



THE JANET S. MUNT

Family Room

Parent-Child Center

2022 Impact Report

Dear Friends,

2022 was a fragile time for our families. The Family Room doors opened up with the subsiding of the pandemic, and we responded to emerging needs. The additions of our food pantry, computer literacy, Healthy Families From the Start, and family support for children on the Autism spectrum have become vital programs for our families, prompting us to forge stronger partnerships with other organizations. Families now access a wider base of support in the greater community.



I feel fortunate to have outstanding leadership in our Board of Directors who strive to be connected to the staff and together carry out our mission. Our milieu of helpers continues to grow with a combination of community partners, volunteers, and students who are contributing to the Family Room. The critical additions of a Director of Development and Human Resources Coordinator have increased our capacity to support our growing staff and to secure funding and resources to address the emergent needs of our families.

We are grateful for our village.

A handwritten signature in black ink that reads "Josh Miller".

Josh Miller,
Executive Director

Table of Contents

[Our Mission, Vision and Core Values](#) **3**

[Our Impact, by the Numbers](#) **4**

[How our Families Experienced our Core Values](#) **7**

[The Family Room Family](#) **9**

[Giving to The Family Room](#) **12**



To learn more about
The Family Room, visit
www.thefamilyroomvt.org



Our Mission

Every family is connected, healthy, and strong.

Our Vision

The Janet S. Munt Family Room is a place that builds healthy, connected communities by supporting families and young children.

Our Core Values

We believe in nurturing a strong sense of **belonging**.

We believe in the importance of **community**.

We believe in **celebrating** each other.

We believe in treating each other with **love and dignity**.

Our Impact by the Numbers



2022



11,500
Meals Served
During Programs



1,000
Parents and Children Served



15,000
Volunteer
Hours



7,800
Meals Taken Home
by Families



9,600
Pounds of Food
Distributed to Families
Who are Participating
in our Programs



700
Home Visits
Conducted
(HFS and Other Programs)



20
Countries of Origin
Represented
by Our Families



32
Organizations We Collaborate
With to Support our Families



34
Years Serving the
Chittenden County
Community



24
Languages Spoken
by Our Families



20
Programs
Offered



- 4** Previous Participants Serving our Board of Directors
- 6** New Board Members
- 4** New Staff Members*
- 4** New and Vibrant Programs Established**
- 5** Years as an Independent Non-Profit

*Tripled in size from 6 in 2017 to 18 in 2022

**Healthy Families from the Start, Super Group, Computer Literacy, Food Pantry

Our Impact by the Numbers



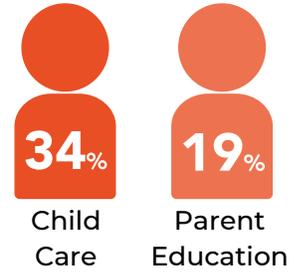
In 2022, our families reported using at least one of our services, with the majority seeking and receiving support from The Family Room across various areas*.

These services were provided through our programs, and in collaboration with community partners and volunteers.

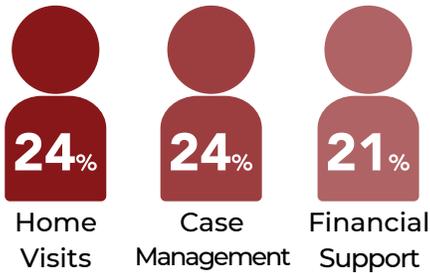
Essential Resources



Child Care & Education



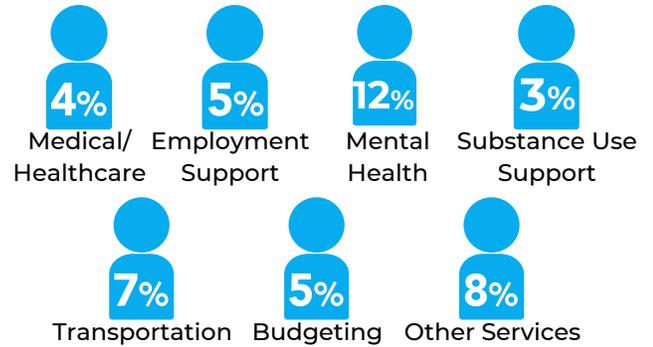
Family Support



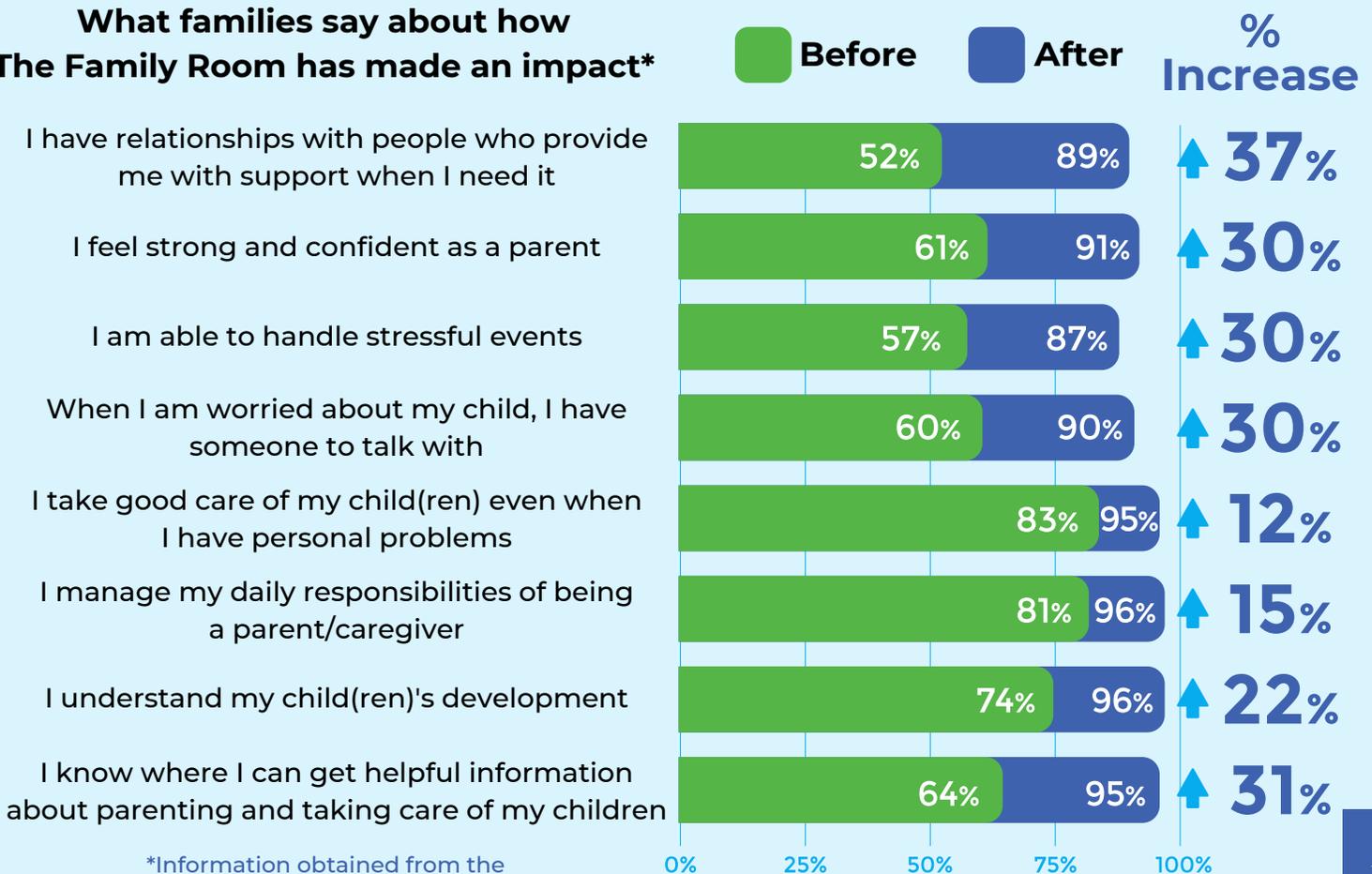
Social Support



Other Services



What families say about how The Family Room has made an impact*



*Information obtained from the Parent Child Center Network Survey



Our Impact by the Numbers



95%

Would recommend our services to others

93%

Reported to have received the help that was right for them

89%

Of parents said their knowledge of community support increased at The Family Room

96%

Feel the support received had a positive impact for them and their families

96%

Believe staff members are welcoming and respectful

*Information obtained from the Parent Child Center Network Survey

Our Families in 2022*

Our Financials 2022

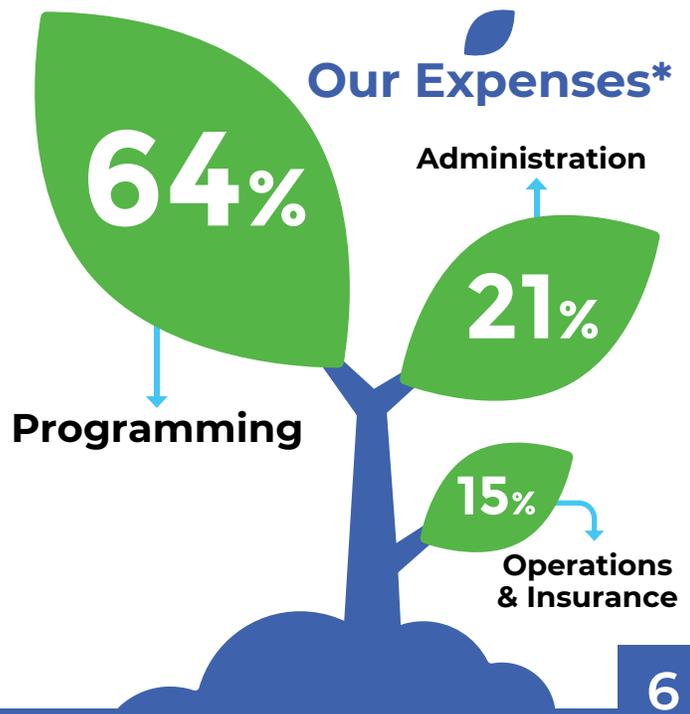
Our Sources of Income*

-  Government Grants
-  Foundations
-  Individual & Business Donations
-  Endowment Income
-  Other Income



1%

Our Expenses*



*Unaudited

How Our Families Experienced Our Core Values in 2022



We Believe in Nurturing a Strong Sense of *Belonging*



We create a space where everyone belongs and knows they are an important member of the community. Connections and relationships are built over time. Family Play features supportive experiences, positive expectations, and self-care to effect intergenerational change. For every adult caregiver who participates, there is at least one child who is also benefiting from these nurturing and supportive experiences.

"When I came here I felt like every door was closing in my life. The only door that was open was the Family Room door."
-Family Room parent

We Believe in the Importance of *Community*

We cultivate community in all of our programming.

People of all ages and backgrounds come together because our programs are intentionally designed to be as empowering and community-oriented as possible. The Family Room also serves to connect families and community agencies. Everyone is able to view The Family Room as a community resource they choose.



We Believe in *Celebrating* Each Other

We enjoy celebrating each other every day by showing up, by coming together for meals, by knowing what is going on in each others lives, and by acknowledging and sharing the gifts that each us bring to the community.



"I came to Vermont with my family and feel safe here. The Family Room is everything to me."
-Hajiya Nuriya Ibrahim, Program Support



We Believe in Treating Each Other with *Love and Dignity*

We believe everyone deserves to be treated with love and dignity. Our programs, which are accessible to all, combat social isolation and postpartum depression, empower fathers to take an active role in their children's lives, improve school readiness in young children, prevent abuse and neglect, encourage better nutrition, and support those who suffer from substance misuse. The trust we build comes from a place of love and respect.



We increase ways in which love and dignity can be experienced by weaving the Center for the Study of Social Policy's protective factors of Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, and Social-Emotional Competence of Children into all of our programs.



Our Families



*" It wasn't until I visited
The Family Room that I truly felt
welcomed and that I belonged in my
community. The sense of celebration
and connection I experienced there
extended beyond its walls and keep
inspiring me to give back the same
kindness and support I received."*

-Family Room Parent

The heart of the Family Room is the families that participate in the programs. The enthusiasm and willingness to give back by sharing knowledge and experience, volunteering, offering support to other participants, and forming lasting friendships with each other are all essential components to The Family Room's success.

Each individual brings their own culture, unique perspective, and positive qualities with them, which strengthens and enriches the community. All are truly inspired by the kindness and generosity of one another. The Family Room families love and care deeply for their own families and for each other, and are key members in building the village that raises everyone in it.



Our Community Partners and Volunteers

Our network of dozens of community partners including UVM Medical Ctr, VT Legal Aid, AALV, Howard Center, Spectrum Youth & Family Services, Lund Family Center, and many more expand our capacity to meet the needs of our families.

We are deeply grateful to nearly 100 volunteers who make our work possible by sharing their time, talent, and resources with our families.

In this photo, we see Stacia Judd from ECHO Leahy Center offering a program at our 2022 Family Supper



Our Board of Directors



The Family Room Board of Directors is an integral part of our organization, providing valuable guidance and leadership to help us achieve our mission. Several of the Board members are former or current participants in our programs.

Working collaboratively with staff, Board members volunteer their time and expertise to ensure the organization is well-managed and our resources are used effectively.

Learn about each Board member at thefamilyroomvt.org/board-members

Our Staff



Our staff collectively speak at least 8 different languages and many of our staff have participated in the Family Room's programs as parents or volunteers over the years.

The Family Room staff are dedicated members of the community who approach our work with love and care to create meaningful relationships that are built on trust and respect.

Each team member brings a unique set of skills, experience, and expertise to the table. Our staff works closely with families to understand each individual situation in order to effectively support each member of the community in ways that truly make a difference.

Learn about each of our outstanding staff members at thefamilyroomvt.org/team

Giving To The Family Room

You can help us by volunteering or donating to The Family Room.
By doing so, you can make a meaningful difference
and support our mission that every family is connected,
healthy, and strong.

DONATE

VOLUNTEER



Why do I volunteer every week at The Family Room?

"As a family care doc for 3 decades, I saw many difficult situations, one of the most challenging being a new parent. Families with babies and young children need a lot of support that is rarely there at this incredibly important time for the baby and the family.

Everyone needs a caring, supportive community to be well. This is foundational for good health. Good health starts with good emotional health. Good emotional health requires a supportive caring community, like The Family Room."

--Dr. Steve Mann



This Impact Report was designed by
Belen Martindale, Board Member, and
Aspen Dobbins, Champlain College
Communications & Marketing Intern

*The Family Room is a 501(c)(3) non-profit
organization. Donations are tax-deductible
as allowed by law. EIN is 81-5449524.*