"...to heal and strengthen the lives of children and families."
Last year we celebrated our 175th anniversary. This year we are celebrating our 176th.

We celebrate every year that our doors are open and our services are provided. We celebrate every person that receives our services. We celebrate you, our generous supporter. Thanks to you, thousands of children and families received the mental health and family support services they needed this past year. Their stories are a triumph over adversity brought on by varied causes such as abuse and neglect, mental illness, and socio economic factors.

Each story is unique, and we treat each one with care, compassion, empathy and without judgment.

CFS’s commitment to children and their families is demonstrated in our diverse programs which offer mentoring, care coordination, adoption, in-home supports and therapeutic interventions such as individual and family therapy, short term inpatient placement, and crisis evaluation. These triumphs are for everyone to share. You are a part of every victory because you are supporting our mission “to heal and strengthen the lives of children and families.” Thank you!

Thank you for supporting our work and our staff who are dedicated to helping those who are lonely, depressed, anxious and have fallen on tough times. It takes a village, a community, a gathering of individuals who care for one another.

Anne G. Sampaio
Executive Director
At the very young age of 7, Celeste already knew about violence; she was living with it in her home. Her mom’s boyfriend would beat mom when he was drinking – which was pretty much on a daily basis. During one incident, Celeste tried to intervene and was hit as well. When she went to school the following day, her teacher noticed the mark on her face and Celeste did not try to hide it, nor did she deny it. That was a turning point Celeste’s life. After the arrest, Celeste and her mom moved from Maryland to Massachusetts to start over. Celeste started in a new school and didn’t adjust very well.

She was afraid to leave her mom and would get physically sick from all the stress. She also missed a lot of school and fell behind on her lessons. Her teachers didn’t know about her history and no one told them about the violence she endured along with her mom. Eventually, the school called social services because she was not coming to school.
They were assigned a social worker who was informed by mom of the violence and the fear Celeste had of leaving her mom.

This is where we meet Celeste and find her to be a very anxious little girl, with no friends or family except for her mom. Her mom too was isolated as she relocated to an area with no family or friends. She also didn’t work and found it difficult to obtain a job to support herself and her daughter. Both were diagnosed with Post Traumatic Stress Disorder (PTSD) along with anxiety and depression.

Both Celeste and her mom attended counseling and were slowly beginning the long road to recovery. It took almost a year of therapy for Celeste to be able to sit in class without worrying about her mom. Was she healed- no- but she was making progress. Her mom was also showing signs of healing. She started attending group sessions with other victims of domestic violence when Celeste was at school. There she met other women, just like her, who carried the guilt of staying with her abuser until someone intervened. She learned about the cycle of abuse and learned how to protect herself and her daughter from any future harm.

Celeste attended our psycho-educational group specific for children between the ages of 4-14 who have been victims of, or witness to violence. Within the group, she learned ways to manage her stress and anger, improved her self-image, and reduce the isolation and shame she was feeling. Celeste, like her mom, began the slow process of making friends and trusting others.

It has been 2 years since we first met Celeste and her mom. They are rebuilding their lives and are doing well. Together they are starting to feel safe for the first time in many years.
FINANCIAL OVERVIEW FY19

**Fiscal Year 2019 Sources of Operating Revenue and Support**

- Fee-for-Service: 72%
- Contributions/Foundations: 3%
- Contracts: 25%

**Fiscal Year 2019 Uses of Funds**

- Adoption & Child Focused Services: 36%
- Intensive Family Services: 4%
- Out - Patient Mental Health Services: 40%
- Emergency Services: 13%
- Acute Residential Services For Children: 6%
- Fund Raising: 1%
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