

Contents

Welcome Letter	2
Who We Are	3
NICU Program	4
Disability Program	5
Support Groups	6
Special Events	7
Financial Summary	8
Contact Us	9



A Letter From Our Executive Director

Meagan Patillo

I'm excited to share with you our 2024 Annual Report. This past year has been filled with meaningful accomplishments, and as we look back, we're proud of the connections we have built with the families we serve, including NICU families, parents of children with disabilities or special healthcare needs, and their siblings.

Inside, you will find highlights of our programs, stories of the families we have supported, and details about how we have utilized our funding to make a difference. Each achievement represents a step toward our mission of providing support, education, and care to the community we serve.

We are grateful for your continued belief in our work—it's your commitment that has made our progress possible. We look forward to building on these successes in the year ahead.

Sincerely,

A handwritten signature in black ink that reads "meagan Patillo". The signature is written in a cursive, lowercase style.

Meagan Patillo
Executive Director
Family Support Network of Central Carolina

2023-2024 Board Members

- Carter Davenport, Chair
- Jeremy Deaver, Vice Chair
- Anthony Woodyard, Treasurer
- Vakaya Thomas, Secretary
- Jane Glynn
- Candace Matthews
- Isabel Chasse
- Cassidy MacKay
- Dr. Erin Orth
- Carrie Sawulski
- Larry Snider
- Dana Valdes-Brooks



WHO WE ARE

OUR HISTORY

Family Support Network of Central Carolina (FSNCC) was organized in 1989 by a coalition of parents, medical professionals, and staff from community agencies serving children with disabilities and their families. We are one of twelve affiliates of Family Support Network of North Carolina. We serve families living in Guilford, Alamance, Caswell, Randolph, and Rockingham counties.

OUR MISSION

Our mission is to provide support, education, and caring connections to those who have a child with a disability, special healthcare needs, or have experienced a NICU stay.

Families with children who have special healthcare needs often encounter added stress, social isolation, and financial strain, which can complicate their child's health journey and hinder their access to social and emotional support.

OUR APPROACH

Our comprehensive approach supports and empowers families by fostering connections, advocating for their needs, providing education, and forming community partnerships.

“FSNCC was there for us while Paisley was in the NICU. Engaging in activities, forming a community, and connecting with the mentor immensely benefited our medically complex baby.

- Paisley's Mom



NICU SUPPORT PROGRAM

Our NICU Support Program at Cone Health Women's and Children's Center provides vital resources for NICU families. Our team, all with personal NICU experience, serves as trained peer-to-peer specialists, offering information and support throughout the NICU journey.

Programs include:

- **Admission Bag:** Each family receives a bag with FSNCC information, a bonding butterfly, book, blanket, and other unit resources.
- **Personal Support:** Families receive emotional and peer-to-peer support from staff with shared NICU experiences, fostering connection and comfort.
- **Weekly Gatherings:** NICU families gather to relax, make crafts, enjoy meals, and connect in a supportive setting away from the bedside.
- **Parent-to-Parent Mentors:** Current families are matched with trained mentors who have navigated similar NICU journeys, offering guidance and support.
- **Sibling Support:** Goodie bags help NICU siblings feel included during the family's stay.
- **Education & Literacy:** Through the Books for Babies program, we provide about 1,500 books yearly, plus education on safe sleep, skin-to-skin contact, wellness, and developmental topics.
- **Baby Basics:** Ensuring families have supplies like diapers, wipes, clothing, and a Pack n Play for safe sleep upon discharge if needed.

721 one-on-one sessions

600 families served

80 baby basic sets

1519 new baby board books

44 pack and plays provided

263 sibling support bags

43 special events

165 gas and meal gift cards



DISABILITY SUPPORT PROGRAM

Our Disability Support Program at FSNCC is rooted in a strong commitment to help parents and siblings of children with disabilities or special healthcare needs. Through this program, we offer services and resources to support families as they navigate these challenges, ensuring access to essential care and guidance.

Our programs include:

- **Parent Groups:** A platform for parents to connect, share experiences, and learn from one another within our 4 parent groups.
- **Parent Mentor Program:** Providing one-on-one support from experienced, trained parents who have been through similar journeys.
- **Sibshops:** Offering a supportive space for siblings to connect with peers who understand their unique experiences.
- **Resources and Referrals:** Equipping families with valuable information and connecting them with relevant resources.
- **Community Events & Resource Fairs:** Hosting special events and participating in resource fairs to engage families and offer additional support.

121 families served

705 community event participants

87 trained parent mentors

74 parent group and sibshops participants

198 volunteer hours

9 parent matches



SUPPORT GROUPS

Our parent groups offer a nurturing and inclusive space for parents to connect, share experiences, and gain valuable insights, providing support, guidance, and a sense of community to those navigating the NICU or raising children with disabilities or special healthcare needs.

Moms Group: A supportive environment exclusively for mothers, to openly discuss their experiences while caring for children with disabilities or special healthcare needs.

Dads Group: Provides a space for fathers to connect and learn from one another, building a supportive community and offering a chance to unwind and relax together.

Rare Diagnosis Moms Group: Dedicated to families dealing with rare diagnoses, this group provides a focused platform for sharing knowledge, resources, and emotional support.

Black Parents Group: A safe haven for Black parents and caregivers, offering resources, and the opportunity to connect with others who share similar experiences.

Sibshops: Sibshops is a supportive program tailored for kids in grades 1-6 who have siblings with disabilities. It provides a safe space for them to connect, share experiences, and learn coping skills while engaging in fun activities.



“I found a lifeline in my group. It's where I met parents who truly understood what I was going through. It's not just about sharing experiences; it's about finding strength and hope in each other.”



SPECIAL EVENTS

*Our annual events and campaigns enhance our programs, benefiting over **1,000 families** yearly. They also foster a strong sense of community among our supporters, all dedicated to positively impacting lives.*

Unite Festival

Our annual U.N.I.T.E. (Understanding the Needs of Inclusion Takes Everyone), festival features family-friendly activities, games, and live music, where various organizations serving families of individuals with disabilities or special healthcare needs come together to provide valuable resources.

Holiday Jamboree

Holiday Jamboree is our annual special holiday event for our families of children with a disability, special healthcare needs, or families who experienced a NICU stay. It is a wonderful opportunity for parents to receive resources and connect with other families in the community with similar experiences.

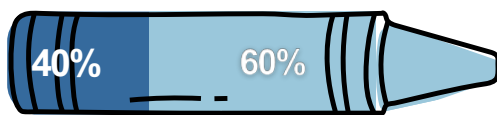
Community Events

We offer special events throughout the year that provide engaging activities and access to community resources and serve as an opportunity to raise awareness and garner support for parents caring for children with special healthcare needs.

FUNDING SUPPORT

Funding Sources for Our Programs:

We are grateful to our donors, grantors, and partners whose generous contributions—through donations, grants, and in-kind support—fuel vital programs like NICU care and disability resources, allowing us to continue serving families in need.



Donations **Grants**

Our Valued Partners

- Cone Health
- Guilford County Partnership for Children
- Family Support Network of NC
- Department of Social Services
- Two Men and A Truck
- Cribs for Kids
- NICU Parent Network

In-Kind Donations

\$59,000

Donations, such as diapers, baby clothes, meals, and more.

Value of Volunteer Hours

\$28,900

Special thanks to our volunteers for over 1,000 hours of service—organizing drives, supporting families, knitting hats, donating meals, and more. We couldn't do it without you!

**This total includes monetary donations, in-kind contributions, and the value of volunteer hours.*

Expenditures by Program:

NICU Support Programs

\$249,000

Serving 600 families with bedside support and essential resources.

Disability Support Programs

\$70,000

Serving 120 families with support and essential resources.



Providing comfort and care to families in challenging times.



We thank you for your ongoing support of our programs and mission. Your gift can make a real difference. Donate now to support the families we serve.

MAKE A GIFT TODAY.



Stay connected.



Family Support Network
of Central Carolina
1200 N Elm Street
Greensboro, NC 27401
www.fsnc.org
336-832-6507