



F.E.A.T.

Families Empowered and Transformed



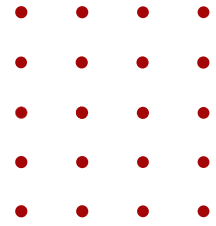
2025/2026

IMPACT REPORT

Empowering communities, transforming lives.

(925) 234-4415 | www.featcoco.org | info@featcoco.org

LETTER FROM THE DIRECTOR



Dear Friends, Partners, Supporters, and Community Members,

As I reflect on this past year, I am incredibly grateful for the families, partners, and supporters who have helped make F.E.A.T.'s work possible.

Our mission is simple: to strengthen families and transform lives through education, support, and empowerment. This year, we continued bringing that mission to life by providing parenting education, family support, youth services, workshops, and individualized coaching to families throughout our community.

While the numbers show our reach, the true impact is found in the stories behind them—the parent who feels more confident setting boundaries, the caregiver who learns new ways to support their child, and the family who connects with additional services when they need them most.

We are proud of the partnerships we have built with schools, community organizations, county agencies, and service providers. These relationships have allowed us to reach more families and create stronger networks of support throughout our community.

We are deeply grateful to our funders, partners, staff, volunteers, and community supporters who continue to believe in our mission. Your investment makes it possible for families to access meaningful, evidence-based services and support.

As F.E.A.T. continues to grow, our commitment remains the same: to meet families where they are, empower them with the tools they need, and help create healthier and stronger families for generations to come.

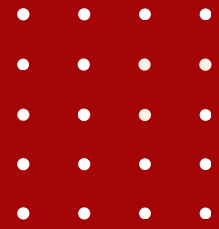
Thank you for being part of the F.E.A.T. journey and for believing in the power of family.

With gratitude,



— Nain Villanueva de Lopez ,
Executive Director

OUR MISSION & VALUES



- Mission:** Strengthening families and transforming lives through education, support, and empowerment.
- Values:** Empathy • Respect • Growth • Collaboration
• Accountability • Community
- Vision:** Empowering families to cultivate a future defined by resilience, harmony, and boundless potential.



YEAR AT A GLANCE

600+ People Reached

Parents, youth, and community members supported through F.E.A.T. programs and services.

895 Community Programs & Services Delivered

Providing families with education, support, and practical tools to strengthen relationships and build healthier homes.

Expanded Triple P Programming

We increased access to Triple P Positive Parenting courses, offering a broader range of programs, including Triple P for Baby, Enhanced, Pathways, Primary Care, and Discussion Groups.

2 Counties Served

Expanded operations and services across Contra Costa and Alameda Counties, reaching more families and strengthening community partnerships.

From one family to an entire community, every class, connection, and conversation brings us one step closer to our mission of strengthening families and transforming lives.





KEY PROGRAMS OVERVIEW

- Triple P Positive Parenting Program
 - 274 participants completed a course.
- Domestic Violence
 - 28 participants completed a course.
- Anger Management
 - 31 participants completed a 10-week class
- Supporting Father Involvement
 - 29 fathers completed an 8-week class
- Teen Mentoring Program
 - 15 youth completed our 6-week program
- Parenting Workshops
 - 234 attended a 2-hour parenting workshop
- Individual Service
 - 511 individual sessions were conducted

RESULTS & METRICS

- **98%** of parents reported significant improvements in their children's behavior.
- **97%** of parents reported decreased levels of depression, anxiety, and stress.
- **99%** of parents reported improvements in their self-regulation skills.
- **98%** of participants successfully graduated from our classes.
- **46%** of participants served were from East Contra Costa County, making it the region where F.E.A.T. served the greatest number of families.
- We increased our services to Alameda County by **60%** compared to the previous year.



FINANCIAL OVERVIEW

F.E.A.T. continued to strengthen its financial foundation through a diverse mix of contracted services, foundation support, fee-for-service programs, and individual donations. We were able to sustain and support the programs and services that families rely on throughout the year.

We invested these funds strategically, allocating \$23,400 toward program expenses and \$17,193 toward operational expenses. This investment reflects our continued commitment to directing resources toward the delivery of meaningful programs and services while maintaining the operational infrastructure needed to support our organization.

FY 2025/26 Revenue & Funding

Distribution of FY 2025/26 revenue and funding sources.



Donation (0.4%)

Foundation (9.5%)

Contracted Services (84%)

Fee for Service (6.1%)

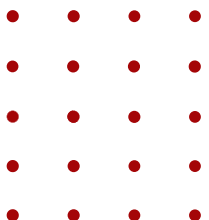
FY 2025/26 Operating & Program Expenses

Distribution of reported operating and program expenses.

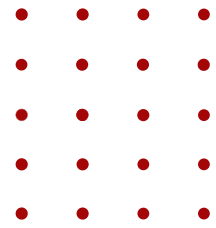


Operating Expenses (42.4%)

Program Expenses (57.6%)



IMPACT STORIES

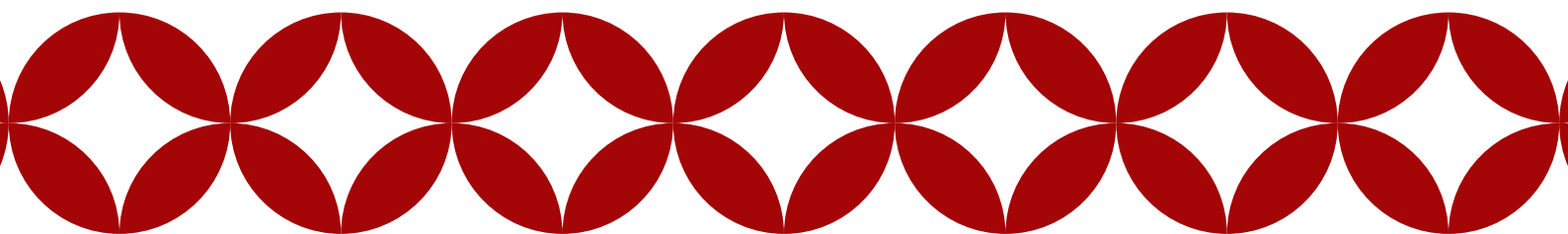


As a Fear-Less Triple P participant, one parent shared how living with anxiety since childhood had affected different areas of her life, including her relationship with herself and her family. At times, she experienced difficult moments and struggled to understand how to manage her anxiety and emotional responses.

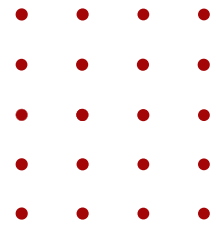
Through Fear-Less Triple P, she gained practical tools and strategies to better manage her own anxiety while also learning how to support her children. She shared that practicing positive strategies has begun to make a meaningful difference in her daily life and has given her the confidence to recognize and address her challenges more openly.

At the end of the class, she approached our staff to express her gratitude, sharing that the experience was helping her “heal her inner child.” She embraced our team and asked if we could offer additional classes because of how meaningful the experience had been for her.

Her experience reflects the impact of Fear-Less Triple P—providing parents with a safe and supportive environment to better understand anxiety, develop practical skills, and create positive change for themselves and their families.



IMPACT STORIES

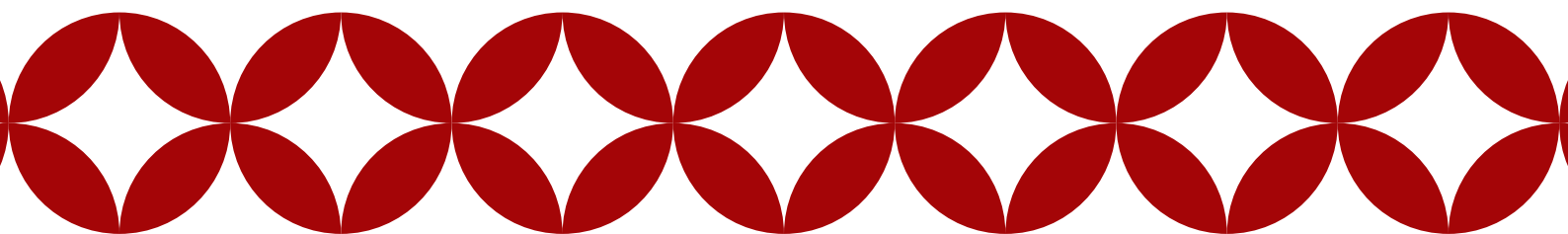


One parent shared how she began using a behavioral chart with her 7-year-old daughter to encourage her to complete tasks without being asked. Her daughter earns points for positive behaviors, with rewards such as choosing a movie for Family Movie Night, receiving her favorite dessert, or earning additional playtime. The parent shared, "It's been working," and also reported that she does not yell as much.

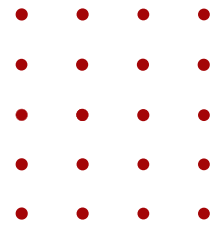
Another Group Triple P participant reported reducing how often she says "no" to her son by approximately 30%. By rewording her requests in a more positive way, she has noticed that her son responds differently. She shared, "He listens to me instead of crying."

Other Group Triple P participants also reported meaningful changes in their parenting. One parent shared that she has increased her patience and reduced shouting at her children, rating her patience at a 7 out of 10. Another parent reported learning to be responsive rather than reactive with her son and using parenting strategies in playful ways. For example, she tells her son, "I will close my eyes and you have to pick up the toys." She shared that this approach works for both her and her son.

These experiences demonstrate how Group Triple P turns parenting education into real-life change. By learning simple, positive, and practical strategies, parents are gaining confidence, reducing conflict, and building stronger relationships with their children—one small change at a time.



IMPACT STORIES



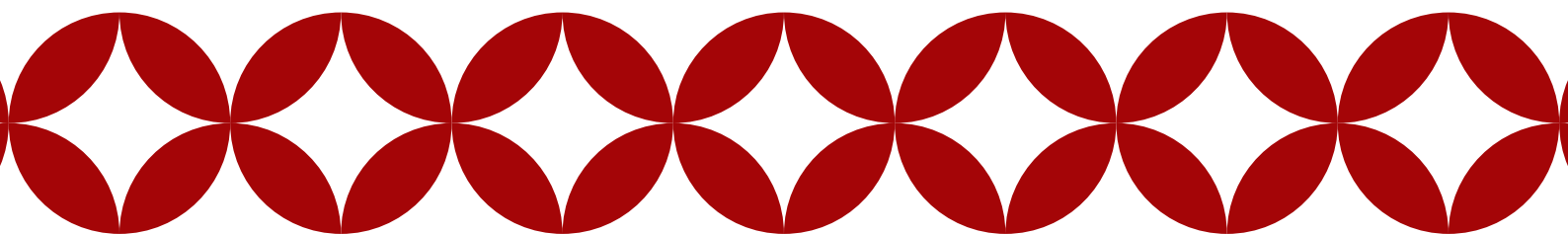
At the request of Contra Costa County Children and Family Services (CFS), F.E.A.T. incorporated a 52-week parenting program to provide extended, individualized support to a young couple working toward reunification with their children.

Throughout their participation, the couple engaged in Triple P parenting education, Enhanced Triple P, Anger Management, and ongoing one-on-one parenting coaching. Together, they learned practical strategies for establishing routines, responding calmly to challenging behaviors, communicating effectively, supporting their children's development, and working together as a parenting team.

Over time, the couple demonstrated meaningful growth in how they cared for and responded to their children. They established consistent bedtime routines, increased communication with their children, practiced age-appropriate activities, learned strategies for managing tantrums, and strengthened their ability to remain calm and problem-solve during stressful situations. They also worked to improve communication and teamwork with one another and their children's caregivers.

As a result of their dedication and progress throughout the program, the couple was granted custody of their children and successfully reunited their family.

Following reunification, they continued receiving parenting coaching to help maintain the skills they developed and navigate new challenges as their children grew. Their journey demonstrates the power of sustained parenting education and individualized support—not only in helping families achieve reunification, but in giving parents the confidence, knowledge, and tools to create a safe, nurturing, and stable home for their children.



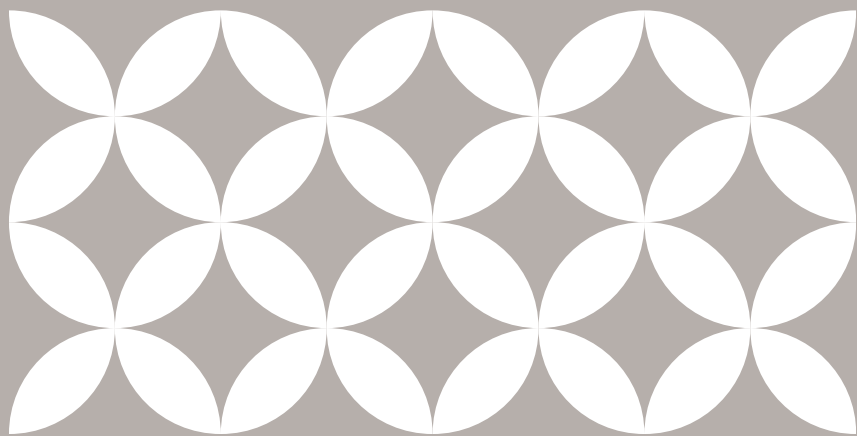


A SPECIAL THANK YOU TO OUR PARTNERS

We are incredibly grateful to the organizations and community partners who continue to support our mission and help us strengthen families and transform lives.

- Alameda County Social Services
- Antioch Community Foundation
- Contra Costa County Children and Family Services
- Contra Costa Health – Measure X Grant
- Contra Costa Regional Health Foundation
- Diablo Valley College
- Hijas del Campo
- John Swett Unified School District
- La Concordia Wellness Center
- La Clínica de La Raza
- People Who Care Children's Association
- Pittsburg Unified School District
- Village Community Resource Center
- West Contra Costa Unified School District

Thank you for believing in our work, supporting local families, and helping us create stronger, healthier communities.



Be part of the change.

Every family deserves the opportunity to grow, thrive, and succeed.

Your support helps F.E.A.T. provide free parenting education, family support, and resources to families in our community.

Together, We Can Strengthen Families and Transform Lives.

Make a difference today.

Scan the QR code or visit our donation page to support F.E.A.T.

