

# FAMILY TO FAMILY: FACES OF HOPE

Quarterly Newsletter for Family  
Centered Services of CT

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**Family Centered Services**  
of CT

## Happy New Year!

We are so excited for the New Year here at Family CT! Among all the #NewYearNewYou resolutions, we have made one of our own - to stay in better contact with those who help to make Family CT a success - YOU! We are looking forward to staying in touch via our Quarterly Newsletters, and are excited to kick it off here with our first issue.

December was truly filled with joy at our office. We are so grateful for all of our Adopt-a-Family donors, who delivered dozens of boxes and bags of gifts each day for the families that we serve. Don't take our word for it - here is what a few of our clients had to say:

"I am at a loss for words when I look at the gifts. My baby girl is going to be so excited Christmas morning. Just watching her eyes light up that morning will bring me so much joy. You made the end of 2017 amazing. Without you, there would have not been a Christmas."

"Many thanks for the generous Christmas gifts for my family and I. You really allowed my family a wonderful Christmas and I am so appreciative."

"My family and I are so grateful for your generosity; you all made our Christmas very special and memorable. I only hope to be able to do the same of others one day. Thank you a million times. This was a true blessing."

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"My hope is that all the people that I encountered can go forward and use what they have to change the world."

-Cinque Hall, MS

## Employee Spotlight: Cinque Hall, MS

Cinque, Family CT's one and only Father Home Visitor and Group Facilitator, did not always know he would find his calling working with teenagers and young men who are new fathers. In fact, Cinque went to Platt Tech High School in order to follow his passion for auto mechanics. Upon graduation, he pursued an Associate's Degree, followed by a Bachelor's Degree in Human Services, and then a Master's Degree in Criminal Justice - all while continuing to work at a local car dealership fixing cars, simply because he enjoyed "keeping his hands dirty." Cinque was so passionate about his love for auto mechanics, that he continued working on cars for 15 years.

But Cinque is not only passionate about cars - upon talking to Cinque for a few minutes you can tell that he lives life with passion. He cares deeply about helping and educating young men, and says his favorite part of his job is working with his clients and seeing them recognize the impact that they have on their children, even from an early age. Cinque knows that while becoming a dad is a joyous occasion, it can also be an emotional and difficult experience. He enjoys helping new fathers through this journey, while also helping them take an active role in the lives of their children. Cinque feels it is important to help his clients understand the effects that attachment has on a child, especially from prenatal and infancy stages. He will be presenting a talk titled "Becoming A Dad: Let's Start Prenatally" at the 2018 New England Fathering Conference.

When Cinque is not at work, he enjoys spending time with his wife and two daughters, and especially enjoys going on vacations with his family. His favorite family vacation was a Disney cruise they went on a couple of years ago.



## Save The Date!

Our annual Spring Cocktail Party and Auction will be held on Thursday, May 3 at Amarante's Sea Cliff in New Haven. The fun begins at 5:30pm. Stay tuned for more information - we hope to see you there!

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## Julie's Story

Julie was referred to Family Centered Services' Neighborhood Victim Advocacy Program after police were called to her home due to an incident of domestic violence. Julie and the father of her unborn child were having a verbal argument, when he pushed her to the ground outside their home in front of the neighbors, who called the police. Julie began working with one of the victim advocates on a weekly basis to learn more about domestic violence in order to help break the cycle of violence. Through her work with the victim advocate, Julie shared that she recognized that the reason she continued to get involved in unhealthy and abusive relationships was due to her low self-esteem, and the abuse that she witnessed between her parents when she was a child. Julie recognized that the way her parents treated each other when she was young set the tone for her to model that behavior as an adult.

Since working with the victim advocate, Julie has started actively engaging in therapy on a regular basis. Julie recently shared with her victim advocate that one of the worksheets that they completed together on obstacles Julie has overcome, her strengths, and positive things other have to say about Julie, is now posted in her closet (which she says is her "sanctuary"). Julie said that the worksheet has been invaluable for her in helping her have a major breakthrough in order to take a look at her own needs so she can maintain a healthy relationship with those around her, including her unborn child's father. Julie told the victim advocate that she plans to use the information that she learned with her pre-teen daughter so that she can try to prevent her daughter from becoming a victim of domestic violence, like she was.



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