

Better to be a Healthy Mom, than a Super Mom

When Erica* became a mother for the first time, she wanted to be a good one. But she had little experience of what a loving and caring mother looked like. "My mother was always abusive when I was growing up," she says. "The only role models I had for a good mother were the ones on TV."

Erica experienced many struggles parenting her first child. She would later find out her son had autism which had gone undiagnosed. When she became pregnant for a second time, Erica was encouraged to participate in Family Service of the Piedmont's Healthy Start program for new and expectant moms with high stress factors. "Healthy Start gave me the peace of mind that this time, I would be prepared."

Erica's Healthy Start Caseworker visited the home regularly to share information and resources with Erica about her growing family. "She kept me informed on the development stages my kids were going through, as well as what it looks like to be a good parent," Erica says. "In talking about discipline, I've learned to redirect the energy of my children instead of getting mad at them for doing things that kids do."

Erica's particular situation makes parenting an even tougher job: "I have to parent two completely different sets of kids," she explains. "My older child with autism has a completely different set of needs than that of his younger brother. Healthy Start has taught me to adjust my parenting style to fit what is best and most effective for each child."

Not only her children, but Erica herself has also benefitted from what she is learning through Healthy Start. "I've started to take time out for myself," she says smiling. "When I take the time to decompress and de-stress, I am more in control of my emotions and I don't take my anger and frustration out on my family. I accept that I don't have to be a super mom; it's better to be a healthy mom."

"Healthy Start helps mothers feel that they are not alone," Erica concludes. "There is no shame in reaching out for help. This program reiterates the fact that it's okay to feel angry and frustrated about certain things, but you can react in a healthy way so that it does not destroy or hurt your child. Healthy Start has given me the knowledge and support I need to be the best mother I can be."



*Client name changed to protect confidentiality. Photo is stock image.

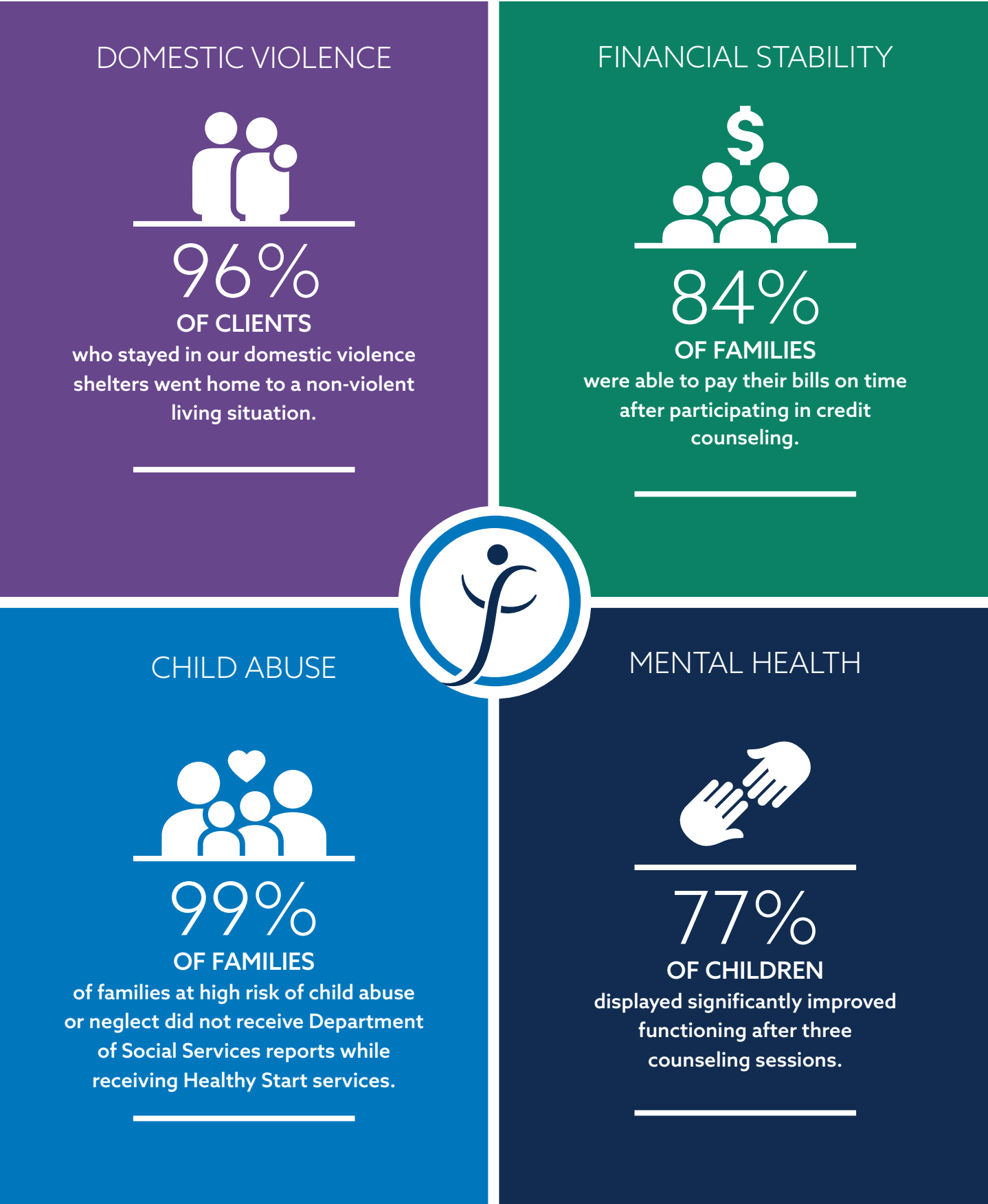
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IMPACT ON OUR COMMUNITY



LETTER

from the president



Over a decade ago, I confessed that I'm kind of a geek — I really like things like data, outcomes, and strategic planning. A lot has changed in the last 10 years (including the amount of gray in my hair!), but my excitement for strategic planning hasn't faded.

Strategic planning allows us to celebrate progress, challenge assumptions, and build a shared vision for the future. At Family Service of the Piedmont, our work has always been driven by the needs of our community — and our new strategic plan is no exception.

Our Board recently adopted a new roadmap that will guide us for the next several years. It's the result of thoughtful engagement with staff, board members, volunteers, partners, and supporters. And while the plan includes clear goals and bold ideas, what excites me most is that it stays true to who we are: a mission-driven agency with deep roots and forward momentum.

The new plan focuses on six impact areas that will shape our path forward: Attracting and developing exceptional people, because investing in staff is essential to delivering quality care; Providing holistic, client-centered care that evolves with our community's needs; Advancing with intention by using data, technology, and smart strategy to strengthen our work; Partnering with purpose to amplify impact through collaboration; Securing the future through growth, innovation, and operational excellence; and Sharing our story — connecting the voices of those we serve to the data that drives our decisions.

I believe strategic planning isn't just about making a document, it's about charting a course. Thank you for being part of this journey. Your support helps turn strategy into action, and ideas into lasting change.

Thomas Campbell

Tom Campbell
President and CEO



New Debt Management Plan Offers Hope

Starting this fall, Family Service of the Piedmont's Consumer Credit Counseling Service is launching a new Debt Management Plan (DMP) program to help individuals and families regain control of their finances. This service is designed to assist people struggling with unsecured debt—like credit cards, personal loans, or medical bills—by offering a structured, affordable path to financial stability.

Through the DMP, clients will work with certified credit counselors to review their full financial picture. If eligible, the counselor will negotiate with creditors to lower interest rates, waive fees, and consolidate payments into one manageable monthly amount. The goal: to pay off enrolled debts within three to five years.

"Debt impacts more than your wallet—it affects your health, relationships, and overall well-being," said Keisha Ingram-Morning, Consumer Credit Counseling Service Division Director. "This service offers peace of mind and a real solution."

Key Benefits:

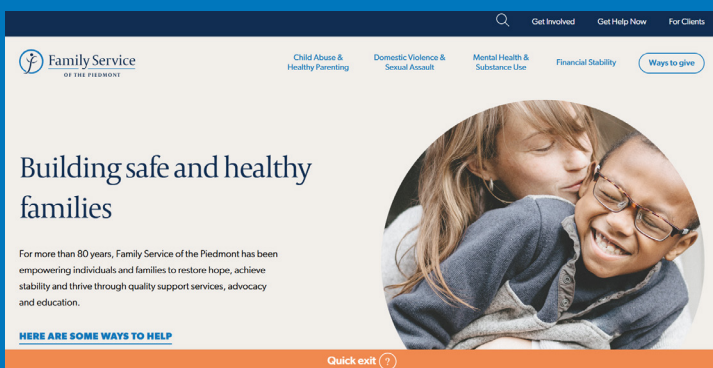
- One simplified monthly payment
- Lower interest rates and fewer fees
- Relief from collection calls
- A faster, more manageable path out of debt
- Support from a trusted nonprofit partner

While clients will need to commit to consistent payments and may need to close some credit accounts, the long-term benefits can be life-changing. All DMP counselors will be certified by the National Foundation for Credit Counseling (NFCC) to ensure high-quality, ethical care.

Our New Website is Live!

We're thrilled to announce the launch of our brand-new website! The new site offers a fresh look, easier navigation, and improved access to resources, services, and ways to get involved.

This exciting transformation wouldn't have been possible without the incredible generosity of **Pace Communications**. Their sponsorship made the development and creation of our new website a reality, and we are deeply grateful for their commitment to our mission. We invite you to explore the new site, share it with friends, and stay connected at www.fspcares.org.



Hamming It Up for a Cause

➤ *How One Volunteer Committee Brings the Heat—and the Heart—for Family Service*

Every fall, just as the leaves begin to turn and the air gets crisp, something special starts simmering in Jamestown: the unmistakable scent of BBQ and sweet success. That's when the dedicated volunteer committee behind Family Service of the Piedmont's Jamestown Pig Pickin' kicks into high gear. And this year, they're going whole hog with a festive theme: Pig-toberfest!



What started more than fifteen years ago has become a signature Jamestown event—thanks to a group of passionate volunteers. From planning logistics to saucing up sponsorships, this committee puts the "fun" in fundraiser, all the while never losing sight of the reason behind it all.

Every dollar raised supports Family Service of the Piedmont's mission to empower individual and families to heal, grow and thrive. Whether it's shelter for a survivor of domestic violence, mental health counseling, or help for families in crisis, the funds raised at this year's Pig Pickin' make a lasting impact.

The secret ingredient to the event's long-standing success isn't just the smoked pork or savory sides—it's the heart and hustle of the volunteers who make it all happen. Their dedication stretches far beyond event day, as they spend months rallying support from local businesses, gathering auction items, and spreading the word. And year after year, the committee shows up—not to just volunteer, but to make a difference.

Many thanks to this year's Pig Pickin' Committee: Gracie Allard, Bill Bradley, Curtis Collins, Sara Collins, Robin Crosier, Katie Dale, Elizabeth Greeson, Smedes Lindner, Stephanie and Craig Schroeder and Chris Whitesell.

So grab your stein and dust off your lederhosen and get ready to pig out for a purpose. With this volunteer crew leading the charge, Pig-toberfest is sure to be a fun time—and a meaningful one, too.

Join Us at the Jamestown Pig Pickin'



Sponsorships are now available for the 16th Annual Jamestown Pig Pickin. Visit www.JamestownPigPickin.com to learn more and sign up to sponsor this fun, fall fundraiser.

Questions?

Contact Hali Kohls at hali.kohls@fspcares.org or call (336) 801-1142.

Shells & Smiles: Oyster Roast Lands at Revolution Mill

On Friday, May 2nd, Family Service of Greensboro Foundation and the Guild of Family Service of Greensboro proudly hosted the 22nd Annual Greensboro Oyster Roast at a vibrant new venue, Revolution Mill. Many thanks to our Presenting Sponsor, **Topsail RE** and the hundreds of supporters who enjoyed an evening of food, fun and philanthropy.

Celebrating the organization's mission to build safe and healthy families in Greensboro, the community came out in full force to show their support.

Firmly established as one of Greensboro's premier fundraisers, this year's Oyster Roast did not disappoint. Guests enjoyed a stylish yet casual affair under the stars, featuring live music by Diverse Groove and a mouthwatering menu curated by Pepper Moon Catering.

A highlight of the evening was the raffle drawing, featuring eight baskets - from exquisite jewelry donated by State St. Jewelers, to kid-themed collections, as well as spa and staycation baskets.

The festivities began with the Pearls of the Oyster Roast pre-party, sponsored by **Cone Health** and graciously hosted at the home of Hilary and Marius Andersen. This exclusive gathering honored our top sponsors, who contributed \$2,500 and above.

Thanks to the incredible generosity of our sponsors and guests, this year's event raised over **\$267,000** to support Family Service of the Piedmont's vital programs for children and families in crisis. The energy, community spirit, and impact of the evening were a testament to the dedication and compassion of our supporters.



Oyster Roast Co-Chairs
Rebekah Driggers and Leslye Tuck



Photos courtesy of Aesthetic Images Photography.

Community Comes Together for Child Abuse Prevention Walk

Despite April rain showers, spirits were anything but dampened on Thursday, April 24th, as the heart of High Point came alive with purpose. At Southside Recreation Center, community members gathered under umbrellas and ponchos for a powerful stand against child abuse. The Child Abuse Prevention Walk organized by the dedicated team at Family Service of the Piedmont's Fairview Family Resource Center brought together staff and supporters, all united by a shared mission: to raise awareness, promote safety and advocate for lasting change, rain or shine.



The event was filled with energy and purpose as children from the Boys and Girls Club marched proudly with handmade signs declaring messages of hope, strength, and a call to action against abuse. Alexis Prince, Fairview Family Resource Center Manager, explained that the purpose of the event was more than just a walk to raise awareness.

They gathered "to send a powerful message about the prevention of child abuse and the protection of children everywhere. Every step [they took] represents a commitment to change — to ensuring that every child has the opportunity to grow up in a safe, loving, and nurturing environment."

She ended with a call to action for everyone to take a stand against child abuse. "Let's work together to provide better resources for families and offer support to those who have experienced abuse. Let's be vigilant in looking out for one another and for those who cannot speak for themselves. The fight against child abuse can seem overwhelming, but today we took the first step. We showed the world that we will not stand in silence — that we believe in a future where children grow up in safety. And that future starts today."

Double the Impact: The Power of Matching Gifts

Did you know that many companies offer matching gift programs that can double or even triple your donation to Family Service of the Piedmont? These programs are one of the easiest and most underutilized ways to amplify your impact—at no extra cost to you.

What is a Matching Gift?

A matching gift is a donation made by a company to match an employee's charitable contribution. If you donate \$100, your employer might match that with another \$100, turning your gift into \$200 for local families in need. Some companies even match gifts made by retirees or spouses.

Why It Matters

Matching gifts help us stretch every dollar further to support survivors of domestic violence, provide mental health care, and deliver services that strengthen families across our community.

Matching gifts are a powerful way to do more good together. Every matched donation brings us closer to healing, stability, and hope for those who need it most.

How You Can Help

01

Check

Check with your Human Resources Department to see if your company offers a matching gift program.

02

Submit

Submit the request, usually a quick online form.

03

Let Us Know

Let us know so we can confirm your gift and ensure the match goes through.

**Your generosity is already changing lives.
Let your employer join you in making a difference!**



Family Service

OF THE PIEDMONT

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308 Boulevard St. • High Point, NC 27262

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SAVE THE DATE

Jamestown Pig Pickin'
Friday, October 3

The Bon Temps Ball
Saturday, January 24

Annual Luncheon
Monday, October 13

High Point Oyster Roast
Friday, March 6

Holly Jolly Jubilee
Wednesday, December 3

Superhero Dash
Saturday, March 28

Holiday Happening
Thursday, December 11

Greensboro Oyster Roast
Friday, May 1