



Dear friends,

I want to share with you one woman's story who came to FCS because she was facing an unplanned pregnancy. She had heard about Prepared Parents and thought it would provide her with the information she needed to help her deal with the experience of childbirth. Through Prepared Parents, she learned about the Pregnancy Counseling offered at FCS. In Pregnancy Counseling, the woman revealed that she was using heroin and understood how it was detrimental to her and to her baby.

With substance abuse treatment, she stopped using drugs. FCS is able to monitor her drug use through drug testing, a tool that helps her be accountable. She has begun to develop goals and started planning for her future. Plus, she'll continue to receive support from Pregnancy Counseling program through her child's first year. A healthy start for baby. A brighter future for Mom. ***It was all made possible because of the multi-service approach at FCS.***

As we celebrate our nation's freedom this Independence Day, we are grateful to the many who, through their sacrifice, made our freedom possible. In this country, we tend to see freedom as a basic human right. But for some in our community, addiction limits their freedom to succeed, raise a healthy and happy family and contribute fully to society. Their addiction can feel like a prison they can't escape. At Family and Children's Services - Midland (FCS), ***our comprehensive programs can provide the help they so desperately need and reach them in unexpected ways.***

FCS is unique in its ability to meet people's needs. The breadth and diversity of our programming make it possible for those who seek service to find comprehensive help for them and their families.

- A couple who comes for parenting challenges also may receive therapy to help their marriage, deal with substance abuse or get counseling for their children.
- Or, a young pregnant woman may stop abusing substances and learn parenting skills while finding the support she needs through our Volunteer Doula Mentoring Services.

But before we can help, we need your help. Your donation ensures we can continue to offer the diverse services and programming that serve so many in our community. **Please consider donating to Family & Children's Services today by visiting www.fcs-midland.org/independenceday.htm**

You can help make freedom possible for those who are prisoners of violence, who are held captive by substance abuse, or who feel trapped because of mental illness. Help us with your support. Help us make a difference. Help us change lives for the better. **If you'd like to find out more, I invite you to visit our homepage at www.fcs-midland.org.**

With Appreciation,

Janine M. Ouderkirk
Chief Executive Officer

P.S. One of our clients told me that if it weren't for FCS, she would have had nowhere to turn. Thank you for giving those in need the chances to turn their lives around.