



FR1ENDS of the CH1LDREN

Central Oregon

The 2022

Gratitude Report



Celebrating
Five Years of
Mentorship



— OUR MISSION —

Impacting generational change by empowering youth who are facing the greatest obstacles through relationships with professional mentors – 12+ years, no matter what.



PUT CHILDREN FIRST

We intentionally serve youth who are facing the greatest obstacles. To help youth discover their limitless potential, we foster their internal resiliency. We listen to youth and base decisions on each youth's needs and dreams. We prioritize self-care so that we bring our best selves to our work and focus on youth in our program.

OUR VALUES

Our values guide us to achieve our mission. Each value applies not only to youth, Friends and program teams, but also applies to all Friends of the Children employees, volunteers and partners. We use our values to make informed decisions; to hire, coach and manage; and most importantly, we use our values to change the way the world treats and views the youth and families we serve.

DEMAND EQUITY

We acknowledge the historical and present injustices impacting marginalized communities. We demand equity from ourselves and from our community. We insist that all people have the necessary support to achieve all of their hopes and dreams. We amplify the voices of children, families and communities. We bring together different experiences, skills and backgrounds to provide opportunities to overcome personal, systemic and institutional barriers.

BUILD RELATIONSHIPS ON LOVE

We nurture long-term relationships from a foundation of love, acceptance and culturally informed practice. We don't give up easily and take a no matter what approach to our work. We commit for the long term. We intentionally develop collaborative relationships over time with trust, empathy and health communication. We believe that we build community through one-on-one connections that are authentic, respectful and meaningful.

COMMIT TO EMPOWERMENT

We leverage personal strengths to take ownership of our futures. We build relationships within the communities of youth and families to strengthen social networks and provide bridges to new opportunities. We consistently inspire possibility through empathy, hard work and fun. We model all of this for youth, families and each other.

PURSUE GOALS RELENTLESSLY

We celebrate all achievements, big and small. We are disciplined in our commitment to goals, while innovative in how we reach them. We believe that the definition of success requires intentional reflection and adjustment over time. We work together and hold ourselves accountable with data to achieve short- and long-term outcomes.

A Message from our Board Chair

What a year it's been! On behalf of the Friends of the Children Central Oregon (FOTCCO) Board of Directors, I am very pleased to report that our chapter is stronger – in terms of people, process, resources, and vision – than it has ever been. Consequently, I am quite confident that the future for the children we now serve, and will be serving going forward, is very bright indeed.

Why am I so optimistic about the future of the FOTCCO program? For starters, we have assembled a high-performing team, and our chapter now consistently reports measurable activity that places us among the top Friends of the Children chapters in the country. The Friends model of professional, long-term mentorship of at-risk children for an uninterrupted 12+ year period, demands a disciplined process, and it follows that the youth-engagement we practice every day is closely tracked and documented. In short, our staff are routinely delivering the metrics needed to significantly increase the likelihood that the youth we serve will emerge as successful adults.

Our success to date – including our exciting, unfolding expansion into La Pine with two new Friends dedicated exclusively to that important community - stems from your support: Individual and corporate donors, and key strategic supporters and champions in our community and throughout the country. You should be very proud to have taken action to improve the lives of the disadvantaged youth that we serve. We were, therefore, delighted this Summer when our collective efforts were recognized with a windfall unrestricted gift of \$1.4 million from the MacKenzie Scott Foundation. The timing could not have been better, as members of the FOTCCO Board and several long-time supporters are right now working on our next Five Year Strategic Plan. With the wind at our back from that substantial gift, the Strategic Planning Committee can more confidently have a growth mindset; I can share that we are very focused on expanding the number of youth we serve in the coming 5 years.

Another feather in our cap is our beautiful Ranch, a 19-acre property located between Bend and Redmond which serves as the “hub” of our operations. Acquired two years ago, the Ranch is the perfect location to showcase our program to Central Oregon, and is a safe “home away from home” for our youth for fun and educational daytime activities, exploration and inspiration. Through partnership with longtime supporters, as well as new ones, we are evaluating and planning for methodical improvements to the Ranch. We want to ensure that our facilities are evolving and expanding alongside our youth as they progress towards high school, and as their ranks within our program grow. If you have not yet visited the ranch, please reach out to us!



A final thought. It goes without saying that the Board is hoping for your continued, tangible support via a donation or grant or strategic partnership, or – if you are just learning about us - that you are inspired to move forward with an initial engagement of support to FOTCCO: We are tremendously appreciative. The Board is also asking for your “intangible” support, such as by introducing FOTCCO to people within your network who may want to learn more about our organization. Your network could be a key catalyst to energize our future success, in terms of new donors, partners, and Board or Committee members. It is supporters like you who are our greatest ambassadors to the community, and raising awareness about FOTCCO is an area of opportunity that we need your help with.

Whether your engagement with us is tangible, intangible, or both, I want to thank you in advance for your thoughtful involvement. Together, we can continue to work with our youth and help launch them into a successful adulthood defined by confidence and purpose...no matter what!

Sincerely,
Stu Malakoff
2020-2023 Board Chair

MEET THE BOARD

2021-2022

Stu Malakoff, Board Chair
Founder, Bend Wealth Advisors

Laura Nofziger, Chair Emeritus
Data Center Campus Facility Director, Meta

Rodney Cook, Vice Chair
Director of Financial Planning, Rosell
Wealth Management

Andrew Sedlacek, Treasurer
Certified Public Accountant - Owner,
OGCPA, LLC

Anne Van Dusen, Director
Psychotherapist (LCSW), Private Practice

Joshua Jensen, Director
Vice President, Coachwell

Janine Stassen, Director
Educator, Community Leader

Fernando Gottlieb, Director
Owner, Moving to Bend

Kim Garner, Director
Community Leader

Whitney Morgan, Director
Pediatrician, Summit Health



OUR MODEL

Our Friends are experts in building sustained and nurturing relationships with youth. Their full-time job is to empower and support youth and their caregivers. Each week, Friends spend at least four hours of individualized time with their youth in the classroom and in the community.

Friends-Central Oregon's mission is to break the cycle of generational poverty. We do this by pairing professional, salaried, full-time mentors, called "Friends," with children who are facing the greatest obstacles. We commit to these children from kindergarten through high school graduation - for 12+ years, no matter what.

Youth Demographics



19 Fifth Graders

from our first cohort of youth since
Spring 2018



49 Children

served this year



16 Hours

time Friends spend with each child
they serve per month



Ages 6-11

range of children in grades
kindergarten through 5th grade



47%

of our youth identify as BIPOC
(Black, Indigenous, People of Color)



3 Counties

our youth reside in Jefferson,
Deschutes and Crook county

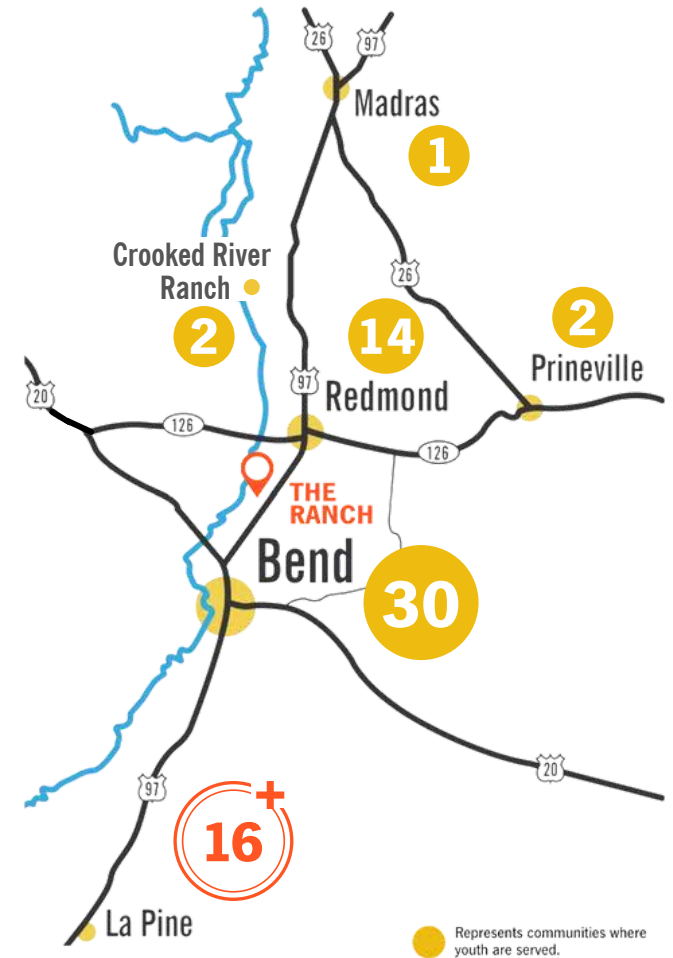


19 Schools

Friends attend to support their youth
in the classroom

DID YOU KNOW?

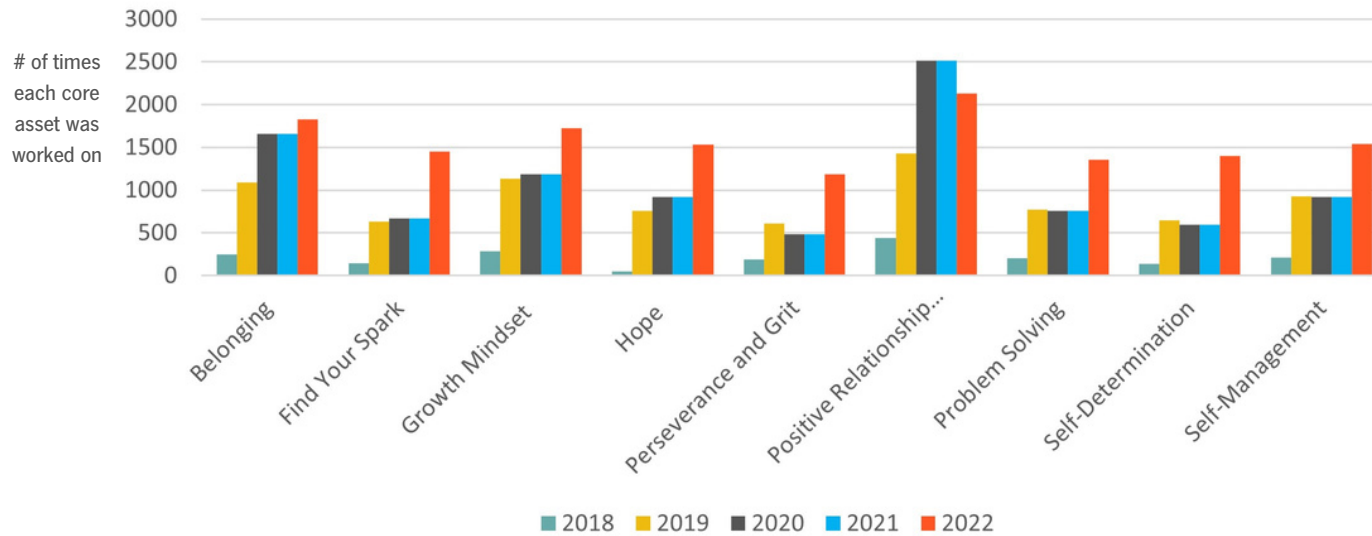
Collectively, Friends drive an average of
925 miles a week traveling from La Pine to
Madras, and everywhere in between.



5 YEARS OF CORE ASSETS

Friends of the Children has nine research-based Core Assets, which are specific qualities we focus on to encourage the social and emotional development of our youth. Our intentionality around Core Assets is what sets us apart and supports our youth entering adulthood with a solid foundation for future success.

Core Assets by Year



Belonging



Hope



Positive Relationship
Building



Self-Management



Find Your Spark



Perseverance & Grit



Self-Determination



Problem Solving



Growth Mindset



5 YEARS DOWN, FOREVER TO GO



Friends-Central Oregon partnered with Bear Creek, Ensworth, and Redmond Early Learning Center to identify and select our first cohort of kindergartners. Three Friends began serving 24 youth.

2017

Founding Executive Director and founding Board of Directors raised \$1 million and obtained 501(c)3 status, propelling our launch in September.

2018



2019

Two more Friends were added to the team allowing us to serve 40 youth! We moved into a bigger clubhouse, giving our youth more space to have fun and foster connections. Staff and volunteers came together to host our first STEM camp.

2020 provided unexpected challenges posed by the pandemic on our operations. Our Friends upheld their "no matter what" commitment with perseverance, grit, navigating virtual outings and relentlessly finding resources for our youth and families. The Ranch, was purchased with the vision of it acting as a second home to our youth with ample opportunities to learn, grow, explore, and foster connections.

2020

2021

Nearly a year after purchasing The Ranch, permits were obtained to officially welcome our youth and Friends. Friends supported youth in their transition back to in-person learning, spending at minimum one hour per week in the classroom with each child.

The Board voted to select our first cohort in La Pine. Once identified, these additional 16 youth will bring our program total to 66 youth. Thanks to a monumental \$1.4 million donation from philanthropist MacKenzie Scott, our future growth and expansion throughout the region will allow us to partner in ways we couldn't have imagined. We are excited to ring in the new year with two new Friends joining our team!

2022



A Message From Our Executive Director

Lord knows I'm no scientist. Biology, zoology, botany, physics...I struggled to enjoy any of them in high school. Despite embracing that I lead with the right side of my brain most days, I've spent a lot of my precious free time this fall reading about brain development. Specifically, the impacts of trauma on young, developing brains. While I'm not planning to return to school to study neuroscience anytime soon, I have found the research on this subject fascinating.

A child's brain keeps track of trauma, even when experienced at an early age. It effects how neurological pathways can develop, impacting their learning abilities and social-emotional responses. One study noted "at least half of all child maltreatment victims will experience serious school problems, especially conduct issues. There is increasing evidence that maltreatment and exposure to domestic violence actually lower children's IQs."

It's really difficult to talk about trauma. A lot of it is unspeakable damage that we don't want to think about, let alone give voice to. It is especially difficult when that trauma is experienced by children. But we need to talk about it; we need to acknowledge that it happened and that it will continue to impact the lives of the children that we serve.

I recently spent the afternoon with one of our youth, let's call him Dylan. He was telling me that he had spent a lot of time lately in the BRYT Room at his school, a space for kids who struggle in traditional classrooms to spend their day and work through what they need to. He expressed a fondness for the teacher in that room, who he described as "she's basically my mom," a title I've heard him bestow on adults in his life who care about him. "She thinks I might have PTSD," Sam said. "That's a serious thing," I replied calmly. "Why does she think that?" "Probably from when my dad tried to kill me."

Dead stop. My gut turned. My jaw clenched. Dylan's words hit me like a sucker punch. Deep breath, as he continued describing the incident. He still had a pretty clear memory of it, but he didn't talk about it with pain or fear. He knew it was serious but spoke his truth. I listened as he replayed it, described the aftermath and that he doesn't see his dad anymore. And then with understanding far beyond his years said, "that's probably why some things, some days are so hard for me." He expressed gratitude for his teacher and his Friend, saying he couldn't make it through those days without them.

At age 10, Dylan has achieved a level of therapeutic breakthrough that some adults don't reach. He knows his trauma, he articulates how it impacts his daily life, and he's grateful for the people in his life who help him through his hard days. We already know that love, support, and belonging are critical to Dylan's mental health and wellbeing. So we're upping the ante this year, focused on improving access by reducing barriers to mental health services for our youth and families. We will forge critical partnerships with clinicians to provide trauma-informed, evidence-based mental health interventions that meet the needs of youth who might not otherwise access counseling or therapeutic supports. We will also invest in development opportunities for our Friends, to increase their skills in providing stability, consistency, and intention around emotional, behavioral, and mental health supports.

“
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Gratitude, as it turns out, is also a pretty awesome practice for traumatized brains. When we focus on others or express appreciation, the stress center (the place where trauma sits in our brains) becomes less active. When that stress comes down, the reward center (the place in the brain that our youth really need to activate) lights up.

So in honor of Dylan, and on behalf of all our kids, let me also express gratitude for you. Your gifts of time, talent, and treasure, have meant the world to us this year. It's been one for the record books, and we sit today in the strongest position in our organization's history. This allows us to look to the future with confidence and hope, knowing more local kids will have their own Friend very soon.

All thanks to you.

Rachel Cardwell

THE FUTURE IS BRIGHT



“

This year has been a fun and exciting whirlwind of getting to know the mentors and the youth. A highlight for me was our end of school year party at the Ranch. For many of our caregivers, it was the first time they had been to the property and met me! It was also wonderful to watch all of our youth play together. After the event, I recognized there was still work to do to build trust and relationships with the caregivers, but it was fantastic to hear how much the program was supporting both youth and their families.

I am looking forward to two things: First, finding new opportunities and building partnerships based off of our youth's sparks; and, second, expanding our program to La Pine, selecting the youth, hiring mentors and creating positive experiences for youth and Friends in South Deschutes County.

Carolyn Nesbitt, Program Director

5 YEARS OF FRIENDSHIP

MENTOR SPOTLIGHT

What do you enjoy most about your job?

- Spending time with the kids and being part of their village - Flay
- Making a difference in a purposeful way - Aaron
- Spending time with the kids - Corey
- Being involved in all facets of a youth's life, for the long-term! - Colleen

What do you hope your youth will accomplish?

- Gain a sense of pride and confidence to take on this world- Flay
- I hope they believe that they are great and feel a sense of accomplishment in their endeavors - Corey
- A sense of self security and purpose for their life - Aaron
- I hope my youth are able to pursue their hopes and dreams, blazing new paths for themselves and future generations. - Colleen
- That they will find their unique and authentic voices, and use their voices to advocate for themselves in all areas of life - Brandi

In three words, how would you describe Friends-Central Oregon?

- Unique. Elite. Love. - Flay
- For the youth - Corey
- Making lives better - Aaron
- Inspirational, committed, life-changing! - Colleen
- Supportive, encouraging, love - Brandi

It's the moments where the kids trust me with their thoughts and feelings; when I can just be there for them and make sure they know someone thinks they're incredible. It's also the moments when both of our faces light up when we first see each other on an outing or at school; it's this unspoken reminder that our relationship is so meaningful to both of us. -Brandi



THEN AND NOW...



Colleen and Amanda

Shared by Professional Mentor/Friend, Colleen

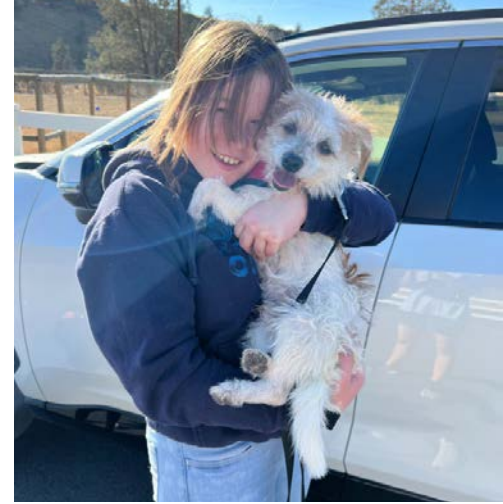


*Amanda is so smart, kind, and thoughtful. She's also my kiddo that has experienced the most trauma. Although she's experienced hard situations, her attitude and her sense of self has never been impacted. She's always been so consistent in being fascinated by things, she lights up so easily, and she really does find the best in any situation.

Amanda lives in Madras. I see her every Monday and our favorite thing to do is volunteer at the Humane Society. We've gotten to know the staff and they love when Amanda comes in. They even let us volunteer on Mondays when they are technically closed. She has a variety of duties when she visits, like walking and feeding the dogs. She has such a gentle heart and really connects with the animals that are timid or scared, so the staff know to pair her with certain dogs.

Amanda is working towards volunteering more often. We've been talking about getting her a bike and practicing the bike route together so she can go after school some days when I'm not there. It would be so good for her! The traits she demonstrates would make her a great employee and the staff have voiced that it could be a great future job for her. We talk all the time about how good of a vet she would be, or how she could open her own Humane Society one day. The Humane Society truly has been such a blessing and really is her happy place.

From the beginning with Amanda, I knew she was a super sweet girl. She's merged into this super kind and loving human with a passion to better animals and other people. I'm really proud of her.



*Names have been changed to protect identities.



“

Seeing her with the dogs that are most traumatized and afraid breaks my heart. She truly has a gift. -Colleen

”

5 YEARS OF GRATITUDE

Friends-Central Oregon extends a sincere thank you to our donors and their generous contributions in fiscal year 2021-2022.

Abby Bruning
Adrian Kettering
Al and Janet Matson
Alex and Christina Brauer
Amanda Armington
Amanda Ferrari
Amy and Lewis Howell
Amy Parks
Andrea McGinty
Andy Zook
Anne Van Dusen
Anne-Marie Daggett
April Baynes
Ashley Sarvis
Barbara McCoy
BBT Architects
Ben English
Bend Broadband
Bend Dermatology Clinic
Bend Wealth Advisors
Bill Sager
Binnie and Fred Kinyon
Bonnie Asay and Tom Fish
Brent and Jorja Hicks
Brooks Resources Corporation
Byron Rickert
Cambia Health Solutions
Cassandra Parker
Central Electric Cooperative, Inc.
Central Oregon Association of Realtors
Central Oregon Health Council
Central Oregon Radiology Associates
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Chiles Foundation
Christopher Cardwell
Cindy Kirk

Clackamas Education Service District
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Clella and Bob Thomas
Cole Mack
Connie Dalla Gasperina
Cory Allen
Cow Creek Umpqua Indian
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Dana and David Furlan
Darci and Jim Anderson
Darin Yeomans
David J. Weiner Foundation
Denise Wright
Derek Beauvais
Deschutes County
Diana Tomseth
Diane and Danton Wagner
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Doug Westerhoff
Dr. Robert G. Schuur
Drs. Philip & Linda Dean
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Elena and Chris Otto
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First Interstate Bank
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Foundry Church
Gail Venner
Gary Meyer

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Cream
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Hannah Hinman
Heidi and Daniel Friesen
Helen Tompkins
Humm Kombucha
Intel Foundation
Jaimie Storer
James F and Marion L Miller
Foundation
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Janine and John Stassen
Janine and Steve Toomey
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Jason Fleck
Jayne Ashenfelter
Jeanie Young
Jef Hamilton
Jeff Curl
Jefferson Tilley
Jen and Alec Hoffman
Jennifer and Blake Nonweiler
Jennifer and Jeff Durham
Jennifer and Steve Sandberg
Jenny and Garrett Schroeder
Jenny and Josh Werner
Jenny and Tim Green
Jenny Green
Jess Schum
Jessica and Eric Bollinger
Jim Kelly
Joan and Tom Triplett
Jody Ward
Johanna and Tim Sylvester

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John Furrow
John Gilbert
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Joseph and Elizabeth Hoffart
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Juan Young Trust
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Kim Hatfield
Kim Martin
Kimmery Nguyen
Kristen and Tim Phillips
Kyle Spradling
Lana and Matt Wittmer
Lana Benrath
Laney Houser
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Laura Kloss
Laurie Halter
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Lisa Sipe

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 Mark Jwayad
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 Mary Becker
 Mary Kay Harmon
 Matt Bitzegaio
 Maybelle Clark Macdonald
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 Michael Cottam and Angela Hogan
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 Mitzi Putney
 Nanette and Mitch Madsen
 Natalie Dent
 Nichola Mente
 Northline Wealth Management
 Office of Juvenile Justice and Delinquency
 OnPoint Community Credit Union
 Oregon Health Authority
 Paige and Erich Schultz
 Pam and Mack Bagby
 Patti Adair
 Patti and Jim Petersen
 Pattie and Craig Apregan
 Phillips Family Foundation

Rachael Harbison
 Rachel and Brandon Cardwell
 Rachel Vetter
 Randi McLachlan
 Redmond Proficiency Academy
 Reg Delperdang
 Regence BCBS of Oregon
 Republic Services
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 Tanya and Josh Hayden
 Terra Rogers
 Terry Anger
 The Autzen Foundation
 The Bend Source
 The Clabough Foundation
 The Environmental Center
 The Frederick Foundation
 The Healy Foundation

The Herbert A. Templeton
 Foundation
 The Partners Group
 The Roundhouse Foundation
 Tiffany Goodman
 Timothy DeRosa
 TJ Education Fund
 Tony Tulich
 Tracy and Brian Oliver
 Trish and Bill Smith
 Trudy Citovic
 United Way of Deschutes
 Valmark Global Gift Fund
 Virginia Kane
 Walker Family Foundation
 Washington Federal
 Foundation
 Wendolyn Cooper
 Wendy Castillo
 Wes & Kim Garner
 West Ridge Men's Golf
 Western Title and Escrow
 Westside Church
 William and Julie Wheir
 Wood Next Fund



High Five Club

A special thank you to our donors who have supported our program every year the last five years.

Anne Van Dusen
Binnie and Fred Kinyon
Central Oregon Health Council
Deschutes County
Jody Ward
Julie Doston
Laura and Ryan Nofziger
Pam and Mack Bagby
Pattie and Craig Apregan

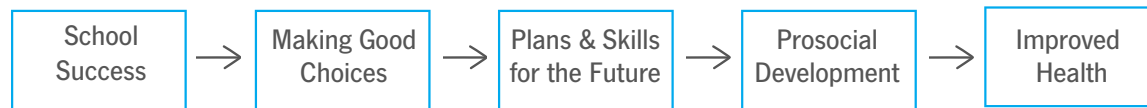


OUR COMMITTMENT

INTERMEDIATE OUTCOMES

Friends of the Children Central Oregon sets three high-level goals for every child in our program: 1) graduate from high school, 2) remain free from involvement with the juvenile justice system, and 3) wait until after their teen years to become a parent. To ensure that youth are on track to reach long-term success, we support youth to achieve their own goals within our five intermediate outcome areas.

OUR ROADMAP



CREATES LONG-TERM SUCCESS



93% of youth remain free from involvement in the juvenile justice system.



92% of youth go on to enroll in post-secondary education, serve our country or enter the workforce.



98% of youth wait to parent until after their teen years.



83% of youth receive their high school diploma or GED.



Corey and Adam

Shared by program youth, Adam



Adam joined Friends of the Children Central Oregon as part of the first cohort of kindergartners five years ago. He is full of spunk, adventure, and has such a big heart to share. Adam was experiencing a difficult transition when he entered Friends-CO. His first mentor, *Sam, was able to quickly build a relationship with him and they were instantly best friends. “It’s not really what we did, it’s the time he came in my life that was perfect.” Adam recalled.

“Sam taught me how to ride a bike with training wheels in the parking lot at the first clubhouse. We built bow and arrows together, caught geckos in the pond, and went on lots of adventures. Sam was definitely a dad to me, he was the most important thing in my life. I’m not sure what my life would be like without him.” Adam said fondly.

Nearly a year later, Adam was introduced to his new mentor, Corey. While Adam struggled with the transition for a little, it didn’t take long to know that Corey had his back and would soon be just as an important person in his life. Over the years, the two found a shared passion for biking. Adam was able to ride a bike without training wheels thanks to Corey. After many months of perseverance and grit, the two set their sights on their biggest goal yet, a 30-mile bike ride! “Corey is my motivation to everything,” said Adam. “He talks to me, shows me how to do it, lets me do it, and I get better at it.”

Adam and Corey have been on amazing adventures together, from hiking to Moraine Lake and Broken Top, to beating their personal records on most miles ridden in an outing. “Corey is such a good man. He likes to build things and he teaches me a lot about survival. We’ve built forts at the clubhouse.” When talking about the future, the options are limitless for Adam. “Corey has opened my eyes to jobs like an architect, police officer, or joining the military” Adam shares.

“As soon as I started to trust Corey, I saw him like a father figure too. I think it’s cool that both my mentors have taught me so much. Last year, Corey taught me how to shoot a bow. My old mentor and I made bows together so it’s cool that Corey can keep teaching me.” When Adam was asked to describe his relationship with Friend, Corey, without hesitation, he responded, “Father and Son.”



*Names have been changed to protect identities.

“

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”

PARTNERSHIPS THAT GO THE DISTANCE

Partnerships with Bend Parks and Recreation District and Healing Reins have been instrumental in providing our youth opportunities to experience new activities, find their spark and learn new skills. There are many barriers preventing youth from accessing and engaging in extracurricular activities. These barriers include: financial, accessible registration forms and transportation. These critical partnerships provide access to facilities, camps, after school programs, and summer programs, while also helping youth work on peer to peer relationships skills and building positive relationships with adults. In addition to the social/emotional benefits these partnerships provide, youth are also building healthy habits and finding their spark. We commit to building more partnerships with community programs to give our youth the opportunity to try new activities and develop skills.



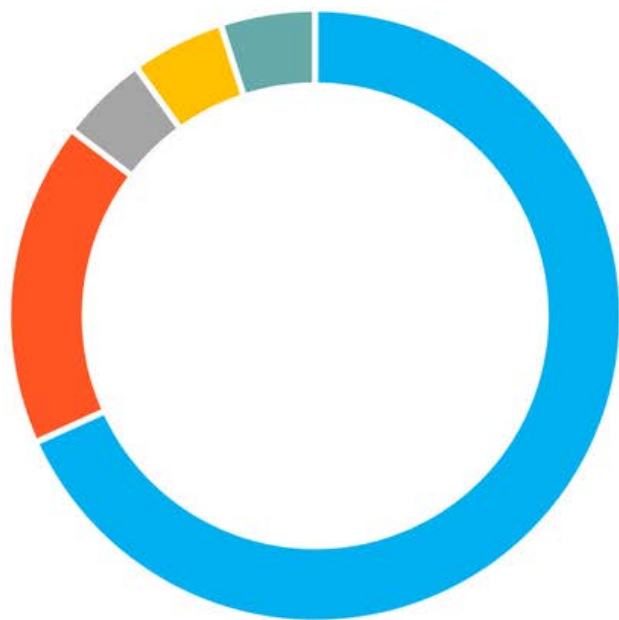
Healing Reins provides equine-assisted strategies designed to help Central Oregonians thrive. With the horse as partner, participants enter a truly integrated therapeutic experience that is proven effective and fun. Healing Reins provided 5 of our youth an opportunity to learn how to be around horses, build relationships with the horses and care for them. They had lessons once a week for 8 weeks and learned how important it is to build a relationship with a horse before riding it.



Bend Parks and Recreation District (BPRD) has been a key player in providing opportunities for our youth. From archery, soccer, karate, skating, pottery, to jewelry making, over 20 of our youth have participated in an extracurricular activity with BPRD. Our youth have found their spark through exploration with the activities offered by BPRD. Youth Paige goes to the ice skating rink for open skate to improve on her skills and loves to show her mentor what she has practiced every time her Friend sees her. Another youth, found his love of Karate and was so disappointed when the session ended that he immediately asked to be signed up for the next one. In addition, every youth enrolled in our program has been given free access to Larkspur, Juniper and the Pavilion and can bring one adult with them. This access provided an opportunity for the caregiver and youth to strengthen their relationship. The partnership includes free access for the youth and mentor into all BPRD facilities, a 75% scholarship for every youth in our program, free rentals at the pavilion and priority registration.

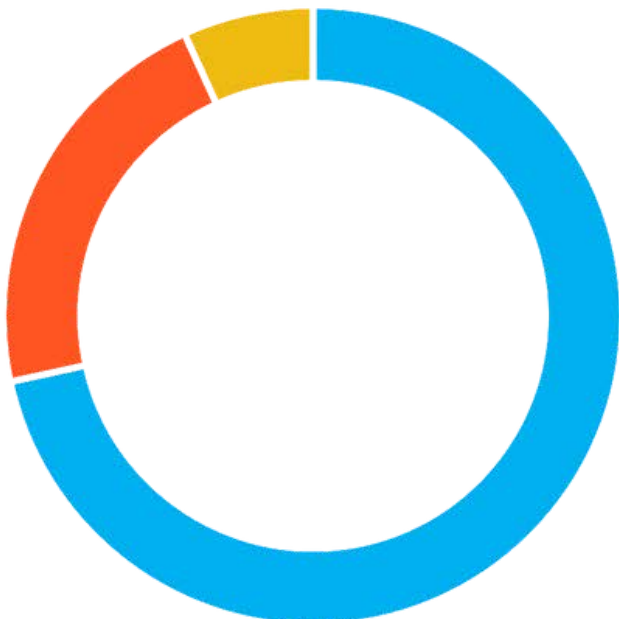


FINANCIALS - FISCAL YEAR 2021-2022



Revenue Total: \$3,419,117

- Foundation Grants: \$2,294,724
- Public Funding, Grants Received from National & Other: \$632,682
- Events: \$157,731
- Individual Donors: \$166,189
- Corporate Contributions: \$167,792



Expenses Total: \$1,426,853

- Program: \$1,021,543
- Fundraising: \$308,139
- Administrative: \$97,171





FR1**ENDS** of the
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Central Oregon

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