

# HEROES OF HOPE

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

FEBRUARY 2021



**"I am doing what  
I need to for  
my children."**

## “I Felt Like I Failed as a Mom”

Linda, mother of twin five-year-olds, Mina and Logan, and three-year-old Neo, came to The Children’s Center two years ago. Mina, at three years old, was showing symptoms and behaviors of severe ADHD. She would run away at any chance and be defiant to discipline or reasoning from her parents. Meanwhile, her twin brother Logan had been very slow to develop his language. Linda feared Mina’s need to be in charge was overshadowing Logan’s needs.



Here is Linda’s story in her own words:

“I couldn’t go anywhere. I had an infant in the carrier and two toddlers who would bolt away if I let their hands go. It has been very frustrating to feel like I can’t take care of my kids on my own. As a mother, you feel like you should have everything together. When your children are not behaving the way people expect them to, it’s very embarrassing. **I felt like I failed as a mom.**”

Since coming to The Children’s Center, I have learned that I haven’t failed. I am doing what I need to for my children. Something that has helped me tremendously is the Circle of Security training. This training has taught me how to help the children with their emotions and to take advantage of every opportunity to help them learn and process their feelings.

Now during the pandemic, the kids and I are at home 24/7. It gets hard. It feels like we are just stuck here. Homeschooling all three of them at the same time is a lot. People will ask me ‘how do you do it?’ And I say, ‘Well there is no other option! I have to do what I can.’ I’m so glad to have found The Children’s Center. I hope more and more parents come to get the help I have gotten here. Do not just stay at home and try to work through these kind of difficulties on your own—there are people to help you through.”

## Jamar Gives Back with Jammies



Jamar Bray knows something that you know all too well: giving back to community matters. He has graciously been collecting and donating pajamas to The Children’s Center during the holiday season through his organization, Jamar’s Jammies, for three years!

He knows how important jammies can be for a child. To have their favorite characters and colors on their pajamas makes them feel special and excited for bedtime.

He has donated hundreds of pairs through his collection drives to The Children’s Center.

We can’t thank him enough.

*Thank You!*



## Creating a Circle of Security for Parents

At The Children's Center, we offer many different types of training for parents to help them understand what their child is going through and how to help them cope and thrive. You help us make it happen, and for that, we couldn't be more grateful.

One of the trainings we offer is called, **Circle of Security™**. This is an evidence-based method of training and parenting that helps parents to:

- Understand their child's emotional world by learning to read their emotional needs without judgement or anger
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self-esteem
- Honor the innate wisdom and desire for their child to be secure
- Build and affirm strong attachments with their children

In the program, parents look inward and back to their own childhood, reflecting on how they were parented.

It can be an emotional and difficult process; but every single parent who has participated at The Children's Center has found it useful and wished they had done the training as soon as they became parents.

Think about the difference this can make in a parent's and a child's life. Thankfully, it's possible because of you.

## Cook with SheWolf for Valentine's Day!

This Valentine's Day, you can impress your sweetheart with a delicious Italian meal and support the children of Detroit.

It's all a part of our annual Tour de Fork event.

You'll cook alongside renowned SheWolf Chef & Co-Owner Anthony Lombardo from the comfort of your own home kitchen. Tickets include a kit packed with all the ingredients necessary to create an authentic Italian dinner for two at home, dessert, and a gift card to purchase wine! Kits are available for delivery\* or pickup.

Don't wait! The last day to purchase tickets is February 19, 2021.

Need more information? Check out: [TheChildrensCenter.com/TourdeFork](http://TheChildrensCenter.com/TourdeFork)

*\*Delivery available within 30 miles of Eastern Market, Detroit. Search your zip code on Michigan Fields' website ([MichiganFields.com](http://MichiganFields.com)) to see if you live within the delivery radius.*





## Virtually Tour our Hallways of Hope

Every day, hope and resilience flood our hallways. Stories of children overcoming unbelievable adversity and learning to dream again. Our virtual, mission-driven tours peel back the curtain to what we are about and how you make it possible. Email Abby Adair to sign up today, [aadair@thechildrenscenter.com](mailto:aadair@thechildrenscenter.com)

## You Believed in Linda and it Changed Her Life



**HEROES  
OF HOPE**

Linda had her hands full and felt like she failed as a mom. With Mina's hyperactivity, Logan's delayed speech, and a one-year-old to boot, Linda didn't know how to help her children anymore. When she walked through the doors of The Children's Center, she thought everyone would be judging her for being a bad mother. Instead, she found only people, like you, who believed deeply in her and her children. We need more Believers in our monthly giving program to help mothers like Linda feel safe, accepted, and ready to get the help their children need. Join today.

[TheChildrensCenter.com/believers](https://TheChildrensCenter.com/believers)



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