

helping parents **THRIVE**



 neighborhood house

Dear <<First Name>>,

**Everyone is familiar with the saying “it takes a village to raise a child.”** Unfortunately, many parents feel isolated and lack basic resources. In addition, many parents encounter racism and discrimination when seeking support.

**That’s why in 2021, Neighborhood House launched Multnomah County’s first-ever “parenting education hub”—led by and for families who represent our community.** Our established network of dedicated BIPOC and immigrant parents and families led the Oregon Parenting Education Collaborative to select us to launch this much-needed project. The “hub” provides new pathways and eliminates barriers by connecting parents with resources. More importantly, the “hub” provides parents with a support system that understands and values every parent’s inherent strengths. Our Parenting Program team aims to ensure all parents are seen and feel consistently supported and reminded of their value in our community. When parents have consistent resources and a “village” or “hub” of support, they have the energy needed to care for themselves and their children—and all of Multnomah County benefits.

**Parents and families know best what they need to thrive.** By aligning existing resources for parents, addressing systemic racism in parent education, and filling in resource gaps, we are working to shift power away from oppressive systems and into the hands of parents and families. The “hub” doesn’t transform parents into community leaders and advocates—instead, it builds on, supports, and amplifies the existing leadership of parents and families in our county.

Parent leaders have initiated and led the development of parent collectives to guide the vision and decision-making for the “hub” as it grows. The pandemic illuminated just how much of a problem racism and oppression are in our society. We have ensured that BIPOC and immigrant parents are leading the “hub” from the beginning and provide them with a space to amplify their voices. As we like to say, there will be “nothing for us without us.” Together, we are pushing ourselves and our current systems to go beyond what is currently thought possible.

**Your support increased opportunities for healing in our community during one of the toughest times we have ever faced.** During the pandemic, many parents in our community lived in fear, not knowing how they would provide for and support their children. These parents worried endlessly about getting their children the quality education they deserved and needed. Because of your support, Neighborhood House has been able to maintain and even increase our level of service during the pandemic. For example, when violence and war broke out in Ukraine, I, Evghenia, myself a Ukrainian immigrant, led efforts to provide crisis support for refugee families. In addition to immediate support, our team created a summer camp to bring joy and healing to women and children experiencing trauma.

(continued)



*“I want to express the words of gratitude to Neighborhood House. Three of my sons attended the youth summer camp for Ukrainian kids, and all of them benefited from structured trauma-informed workshops that allowed them to reflect on their experiences, worries, and fears in a supportive environment. The workshops included art therapy, role playing scenarios, and lessons on coping skills. A fun and varied program with scavenger hunt, trips to the zoo, OMSI left unforgettable emotions for my family. We have been very grateful at how the camp helped to adjust and prepare kids for school and reduce trauma.”*

**With gratitude,**  
Irina Radzhabova





**Parenting Program Team: Zach Galehouse, Sheyma Omar, Amber Boydston, Karima Garane, Meera Batra, and Evghenia Sincariuc**

**“I was so inspired by the parents and their commitment to nurturing their children amidst the trauma and ongoing crisis.”** — Evghenia

The work of the “hub” is just getting started, and we are not stopping here. The pandemic hit our neighbors hard. Unfortunately, BIPOC and immigrant families continue to suffer some of the most devastating economic and health impacts of COVID-19, along with ongoing discrimination. **Your continued support is critical to the well-being of parents and families in our community.**

Once again, we have set the goal of raising \$500,000 by **January 31st** with our annual Partnership Campaign. We were extremely grateful last year when you helped us reach this landmark goal for the very first time. As we continue to respond locally to ongoing and new global crises, **your support remains even more essential.**

Though Neighborhood House receives state and federal funding, 20% of our funding must be raised from private sources to fully support our seven program areas, including Head Start, the “hub,” senior services, housing, combating food insecurity, and more.

We envision a future where all our neighbors are part of our village, and everyone has the community and support they need to thrive. **We can only make this vision a reality with your help.** <<First Name>>, your giving made a major difference for thousands of people last year. Can your neighbors in need count on your support again this year?

**With optimism and gratitude,**

*Evghenia Sincariuc*

Evghenia Sincariuc

PARENTING PROGRAM TEAM MEMBERS

*Sheyma Omar*

Sheyma Omar

## What donations did for our neighbors this year:



The Food Pantry assisted over **9,000** food-insecure people for the second year in a row. This represents 2.5 times the Pantry's pre-COVID rates.



More than **2,500** seniors attended our online and hybrid Health & Wellness classes.



Our Head Start students showed strong growth on **8 out of 8** key standardized school-readiness measures.



Our new Multnomah Parenting “hub” served more than **600** families in its first year; **90%** were immigrants and new refugees.



The Parenting Program partnered with our Food Pantry to provide regular food deliveries to new Afghan and Ukrainian **refugee families.**

Donate with enclosed remit envelope or visit [www.nhpdx.org](http://www.nhpdx.org):

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