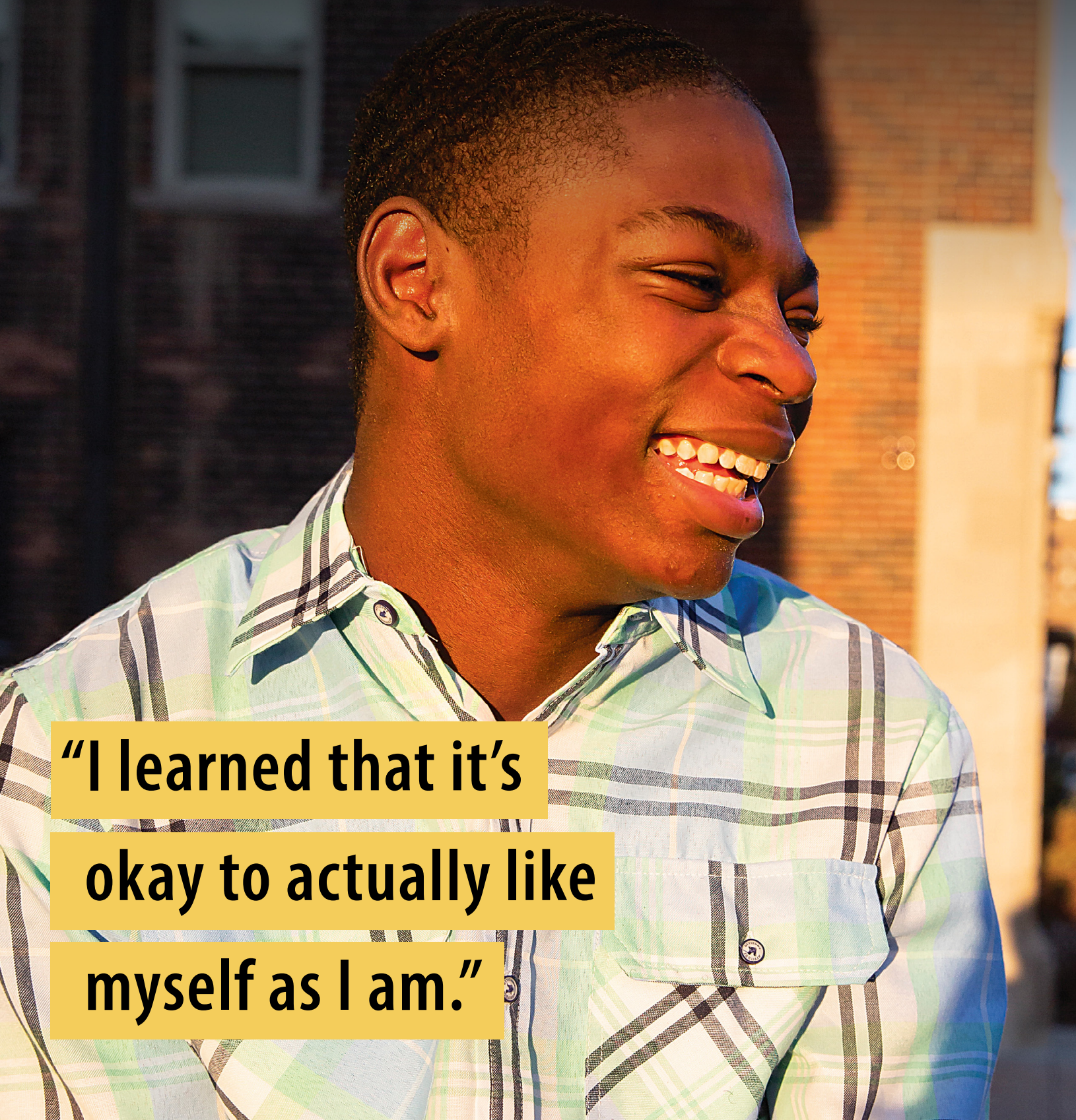


HEROES OF HOPE

YOUR IMPACT ON THE CHILDREN AND FAMILIES AT THE CHILDREN'S CENTER

DECEMBER 2020



**"I learned that it's
okay to actually like
myself as I am."**



“I Learned to Like Myself as I Am”

As DaVion entered his teenage years he started to struggle emotionally. His mother, Shawn, began to worry. Like so many of us, DaVion needed to talk to someone about what he was going through and get professional support. Shawn recognized that as a former Children’s Center client herself:

“I remember at his age, I needed someone to talk about things I felt like my grandmother didn’t understand. Things I was scared to talk about with other people.”

At one point, DaVion tried to harm himself and run away. He and Shawn were shouting at each other all the time. Shawn felt very frustrated, and knew she had to take action. Shawn and DaVion started therapy services at The Children’s Center. The therapy was helping and after a year DaVion began seeing Youth Peer Support Specialist (YPSS)

T’Yanna, as well. As a YPSS, T’Yanna has lived experience with many of the issues facing youth at The Children’s Center. Shawn began to see immediate improvement in DaVion. “T’Yanna truly made a difference,” says Shawn. “I could get DaVion to communicate more, to talk about his feelings and calm down.”

Eventually, DaVion came to T’Yanna to share that he was ready to end his mental health services. T’Yanna was able to coach DaVion through telling his therapist and Shawn that he wanted to move forward and they both agreed he was ready.

DaVion says, “At The Children’s Center, I learned to open up more and that it’s OK to actually like myself as I am. I always had it inside me to believe it, I just needed a kick-start, and that is what I got at The Children’s Center.”



Holiday Shop 2019

‘Tis the Season for a Drive-Through Holiday Shop

Our beloved Holiday Shop was a little different this year—but YOU made it the best it could be for children and families. This year our team brought Santa’s Workshop outdoors for a safer drive-through holiday shop. We provided more than 350 families with books, puzzles, board games, blankets, and grocery gift cards. Thank you for bringing children and families some much needed joy this season.



Creating Little Yogis and Chefs, Thanks to You!

We all need to get creative during these challenging times. Because of you, we've been able to expand our virtual enrichment programs—delivering fun classes families love and finding new ways to engage. In addition to the art programs and game nights we began over the summer, we now have healthy living programs again. These include Virtual Yoga and Virtual Cooking with Dads—helping kids move their bodies, meditate, and make healthy and delicious snacks! A focus on health and well-being is more important than ever and your support is making it possible. Thank you!

*Thank you
for joining us!*

Thanks for Making the Power of Possibilities a Virtual Success!

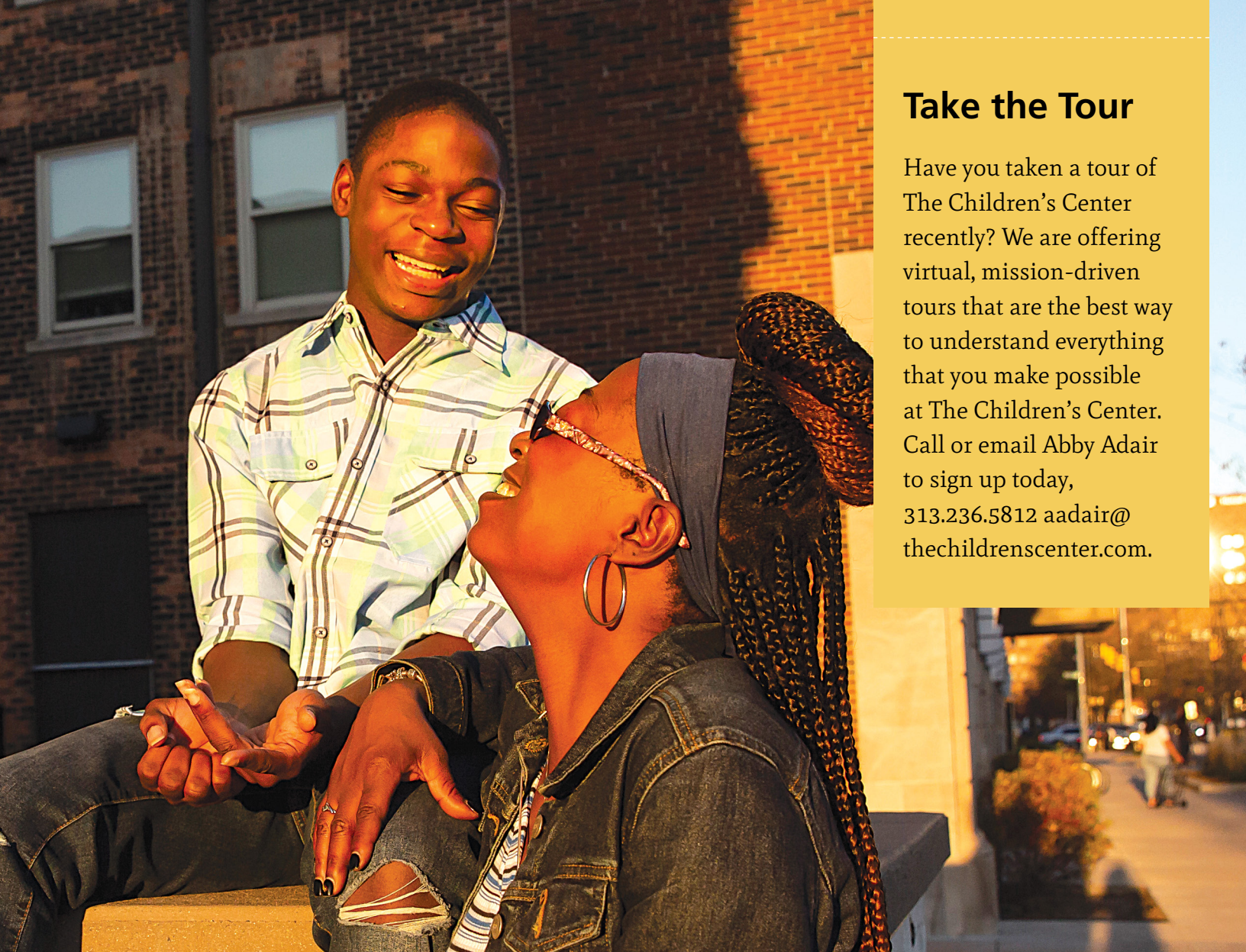
October 27th, we held our first-ever Virtual Power of Possibilities breakfast, presented by Ford Motor Company, and it was a major success—thanks to the hundreds of people like you! We heard inspiring stories from testimonial speakers Jasmine and Christopher, our board chair Chui Karega and immediate past board chair Tina V. Ford, and our own CEO, Debora Matthews. More than 450 people watched live from the comfort of their homes. You can still catch the recording and contribute at TheChildrensCenter.com/POP2020/

"I've Been There Too"

Sometimes empathy and shared understanding is the best support we can give each other. It's one of the reasons we have the Youth Peer Support program. In this program, young people ages 18-26, who have lived experience receiving mental health services, work with other youth in need. They build relationships with these youth—listening and providing insight as a peer.

T'Yanna is one of our Youth Peer Support Specialists. She was able to help DaVion build the skills he needed to control his emotions, open up more to his family, and ultimately advocate for himself and decide when he was ready to move on from therapy. Thanks for making essential programs like this possible!





Take the Tour

Have you taken a tour of The Children's Center recently? We are offering virtual, mission-driven tours that are the best way to understand everything that you make possible at The Children's Center. Call or email Abby Adair to sign up today, 313.236.5812 aadair@thechildrenscenter.com.

Help Teens Believe Again



DaVion came to The Children's Center feeling misunderstood. His mother Shawn felt frustrated and lost. She didn't know how to make DaVion feel better. Shawn and DaVion found their way through because of people like you who believed in their family. Join our Believers monthly giving program today to help more young people like DaVion remember that it's OK to like yourself just the way you are.

TheChildrensCenter.com/believers



The Children's Center | 79 Alexandrine West, Detroit, MI 48201 | 313.831.5535 | TheChildrensCenter.com