



children &
families of iowa
www.cfiowa.org

ASPIRE

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I Needed Counseling to Move Forward

My name is Kelly*. I came to Iowa broken, from so very many things. After my husband died, I started dating a nice guy who unexpectedly also passed away. I was so heartbroken and overwhelmed by grief and loneliness. I ended up losing my job. With no income, I could not afford my house.

In an effort to start over and escape my sadness, I moved back home to Iowa. Being a middle age woman, it is embarrassing to need to move in with your parents. My parents immediately helped me connect with Children & Families of Iowa (CFI). I needed counseling so that I could move forward.

My depression had some very dark moments. I held a lot of anger and that came out in unhealthy behavior.

The anger and grief caused my son and I to become estranged. I feared I had lost yet another one of the most important people in my life. Through therapy at CFI, I was able to find new ways of communicating with him and taking accountability for my actions. He's now back in my life and with work our relationship is continuing to mend.

My therapist recommended Eye Movement Desensitization and Reprocessing (EMDR) therapy to help me heal from the traumas in my life. EMDR was a very successful path for my recovery.

Now I have a much better life, and all those issues are far behind me. Before the treatment, I was afraid to try anything new. I have self-confidence now. I'm taking

college courses and I met someone special. I now have healthy tools to help me bounce back from life's challenges. Now I have a whole new outlook on life.

Kelly

Through the generosity of our donors, CFI was able to directly assist 1,691 individuals looking to overcome their mental health issues last year. They were able to start the healing process and make healthy, positive changes in their lives.

**Name changed to protect client confidentiality.*



THANK YOU



Principal Financial Foundation supports programs for Iowa's at-risk young adults. Many of these teens have past histories of trauma and face a variety of obstacles, such as poverty, abuse and neglect; involvement in juvenile justice systems; foster care placement; homelessness; are teen parents, currently pregnant, or at risk of becoming pregnant; or lack life goals, direction, and skills.

Principal's grant will help provide teens with the skills necessary to lead both a successful future financially and an overall self-sufficient life. CFI approaches financial literacy holistically by providing teens with positive financial behaviors and money management skills, but also by helping them overcome addiction and mental illness, have access to quality child care so that they can complete high school, prepare for post-secondary education, and attain employment.



Only by overcoming these barriers can teens establish a solid foundation on which to have a successful financial future.

"Gaining financial security is vitally important for young adults as they plan their futures and CFI's programs make it a primary goal," said Children & Families of Iowa's CEO, Janice Lane Schroeder. "The support from the Principal Foundation enables CFI to help Iowa's youth overcome their past challenges and live more productive lives."

"Principal Foundation empowers people to live their best lives by investing in building strong communities around the world, including our headquarter city, Des Moines," says Mandi McReynolds, Director of Community Relations and Principal Foundation. "We are proud to partner with Children and Families of Iowa helping youth reach financial security through learning, earning and saving more."

Volunteers

Special thanks to organizations and individuals who volunteered for Children & Families of Iowa from July 1, through September 30, 2019.

Apeksha Adhikari	Sherry Coughenower	Sally Gaskell	Marina Ivanosvski	Carson Owens	Kilie Steel
Raouda Ahmat	Kelly Current	Jay Gehrt	Ashley James	Michelle Path	Sarah Stephen
Lexi Albrecht	Drew Danner	Natasha Goecke	Jason Jones	Scott Pearson	Run Sung
Steve Allen	Karissa Day	Dawn Goodrich	Chandana Kodavatiganti	Megan Petsche	Elizabeth Tarr
Annie Allison	Morgan Demuth	Pat Grant	Deanna Krikorian	Bobbi Rifley	Jenny Taylor
Lisa Arndt	Lasnetta Devine	ITA Group Volunteers	Stacey Lyman	Christina Rodgers	Lucas Taylor
Isabella Arndt	Kloe Diekevers	Ena Guerra	Talia Malka	Perla Rodriquez	Barb Thompson
Luca Arpy	Michelle Dorsey	Matt Hagan	Ana Mamola	Saham Salim	Gabrielle VanderVinne
Neely Atamaniuk	Erin Durfey	Sherrae Hanson	Jesus Martinez	Grace Sangi	Vaishnavy Verma
Anna Avidan	Hannah Farnham	David Harrell	Christina McAvoy	Crystal Schlaefle	Megan Vorhies
Stacey Bagby	Michelle Flanagan	Megan Haynes	Jeanson Mendez	Sarwra Selema	Liv Wang
Merima Bearovic	Sarah Flanagan	Brynn Hegg	Cari Meyer	Lyn Senne	Jeremy Welsch
Emma Brustkern	Laura Fleener	Maria Hernandez	Marie Miller	Bob Smart	Randi Woodvine
Joyce Carlson	Brock Ford	Brooke Hopkins	Rachel Moen	Ann Smisek	
Jessica Chandrasekharan	Jamie Foreman	Eva Hortsman	Peggy Murphy	Ann Smisek	
Jahanvi Chawla	Kristy Frideres	Kurt Irlmeier	Kim Ortiz	Claire Smith-Larson	
				Kimeisha Start	

MARK YOUR CALENDARS



Kidsfest!

presented by **Veridian**
credit union

JANUARY 17 & 18, 2020
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 6 p.m.
Varied Industries Building -
Iowa State Fairgrounds

Don't miss Iowa's largest children's festival! Bring the kids out for two days of fun activities, attractions, and entertainment!

Tango

APRIL 17, 2020, 6:30 - 10:30 p.m.
The Tea Room, Des Moines, IA

Guests at this popular social event will enjoy delicious hors d'oeuvres, dancing to live music and the chance to bid on exceptional items at the live and silent auctions.

LEARN MORE

For up-to-date information and registration for CFI events, visit cfiowa.org.

CFI Princess Party

Thank you to all our Princess Party sponsors, volunteers, princesses, princes and chaperones!



Foundation for Children & Families of Iowa Trustees Ann Smisek and Steve Allen volunteered at Princess Party on Saturday, September 28, 2019. Pictured with them is Ann's daughter Nina Strong.

Over 350 princesses, princes, and their chaperones joined Children & Families of Iowa on Saturday, September 28, 2019 at Jordan Creek Town Center Food Court for a fun-filled morning of princess activities including breakfast provided by Panera Bread, games, story book princesses, and crafts.

Sponsors and Supporters



Little Princess Parties



The Dance Place

Bella* K
Photography



learn more at cfiowa.org



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foundation for
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New Board Members

Please join us in extending a warm
welcome to incoming board members.



Steve Allen
Board of Trustees



Chris Frazier
Board of Trustees

Foundation for
Children & Families of Iowa

515.697.7972 or www.cfiowa.org

Restoring Hope, Building Futures, and Changing Lives.

Without your help many of our clients could be...

- *Left to fight for survival at the hands of an abusive spouse or partner*
- *Unable to finish school because they have no affordable options for child care*
- *Overrun by their addictions*
- *So crippled by trauma that they are unable to leave their homes for days at time*

These individuals need the human kindness that results from collective support. The good news is that with your help, we can make a difference. Please join our efforts to improve the lives of Iowans by making an investment in the programs of Children & Families of Iowa this holiday season.

To learn more about Children & Families of Iowa's services and how your contribution can make a difference, visit www.cfiowa.org.



Scan code for your convenience.