts will be on some of the populations that we serve but we believe that prevention and wellness approaches that are central to our work will continue to bring benefits to our neighbors.

Strengthening Rural Families has always been an organization that emphasizes people and relationships as this has been central to the collaborative approach that is essential to our efforts. A particular point of gratitude for us has been our ability to retain much of our staff, while at the same time making some new and high-quality hires. Our staff is where the real and meaningful work gets accomplished so that combination of consistency and new energy has been key to our ability to focus our energy on those important relationships and interactions that are at the heart of our services.

A key area of focus for our strategic plan has been to build and retain our staff capacity. It has been a challenging task to provide reasonable wages and some benefits for our staff. We believe that these efforts have been important

investments in our ability to hold on to our experienced staff and be competitive in hiring for the open positions that we have had. However, this challenge is in no way abating in the current economic climate as we see very real upward and sustained wage pressures while also experiencing increases in the costs for providing services.

We have been fortunate to receive important and, in some cases, multi-year funding from both public and private grant streams that make significant contributions to our operating budget. Some of these same parties are starting to recognize the intersection between staff support and community outcomes, but realistically we need this to happen at much higher levels to retain our capacity and quality.



In terms of our early childhood and programs, we continue to provide no-cost programs, for local families, at the Alsea Pups Preschool in Alsea and the Next Steps program in Philomath and at our Santiam Canyon Early Childhood Center. We are back to providing multiple parenting education programs that this year have included; Make Parenting a Pleasure, Abriendo Puertas, Nurturing Parenting, Strengthening Families and Live and Learn with Your Toddler. We also continue to provide parent coaching opportunities to give some families access to a more personalized skills building option.



Additionally, we continue to support some of our other initiatives. We have provided multiple dental van clinics as well as participating in the Philomath health and safety fair. We are offering financial coaching in both English and Spanish. We also financially contribute to family support work in both the Monroe and Alsea School Districts. Finally, we are back to

providing some of our self-regulation skills building groups by putting on Girls Circles and Mindful Movement programs.



As this is our annual campaign letter, we are requesting your support for our organization, our services, and our programs. We are always immensely grateful for the gifts that we receive. However, like last year, our main hope is that you take some time in the next few weeks to engage in an act of meaning, purpose, or reflection for yourself, a neighbor, friend, or family member.

We hope that you find some warmth, kindness, and connection in the end of this year and the start of the new one.

All our Best to You and Yours,

The Staff and Board of Strengthening Rural Families



YES! I want to help Strengthening Rural Families continue to support our rural families & communities. **Please make all checks payable to Strengthening Rural Families.**

Enclosed is my gift to be used for: **General Fund** \$_____ **Endowment Fund** \$_____

I would like to pledge a gift of \$_____ monthly, (please contact SRF for more information.)

I would be happy to volunteer to: *(check as many as apply):*

- Provide childcare for programs Fundraise Help promote family activity events in my community
 Other _____

NAME _____
ADDRESS _____ **CITY/ST** _____ **ZIP** _____
EMAIL _____ **PHONE** _____

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