



**F.E.A.T.**

Families Empowered and Transformed



**2024/2025**

# IMPACT REPORT

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[www.featcoco.org](http://www.featcoco.org)

# Reflections from our Executive Director



**Nain Villanueva de Lopez**

As we reflect on our first year as an organization, we are filled with deep gratitude and a renewed sense of purpose. What began as a vision to uplift and empower families has grown into a community movement one rooted in trust, cultural connection, and resilience.

This year brought both challenges and opportunities, each shaping us into a stronger, more responsive agency. We listened, we learned, and most importantly, we showed up for parents navigating systems, for youth seeking guidance, and for communities in need of healing.

None of this would have been possible without the dedication of our team, the collaboration of our partners, and the courage of the families who welcomed us into their lives. Together, we've laid a foundation not only for impact but for transformation.

As we move into a new year, we remain committed to growing deeper, reaching further, and continuing to build programs that honor the voices and values of the communities we serve.

## Our Mission

Strengthening families and transforming lives through education, support, and empowerment.



## Our Story

Families Empowered and Transformed (F.E.A.T.), Inc. was founded and incorporated in February 2024 by three passionate founders: Nain Villanueva de Lopez, Cesar Macias, and Pamela Ortiz.

Rooted in the unwavering belief that every family deserves access to resources, support, and the opportunity to thrive, F.E.A.T. is committed to addressing the evolving needs of parents, children, and youth.

At the heart of our mission is the commitment to nurturing parental skills and healthy family dynamics. Through a comprehensive array of services—including parenting education, anger management, domestic violence support, and teen mentoring—F.E.A.T. provides a lifeline to families navigating complex life challenges.





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## Our Services

**Triple P Positive  
Parenting Program**

**Supporting Father  
Involvement**

**Parenting Workshops**

**1:1 Coaching**

**Anger Management  
Classes**

**Domestic Violence  
Classes**

**Teen Mentoring Program**

**Case Management  
Services**



**Triple P Fear-Less participants from Pittsburg Unified receiving their  
certificates.**



## Triple P Positive Parenting Program

Triple P Positive Parenting Program® at F.E.A.T. stands as a beacon of support and guidance for parents navigating the intricate journey of raising children. Triple P is founded on the principle that all parents can benefit from evidence-based strategies to enhance their parenting skills and foster positive relationships with their children. At its core, Triple P embodies a strengths-based approach, acknowledging the unique strengths and challenges within each family.

### Impact: 150 Families Served

Race/Ethnicity	Central	West	East	Alameda County	Total
Hispanic	14	27	39	9	89
White	5	6	6	1	18
Black	3	7	19	2	31
Asian	3	2	3	1	9
Native American	0	1	0	0	1
American Indian	0	1	0	0	1
Middle Eastern	0	0	1	0	1

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## Supporting Father Involvement

Supporting Father Involvement is an inclusive initiative focused on empowering fathers to play an active, engaged role in their children's lives. Recognizing the crucial impact fathers have on their children's development, the program offers resources, support services, and community initiatives to strengthen father-child relationships. It also supports fathers in co-parenting, reducing stress, and fostering positive communication with partners. Through peer support, fathers connect with others facing similar challenges, creating a strong network of encouragement, shared learning, and collaborative parenting ultimately promoting healthier family dynamics and stronger bonds.

### Impact: 19 Fathers Served

Race/Ethnicity	Central	West	East	Alameda County	Total
Hispanic	0	0	3	0	6
White	2	2	1	1	3
Black	1	2	5	0	8
Asian	0	0	1	1	2

## Anger Management Classes

Our court approved anger management classes provide a supportive environment for individuals to understand, manage, and channel their emotions constructively. Through evidence-based techniques and practical strategies, participants learn to navigate challenging situations with composure and resilience, fostering healthier relationships and promoting personal growth. Join us as we embark on a journey towards greater emotional well-being and inner peace.

### Impact: 26 Clients Served

Race/Ethnicity	Central	West	East	Alameda County	Total
Hispanic	1	5	4	1	11
White	2	1	0	0	3
Black	0	2	6	1	9
Asian	0	0	1	2	3



## Domestic Violence Classes

Our domestic violence classes offer a supportive environment for survivors to heal and regain control of their lives. Through education, empowerment, and skill-building, participants learn to break free from the cycle of abuse and envision a future of safety and independence. Led by experienced facilitators, our program provides practical tools and resources to support survivors on their journey to healing and empowerment. Join us as we work together to rebuild lives and restore hope in the face of domestic violence.

### Impact: 31 Clients Served

Race/Ethnicity	Central	West	East	Alameda County	Total
Hispanic	1	6	4	2	13
White	1	2	0	1	4
Black	1	6	5	2	14
Native American	0	1	0	0	1

## 1:1 Coaching

Our 1:1 Coaching Services provide personalized, culturally responsive support to parents and caregivers navigating challenging life circumstances. Whether addressing parenting strategies, goal setting, communication, or system involvement, our coaches walk alongside families with empathy, encouragement, and practical tools.

Through one-on-one sessions, families build skills, increase confidence, and develop plans tailored to their unique needs and strengths. Our approach centers on empowerment—helping each parent feel heard, supported, and equipped to create lasting change in their home and community.

### Impact: 47 Clients Served, 248 Sessions

Race/Ethnicity	Central	West	East	Alameda County	Total
Hispanic	3	10	9	9	31
White	0	0	3	0	3
Black	0	2	5	2	9
Asian	0	2	2	1	5



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## Teen Mentoring Program

Our Teen Mentoring Program, created by our in-house social worker, is a weekly group that fosters meaningful conversation, social awareness, and coping skills. Teens share ideas, manage anxiety, and engage in focused discussions guided by a set agenda. Encouraging participation and using varied formats keeps sessions engaging. Regular reflection and setting weekly goals help maintain progress and personal growth.

**Impact: 23 Youth Served**

All 23 youth from East County



**23 Youth from Pittsburgh Unified School District**



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## Parenting Workshops

Our parenting workshops provide a dynamic and interactive platform for parents to enhance their parenting skills and strengthen family bonds. Led by experienced facilitators, these workshops cover a wide range of topics, from effective communication and positive discipline to fostering resilience and promoting emotional well-being in children.

Participants engage in hands-on activities, group discussions, and role-playing exercises, gaining practical insights and strategies to navigate the joys and challenges of parenthood with confidence and competence. Whether you're a new parent seeking guidance or an experienced caregiver looking to refine your parenting approach, our workshops offer a supportive space to learn, grow, and connect with other parents.

**Impact: 317 Parents Served**

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## 2024/2025 Impact Stats

**494**

### Triple P Parenting Education Clients

Attended a Triple P parenting class, workshop, or received 1:1 coaching services.

**19**

### Supporting Father Involvement

Fathers attended an 8 week Supporting Father Involvement.

**31**

### Anger Management Clients

Attended a 10-week Anger Management class or received 1:1 coaching services.

**46**

### Domestic Violence Clients

Attended a 5 week Domestic Violence class or received 1:1 coaching service.

**23**

### Teen Mentoring Program

Youth from Pittsburgh Unified School District attend our 6 week Teen mentoring Program.

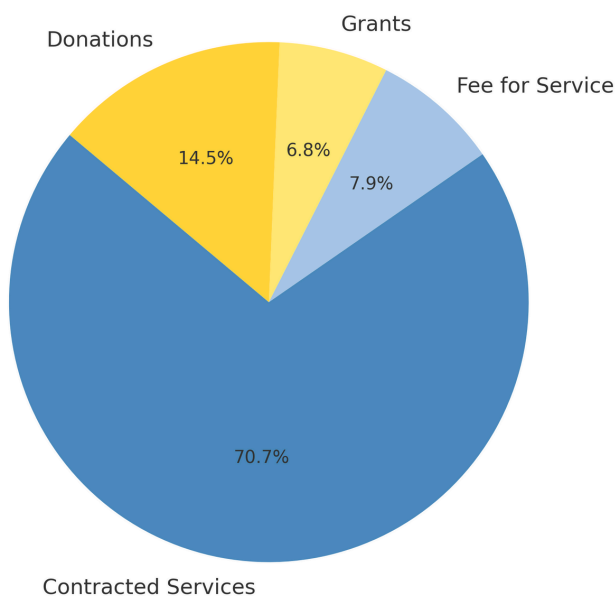
**\$3,482**

### Scholarships Awarded

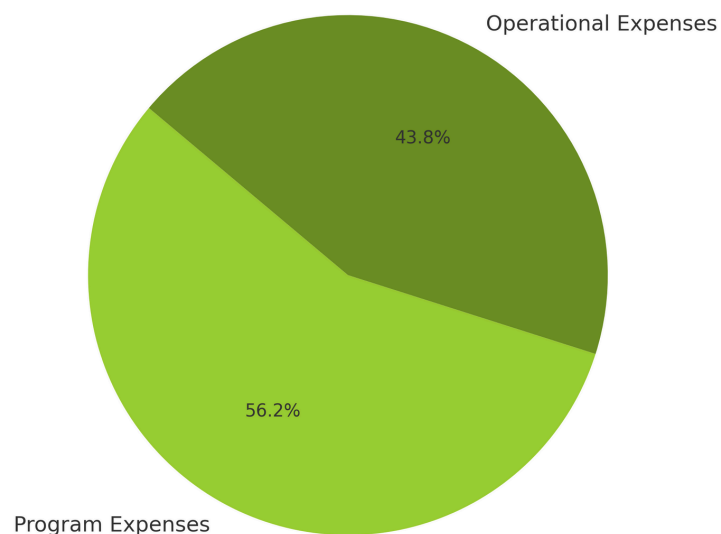
Twenty families were awarded full or partial scholarships to access our services.

## 2024/2025 Financials

Revenue Breakdown (FY 2024–2025)



Expense Allocation (FY 2024–2025)



In Fiscal Year 2024–2025, F.E.A.T. continued to grow its financial foundation through a mix of contracted services, grants, and fee-for-service programs. With total revenue exceeding \$110,000, we were able to expand program offerings, increase direct service hours, and support families through scholarship assistance.

We invested these funds strategically—allocating over \$9,600 toward direct program costs and \$7,500 for operational expenses—ensuring that the majority of our resources directly benefit the families we serve. This thoughtful approach keeps our services accessible while sustaining long-term organizational health.



## 1st Annual Empowering Families Together Fundraiser 10/18/2024

We are deeply grateful to everyone who attended our first fundraising dinner! Your presence and support mean the world to us. Together, we raised over \$11,000 that will help our scholarship fund for underserved families.

A special thanks to our generous sponsors and auction donors who made this event possible. Your contributions are invaluable, and we couldn't have done it without you!

We look forward to sharing our journey with you as we continue to make a difference. Stay connected for updates on our progress and future events!

With heartfelt appreciation,





Families Empowered and Transformed

## THANK YOU to Our Donors & Sponsors

Angela Pak  
Angelica Chanco-Larios  
All Agave and Beyond  
Arlene McCulloch  
Beatriz Ahumada  
Brian Scott  
Brook Jazmin Jewelry  
Cantina Los Mayas  
CAP's Oak Street Bar & Grill  
Cathy Botello  
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Cedric Moore  
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Christopher Carery  
Cosby Family  
Costco  
Dave and Wendy Heredia  
Dr. Manuel Fernandez  
Dr. Ruth Fernandez  
Elaine and Bill Karadais  
Ellen Crnkovich  
F&M Bank  
Feli Mercado  
Gabi Lopez  
Hennessey's Fencing  
Jeanne Falla  
Jennifer Carpenter

Joanne Rodriguez  
Joe Briseno  
Kaiser Permanente  
Kathleen Wakely  
Lisa Kinney  
Lopez Family  
Lorena Oropeza  
Lorena Tobar  
Leslie Corbett  
Mayor Bob Taylor  
Mike and Lori Whelan  
Nairobi Kim  
Nain Villanueva de Lopez  
Nicole Ruiz  
Ona Hennessey  
Pak Family  
Pamela Ortiz  
Patsy and Jim Angel  
Patty Mendoza  
Petal Henry  
Reboot Float & Cryo Spa  
Ricardo Oropeza  
Rocco's  
Rye and Gray Travel  
Safeway  
Teamsters Union  
The Kebab Shop  
Tracie Schmidt

**Thank you to Antioch Community Foundation for Supporting the Resilient Families Empowerment Initiative!**



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## Client Testimonials

“El programa de Triple P me ayudó en cuestión de la crianza de mi hijo ahora tengo conocimiento para deliar con mi hijo gracias.”

(“The Triple P program helped me raised my son, now I have knowledge to deal with my son, thank you.”)

Spanish Group Triple P Participant  
December, 2024

“When I started this class I was more focused on the other parent's behavior without looking at how I was parenting, during these 6 weeks I learned that there is only so much I can do to control the other parent I decided to focus on me and the way I parent my children, learning these strategies has helped to listen more, to stay focus and to planned ahead with every activity we do, focusing on parsing, logical consequences, applying rules and having conversations about important issues.”

English Group Triple P Participant  
June, 2025





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## Client Testimonials

"I really looked forward to Joe's Fathering class every week. He has a unique way of getting his message across while encouraging real participation. In most classes, people just show up to be marked present—but in Joe's class, we actually wanted to engage and learn. Thanks, Joe."

Supporting Father Involvement Participant  
September, 2025

"Me gusto mucho este programa y nunca creí que había tanta ayuda tanto como para mamá y papá y para mi hija."  
*("I really liked this program and I never thought there was so much help for both mom and dad and for my daughter.")*

Spanish Fear-Less Triple P Participant  
March, 2025

"I want to thank you all for this program. I successfully applied the behavior chart to my child's routine and use it during every visit. I'm now looking for support in finding a class for children with disabilities and would really appreciate any help with that."

English Group Triple P Participant  
April, 2025

## Sucessful Story

### Claudia's Story

Claudia is the mother of an 8-year-old boy with special needs. She first connected with F.E.A.T. at a community event in West County, where she bravely shared her story with us. Moved by her commitment to improving her parenting journey, we awarded her a full scholarship to our 8-week Stepping Stones program.

At the start, Claudia believed her son didn't understand her, which led her to avoid discipline altogether. But as his behavior grew more challenging with age, she realized she needed new tools and support.

Through the program, Claudia implemented house rules and introduced logical consequences for misbehavior. She began using quiet time and time-outs, guided by a two-minute timer. Remarkably, her son now asks for the timer himself when he misbehaves—a sign that he's beginning to understand and participate in the process.

Claudia also used the timer to help her son wear his eye patch and glasses for several hours a day. What once caused tantrums has become a manageable routine, and he now wears his glasses with minimal resistance.

What might seem like small steps to others have transformed life for Claudia and her son.

## Sucessful Story

### Carlos's Story: A Journey of Patience, Growth, and Reunification

Carlos was referred to F.E.A.T. by Children and Family Services and enrolled in our Triple P parenting class with one goal in mind: to become a more present and effective father. At the time, he was living in Mexico, while his two-year-old son lived in San Francisco, CA, under the care of his maternal grandmother. With only a 30-minute video call once a week and no direct contact with the child's mother—due to a history of substance use and a court-issued no-contact order—Carlos faced immense emotional and logistical challenges. In the beginning, the video calls were difficult. His son was often distracted, more interested in his toys than in engaging with his father. Still, Carlos showed up to every parenting session on time, participated fully, and committed to learning new strategies to bond with his child.

He began using tools like books, colors, and stuffed animals to make the short calls more interactive. One day, during a tough moment, he used a teddy bear to comfort his son—and it worked. These small but powerful moments began to build a bridge between them.

Carlos practiced creating behavior charts and setting parenting goals, even though he couldn't yet apply them in person. He learned to give calm, clear instructions and identify high-risk parenting situations, like managing his child's behavior while multitasking. He took notes diligently and grew more confident each week, even advocating for more consistent calls and fewer disruptions during visits.

By the end of the program, Carlos had gained more than just parenting strategies—he had developed resilience, empathy, and a clearer vision of the kind of father he wanted to be. In his final session, he expressed deep gratitude for the tools he'd acquired and the support he received.

Shortly after completing the program, Carlos received the life-changing news he had been waiting for: he was reunited with his son.

Today, Carlos is no longer just a voice through a screen. He is present, equipped, and committed—ready to guide, nurture, and rebuild a strong relationship with his child. His journey is a testament to the power of persistence, growth, and a parent's unwavering love.

## Thank you!

As we close this year's Impact Report, we do so with deep gratitude in our hearts. To every parent who trusted us, every teen who showed up, every partner who collaborated, and every donor who believed in our mission—**thank you**. Your support, encouragement, and generosity are the heartbeat of Families Empowered and Transformed (F.E.A.T.).

Together, we have created safe spaces, strengthened family bonds, and empowered over **600 individuals** to grow, heal, and thrive. Whether you contributed time, resources, or simply shared our story, your impact is real—and lasting.

As we look to the future, we remain committed to expanding our reach and deepening our work. **Donations are always welcome and deeply appreciated**, as they allow us to offer scholarships, launch new programs, and respond to the evolving needs of our community.

Let's continue building stronger, safer, and more connected families—together.

With heartfelt appreciation,  
The F.E.A.T. Team





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## Year Recap!

16 | WWW.THETPRESS.NET

COMMUNITY

OCTOBER 11, 2024

### New nonprofit to host fundraising dinner

FEAT's goal is to help low-income families

By Jake Menez  
Staff Writer

Families Empowered and Transformed (FEAT), a new nonprofit, is hosting a fundraising dinner on Oct. 18 at Cap's Oak Street Bar and Grill at 144 Oak St. in downtown Brentwood. The event will help the organization in its stated mission to strengthen families and communities through vital programs focused on parent education, anger management, and domestic violence prevention.

"Join us for an evening of dining and community spirit to support FEAT," the organizers said of the event. "Your participation will help us continue to offer vital services for underserved families. Together, we can empower families and



FEAT was founded with the collective belief that "every family deserves the resources and support to thrive," according to its founders. Pictured from left to right: Nain Villanueva de Lopez, Cesar Macias and Pamela Ortiz.

Photo courtesy of FEAT

build a stronger, more resilient community. Your support is key to making a difference!"

Tickets are \$120 per person, which includes a meal choice of chicken chur-donny or tri-tip, according to the event

organizers. The event runs from 6:30-10 p.m. and will feature a live auction and keynote speakers. The list of speakers in-

cludes: Dr. Ruth Fernandez, Executive Director of First 5 Contra Costa; Dr. Manuel Fernandez, CEO of La

Concordia Wellness Center; Cesar Macias, Program Director/Co-Founder of FEAT.

FEAT, a 501 (c) 3, was founded and incorporated in February 2024 by the "collective vision" of its three founders, Nain Villanueva de Lopez, Cesar Macias and Pamela Ortiz, according to the organization's website. The guiding tenet is the belief that "every family deserves the resources and support to thrive."

"Our goal is to provide vital services to underserved communities and empower them through support and education so at the end, their lives are transformed," Macias said.

For details about the organization, visit [www.featcoco.org](http://www.featcoco.org) or call 925-234-4415.

Tickets for the fundraiser can be purchased online by scanning the QR code or by visiting <https://bit.ly/3HrEGGn>.

