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Friend TO Friend

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A Bright Future

Tonya met her Friend when she was in second grade and struggling with abandonment issues. Her mother was battling a drug addiction and her father was incarcerated. A relative took care of Tonya, but never helped her understand why the people she loved continued to leave her. As a manifestation of this pain, she began eating to compensate, resulting in weight gain that further reduced her confidence. At eight years old she was in bad shape, her hopes diminishing each weekend mom missed a visit and dad didn't call. Except for her Friend, Tonya was alone.

She improved her diet and exercise and built positive relationships with her parents. She also successfully transitioned into a new family who became her legal guardians.

Now in middle school, Tonya continues to grow and improve in every aspect of her life. Although she has experienced many challenges along the way, she is determined to thrive. She says her failures have been disappointing but have helped her feel better about herself because she had the courage to try!



Tonya's Friend is proud of her progress: *"My friendship with Tonya is a privilege and an honor. The sense of hope, perseverance and humility - for others and herself - she has developed has truly earned her the royal title of Princess. I look forward to the great impact she will have on our world."*

"I look forward to the great impact she will have on our world."

Determined to bring out her best, Tonya's Friend Shandra began exposing her to new opportunities and possibilities for her life. She taught her the importance of health, wellness and maintaining a positive attitude. Shandra made it clear to Tonya that she believed in her completely. Most importantly, Shandra remained constant and refused to leave her.

Over time, Shandra began seeing significant changes in Tonya; her confidence grew and she was more physically active. In the classroom, she began participating in class, and even took on leadership roles!

** In order to safeguard our children's privacy, names are changed and photographs are used to represent a variety of children in our program.*

Congratulations to our students who made the honor roll this term!

- * Virginia
- * Theo
- * Miranda
- * Christopher
- * Jewell
- * Trenee
- * Chris
- * Aleesha



~All Photos are courtesy of Michael McDermott Photography~

We are proud to announce our Sixth Annual Friend Raiser! We expect over 500 guests to join us on the evening of May 19, 2005 to celebrate our first kindergarten class.

Our guests will enjoy gourmet food and beverages from leading Portland area restaurants while exploring the Friends Center, decorated for the occasion with beautiful flowers, linens and candles. A brief, seated dessert and program includes an opportunity to bid on exciting trips and wine packages in a petite live auction, as well as a collective bid to support the services we provide our children.

Other activities include the raffle of a quilt created by our program children, a popular silent auction and the opportunity to purchase beautiful floral arrangements.

For more information about the Sixth Annual Friend Raiser, please contact Erica Poff at (503) 281-6633 ext. 107 or epoff@friendsofthechildren.org

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An Update from our Executive Director!



It is my pleasure to give you a very positive update regarding our children's progress. Our adolescent/life skills development program continues to grow – we presently have over 90 youth in grades 9-12 – with a class of 38 to graduate from our program in July. Plus, six of our 2004 graduates are pursuing continuing education and attending colleges in Washington, Alabama and Oregon!

We have 22 new first graders and have just started our spring selection process for our new kindergarten class of 2005. We have implemented a very promising online reading program called StudyDog, which allows our children to develop their reading and writing skills in a fun and engaging way. Last year was our pilot year for this program, and we found our children successfully increased their reading levels.

For the second time, we will be implementing a two-week academic summer camp for our 2nd-4th graders, and for the first time this summer, camp will be offered to our middle schoolers. Our adolescents will also have an opportunity to build their job skills this summer through our adolescent internship program.

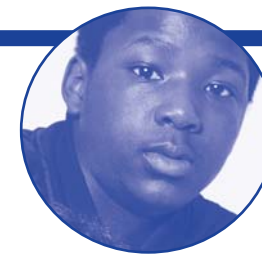
Without the support of our donors and community partners, we simply could not continue to offer our services to Portland's future generation. Our deepest gratitude goes out to all of you who so generously support our organization. Together we truly are changing children's lives for the better...one child at a time.

Warm Regards,

Friends Welcomes a New Development Director!

We are delighted to welcome Trish Hamilton to Friends, as our new Development Director. Trish has worked in the non-profit and corporate arena. She has spent over eight years in fund raising and management for non-profit organizations, as well as volunteering and serving as a board member.

Trish had the following to say about her opportunity to work with Friends: "It is a privilege to represent an organization that has such a tremendous impact on our community. Friends makes a difference in children's lives on a daily basis, while improving the future health of our community. I am proud to be part of the Friends team and look forward to celebrating future milestones and successes of our program."



Community Service, College Preparation and Collaboration at Friends!

As any parent may appreciate, raising teenagers is a challenge. Guided by our youth's interest and responsiveness to group activities, our program staff continues to research "best practices" program models to ensure we always provide productive and effective adolescent activities. We know that our current efforts are working, but the challenge we've presented ourselves is how to do it even better. Two successful programs are helping our youth grow in many positive directions and serving as models for future directions of our program.

When our youth reach middle school and are old enough to take on higher levels of leadership and responsibility, we encourage them to join **Teen Council**. Recently, the Council has been actively involved in community service projects including making fleece hats and scarves for homeless youth and collecting cans and bottles to raise funds for tsunami relief projects.

This school year, many of our high school youth have become actively involved in **CHOICE (Creating Higher Options In Careers and Education)**. CHOICE participants have benefited from group college visits and monthly workshops on life skills, financial management, college preparation, career services and employment training opportunities. Youth participating in CHOICE meet once each month in gender-specific groups (Sisters and the Group of Fellas) for a more casual discussion group and once a month as a large group for workshops/seminars.

We seek opportunities for our youth beyond Friends through collaborations with other organizations. Building on the successes of our internship program last summer, we are currently seeking to develop partnerships with local businesses to provide internships for qualified youth this summer. In addition, we are developing partnerships and encouraging our youth's involvement in other community-based organizations. Rather than duplicating the outstanding work already being done by others, we are connecting our youth to organizations such as New Avenues for Youth, Become X and Step It Up – three organizations committed to preparing young people for the workforce.

If you would like to support our adolescent programs by providing an internship, sharing your expertise during a workshop or helping us develop further collaborations, please contact Richard Porter at 503/281-6633 ext. 119.



Wish List

- Encyclopedia sets, educational computer games
- New work books and board games
- Kitchen supplies
- Sewing and knitting supplies
- Bissell carpet sweepers
- Gift cards for retail outlets and restaurants (such as Powell's Books, Games Stop, movie passes, Fred Meyer and Art Media to offer as incentives to our youth)
- Low-cost printing and mailing services
- Sports equipment and musical instruments

Volunteers Needed To:
Tutor reading and math
Help with special events
Help with office projects

If you can help with any of these items, please call Bre Gregg at 503-281-6633, ext 103

A very special thank you to those who donated much-needed items from our last wish list:

American Medical Response, Boise Paper Solutions, Empire Pacific Windows, Gloria and Richard Gedrose, Hollywood Video, Kathy Gibbons, Robert and Mary Harrington, Jiffy Lube Corporate Office, KATU, Lane Marketing, Lens Crafters, The Lippman Company, Dave and Pat Long, Office Max, Pacific Courier Services LLC, Pixelworks, The Portland Trail Blazers, Joan Quihuis, Robert and Laurie Rice, Dolores Walters.

Thank you to those companies who participated in our Holiday Gift Drive:

Alphagraphics, The Campbell Group, Empire Pacific Windows and iMOVE