



Sonoma County's Best-Kept Secret



Community Action Partnership Sonoma County

Creating a Safer, Healthier & More Prosperous Sonoma County





SONOMA COUNTY INITIATIVES

CAP Sonoma partners with the County of Sonoma to realize the goals of several county initiatives designed to improve the health, opportunities and prosperity of all members of the community.

Vision 2020

Using a countywide framework known as Health Action, Vision 2020 is an initiative to make Sonoma County a healthier place for people to live, work and achieve their life potential by the year 2020. Vision 2020 will get residents in Sonoma County involved in improving the health of the community in which they live. Health Action will also partner with local organizations and resources to focus on opportunities for action that are most likely to improve health status.

Upstream Investments

Upstream Investments is a policy that seeks to eliminate poverty in Sonoma County and ensure equal opportunity for quality education and good health by investing in prevention-focused policies and interventions that have the highest possible likelihood of success.

Cradle to Career

Cradle to Career is a network of partnerships committed to providing all children with ample opportunities to succeed and achieve their life potential by addressing the challenges and barriers to education attainment. This initiative will connect all segments of the education continuum, including early childhood, K-12 and college/technical training with broad community support to improve the health, economic and career outcomes for all Sonoma County youth.

A Portrait of Sonoma County

This report on community well-being focuses on three main areas: life expectancy, education and income across Sonoma County. CAP Sonoma is investing in dynamic partnerships with numerous organizations, agencies and community stakeholders and working toward solutions informed by this report.



Tim Reese is the executive director of CAP Sonoma.

PHOTO BY TODD JENKINS

Transforming the Community for 50 Years

Community Action Partnership of Sonoma County improves opportunities locally

by Shannon Springmeyer

Can you imagine a world without poverty? That's what President Lyndon B. Johnson dared to do 50 years ago when he declared a War on Poverty. He set aside federal dollars to fight poverty at the local level — and the Community Action Program was born.

"For the first time, the federal government actually empowered low-income communities to have a voice in their own destiny," says Tim Reese, executive director of Community Action Partnership (CAP) of Sonoma County. Poverty rates have never since returned to levels as high as those seen before the War on Poverty.

Reese says that today, the nonprofit CAP Sonoma continues its 50-year legacy by addressing how to make Sonoma County a healthier, more prosperous and safer place to live, where everyone has the opportunity for success.

To achieve this vision, CAP Sonoma offers wraparound programs and services for the low-income community from preschool to adulthood. Programs represent a long-term investment in building stronger communities, not short-term fixes for selected individuals.

"Solutions to poverty don't happen instantly or overnight," Reese says. "It requires structural and systems changes over time, and the investments in children today may not pay off for 10, 15, 20 years. We have to be committed, have a vision, and work pretty darn hard to make sure we achieve those outcomes."

And that's exactly what CAP Sonoma has done for the last 50 years, and will do for the next 50, Reese says. But it will need the community's support. CAP Sonoma partners closely with the County of Sonoma, state and federal government, local businesses, other nonprofits and local residents to make its work possible.

The HCA Family Fund is a prime example of a program that represents how members of the community, in partnership with CAP Sonoma, are able to make strides in the fight against poverty in our own community, Reese says. The fund was established by a successful county resident who never forgot his humble roots — it provides \$400,000 each year in mortgage assistance and deposit assistance to struggling families who might otherwise end up on the streets.

"Together we make a real difference. We provide other resources leveraged with their resources to provide case management, financial literacy and budget planning," Reese says. "They have made an enormous difference to our agency and the community."

Reese hopes to expand programs that will allow him to reach even more people in need. And to do so, he'll need funding and new partnerships from organizations, businesses and individuals.

"There's sometimes the belief, which is a myth, that CAP Sonoma has plenty of money, it's well funded, it's quasi-government," Reese says.

But many people will be surprised to learn that federal Community Services Block Grant dollars make up only 4 percent of the organization's budget. The nonprofit must raise funds on its own from private and public sources to continue its work.

But Reese isn't worried. He says he believes in the residents of Sonoma County, and extends an invitation to the whole community to continue to support Community Action.

"This is a very caring community, a very compassionate community," Reese says. "It's a winning combination when we all come together and we bring our expertise, our resources together — we can make exciting things happen at Community Action and in Sonoma County."

"IT'S A WINNING COMBINATION WHEN WE ALL COME TOGETHER."

TIM REESE
Executive director, CAP Sonoma

Deisy Vargas transformed from a shy, underperforming student to a confident community leader through CAP Sonoma youth programs.

PHOTO BY TODD JENKINS



A Star is Born



Teen realizes her potential through CAP Sonoma youth programs

by Mike Blount

When 20-year-old Deisy Vargas recalls being shy and introverted her freshman year of high school, it's a little hard to believe — especially when one considers how often she is described by those who know her as one of the smartest, most confident people in the community. But Vargas insists she didn't set out to become a leader. She was given the opportunity through CAP Sonoma.

When she was 6 years old, Vargas and her mother immigrated to the U.S. to stay with family after her father passed away. Things were hard for them financially when they arrived. Around her classmates, Vargas says she was quiet. She felt lost and had no direction.

"At that time in my life, I really didn't have any guidance," Vargas says. "I was not doing good in school and I really didn't see a future for myself. I thought I would just get a minimum-wage job and go to work after high school."

Brien Farrell, one of her teachers at Elsie Allen High School, remembers when she first began getting involved with clubs at school. But it wasn't until Vargas joined the DIG Leadership Program run by CAP Sonoma that Farrell says he began to witness a transformation. The DIG Leadership Program is a youth program that works to prevent underage drinking.

"During her freshman year, some other teachers told me they were

concerned about Deisy and the path she was on," Farrell says. "When you grow up in a disadvantaged neighborhood, you are surrounded by anti-social and self-destructive behaviors. What's rare is that Deisy has resisted all the social pressures and temptations, to become a leader in her community."

Vargas says she began to feel more confident as she met and networked with others in the community on volunteer projects. Leadership came naturally for her. Gioia Hershey was a volunteer with the 20/30 Club when she first met Vargas. The confidence Vargas exhibited left an impression on Hershey.

"She is just fantastic," Hershey says. "She's driven to have a better life and to help others have a better life in any way she can."

Through the DIG Leadership Program, Vargas helped organize the first South Park Summer Day & Night Festival, an all-day outdoor fair

that brought the community and law enforcement together after the tragic death of a teen to gang violence. The event has taken place every year since.

Through her work at CAP Sonoma and other community organizations, Vargas has won several awards and scholarships, including the KQED Bay Area Local Hero and the national Outstanding Youth in Philanthropy Award.

Today, Vargas is still working with youth as a Community Engagement Specialist with CAP Sonoma. She is also applying to colleges in California. She hopes to pursue a career in broadcast journalism and earn her master's degree. But she says she won't forget the community and organization that made her the person she is today.

"I want to reach the highest level of education that I can, so I can share my knowledge with others," Vargas says. "The opportunities I've been offered I would never have had if it wasn't for CAP Sonoma. I am so grateful."

"THE OPPORTUNITIES I'VE BEEN OFFERED I WOULD NEVER HAVE HAD IF IT WASN'T FOR CAP SONOMA. I AM SO GRATEFUL."

DEISY VARGAS
CAP Sonoma youth leader

YOUTH ENGAGEMENT PROGRAMS

These CAP Sonoma programs aim to help provide a better today and brighter tomorrow for many local youth.

Padres Unidos

This 16-week, Spanish-language parent training program was designed for the parents of strong-willed and hard-to-control teenagers. Padres Unidos utilizes the nationally recognized Parent Project SR® curriculum to teach parents concrete strategies for destructive adolescent behaviors and issues related to poor school attendance and performance, alcohol and drug use, gang involvement and violence. The program features bilingual, bicultural facilitators, a Family Advocate and an alumni program to offer continuing support.

Youth Connections

Youth Connections is an education, work readiness, leadership development and career mentoring program for 16- to 24-year-olds in Sonoma County. Through strong partnerships with John Muir Charter School, CalSERVES, Santa Rosa City Schools, the Sonoma County Office of Education and the John Jordan Foundation, Youth Connections offers the opportunity for out-of-school youth to obtain their high school diploma and gain the necessary skills to obtain and retain employment.

DIG Leadership

Open to middle and high school students, the DIG Leadership program is a youth-led organization that works to prevent underage drinking by working with local merchants who sell alcohol on the security and placement of their products.

Success Club

Success Club is an after-school program for first- through sixth-grade students that provides tutorials in literacy, math, science and healthy behaviors such as physical exercise and nutrition.

Youth Engagement

Youth Engagement is a program that teaches youth how to work collaboratively and develop and lead projects on nutrition, health and physical activity.





A Lifetime of Serving the Community

A CLOSER LOOK AT HEAD START

Head Start and Early Head Start are national child and family development programs for low-income children from birth to 5 years old. The CAP Sonoma Head Start works with both parents and children to increase school readiness, promote early literacy, enhance the social and cognitive abilities of each child and educate parents on the available resources in the county. Here are some of the services available:

Raising a Reader

One of the cornerstones of the Family Literacy program, Raising a Reader is a campaign to promote early literacy and encourage family engagement. The program sends book bags home to families in an ongoing rotation throughout the year.

Nueva Vista Infant Program

In a partnership with the City of Santa Rosa High School District, the Early Head Start program of CAP Sonoma provides full-day services to the children of Nueva Vista High School students completing their high school education.

Toddler Program

The toddler program provides a safe, age-appropriate classroom setting encouraging children to be creative as they learn through their daily experiences.



LEADERSHIP COUNTS!

CAP Sonoma volunteers serving on the Policy Council and Board of Directors provide valuable oversight to all of our programs. Thank you, Stephanie Puentes, Board of Directors Chair, and Jamie Padilla, Policy Council Chair!

Former Head Start director reflects on her service

by Mike Blount

Ofelia Ochoa has seen a lot of changes over the 36 years she worked at the Community Action Partnership of Sonoma County. From stacks of paperwork to digital file keeping, to the Head Start program growing to serve many more families — Ofelia says there were many positive changes that happened during her tenure. Because of her work, CAP Sonoma's Head Start program is widely considered one of the best programs of its kind in the United States. Recently retired, Ochoa looks back fondly on her time working with the nonprofit.

"It makes me feel great, as my work career was about offering opportunities and supporting families as they grew and developed future contributing citizens of our county," she says.

Ochoa was first drawn to CAP Sonoma because of its mission of working with populations that didn't have access to services. After volunteering as a parent at her daughter's preschool, Ochoa learned about an opening for a home visitor position with Head Start, a program that helps low-income families support their child's development. Ochoa visited the homes of new or expecting parents to educate them on basic nutrition, family services and early childhood education. At the time, the Homebase program of Head Start was in its infancy in Sonoma County.

"It was a fairly new program at the time, and I thought that I could work well with new parents and be a good resource for them," Ochoa says. "We helped them assess their child and identify if there were any special needs. We worked with them so they understood child development and the importance of interacting with their children."

When Ochoa started in 1978, the Homebase program had two full-time positions and one part-time position. Ochoa worked in that position for three years when she was promoted into a supervisor role that allowed her to utilize her strengths in organization and management. By then, the program had grown to 14 home visitors that Ochoa was responsible for managing.

The biggest change over the years, she says, is the overall growth of Head Start. When she started, the program provided service to 200 families with children starting at preschool age. Today, CAP Sonoma's Head Start serves 552 families in Sonoma County and provides services to pregnant mothers and children ages 0-5.

"What stands out to me is when we had children who had been served by CAP Sonoma's Head Start return to work for the program as teachers and other staff positions," Ochoa says. "This happened often, as well as parents who went on to college and became teachers, too. Their appreciation and commitment to the program was what inspired them to give back in these ways."

Looking back, Ochoa says she is humbled by the positive impact Head Start has had on the community.

"The program is always moving forward," she says. "Everything the program has done and is continuing to do is actually moving children's development forward."

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OFELIA OCHOA
Former director of
CAP of Sonoma County's Head Start



In her 36 years of service, Ofelia Ochoa says she saw many positive changes happen at CAP Sonoma.

PHOTO BY TODD JENKINS

Small Steps Add Up in a BIG WAY

Pasitos PlaygroupsSM help preschool kids and parents prepare for school years

by Edgar Sanchez

Four-year-old Roberto Membreño could barely contain his excitement when he began a special course at Monroe Elementary School in Santa Rosa.

The little boy, eager to meet his teacher and make new friends, arrived wearing a backpack. Soon, he sat in a circle with 15 other preschoolers in the Pasitos playgroup, a program of Community Action Partnership of Sonoma County. All the children appeared delighted that first day — the fact that their mothers attend the classes with them may help keep the tots feeling comfortable. It also allows both mom and child to simultaneously learn what it takes for kids to succeed in kindergarten.

Roberto, who went through Pasitos five years ago, is now a fourth-grader at Roseland Elementary School. He loves math and dreams of being a scientist.

“I like the natural sciences and animals like cheetahs, leopards and lions,” Roberto says.

His sister, Giselle, 7, a 2011 Pasitos graduate, wants to be a ballerina or a doctor. The second-grader also attends Roseland Elementary. Their mother, Dominga González Campos, says Pasitos gave her children an educational head start.

“It taught them the sounds of each letter, how to do coloring, how to interact with other children and many other things,” she

says, emphasizing that she and her husband are grateful to the tuition-free program.

González says she herself gained so many skills that she “felt like an apprentice.”

Pasitos, conducted in Spanish and aimed at low-income families, was designed by Marta Tilling, an ex-kindergarten teacher with a master’s degree in social welfare. Before Pasitos, which means “little steps,” the county had few school-readiness programs for Spanish-speaking 3-year-olds and their parents, Tilling says.

“The peak time for brain development is 0 to 3 years old,” says Tilling, senior program manager of CAP Sonoma’s school readiness programs. “If you wait until a child is 5 [to begin schooling], you’ve missed some valuable time.”

Pasitos accepts children ages 2½ to 4. The program provides parents with tools that will maximize their impact as their child’s first teacher and advocate.

“I wanted ... parents to learn what they can do at home to help their children get ready for school,” Tilling says. Tilling’s plan also included furthering the children’s fine motor skills and social and emotional development.

The first Pasitos classes were held in 2006 in Santa Rosa. But in 2010 the program’s funding was nearly eliminated by First 5, then its only supporter.

**“[PASITOSSM] IS VERY
IMPORTANT TO
MY FAMILY, TO MY
CHILDREN AND TO
THE FUTURE OF
CALIFORNIA.”**

DOMINGA GONZÁLEZ CAMPOS
Mother of Pasitos participants



Dominga González Campos says CAP Sonoma’s Pasitos playgroup program helped her two children prepare for school success, and helped her learn how to support their learning.
PHOTO BY TODD JENKINS

“First 5 was looking for programs with a history of successful outcomes,” Tilling says. Pasitos was perceived as an unproven newcomer. In response, dozens of Pasitos parents, including González, went before Sonoma County’s First 5 Commission to share how the program had impacted their families.

“I hope you will continue this program because it is very important to my family, to my children and to the future of California,” González told the commission. In the end, the commission decided “to maintain Pasitos in its strategic funding plan through 2020,” a commission official said.

With ongoing support from First 5 and Sonoma Wine Country Weekend, in collaboration with CAP Sonoma, the grassroots program has been a success. In 2014, Pasitos has expanded to 22 groups scheduled to meet regularly throughout Sonoma County.

SCHOOL READINESS

In addition to Head Start/Early Head Start, CAP Sonoma has two parent/child early education programs for low-income families, with a primary focus on the Latino community. Besides preparing young children for academic success, each weekly, yearlong program grooms the parents for active roles in their children’s schooling.

“If they start early and understand their ongoing role as first teacher ... we can get the children to kindergarten ready to succeed there and in the grades to follow,” says Marta Tilling, senior program manager of CAP Sonoma’s school readiness programs. These programs are made possible through generous support from First 5 and Sonoma County Vintners.



Pasitos Playgroups

Parents and their children ages 2½ to 4 attend Pasitos together. The children learn basic school-readiness skills, such as how to write their names and identify colors, while parents learn how to support their children’s development. The program now encompasses 22 groups and 300 families.

AVANCE

AVANCE is a nationally-recognized, evidence-based parent education program. In two classrooms, toddlers 0 to 3 years old master basic skills, learning to interact with one another and how to follow a teacher’s directions. In another, their parents get a course in child development, critical parenting skills, and tips such as how to make educational toys from low-cost household items. Last school year, about 115 families participated in CAP’s six AVANCE classes.

The Way to a Brighter Future



Via Esperanza helps community thrive from cradle to career by Edgar Sanchez

Via Esperanza Centro de Educación — “the gate of hope” — opened in Santa Rosa in the fall of 2013 with great expectations for both the program and its low-income Latino clients.

Since then the family resource center has been a hub of activity, offering a variety of free, innovative programs. In one classroom, parents and preschool children sit together, learning about early childhood education. In other rooms, adults learn English and are trained in subjects ranging from positive parenting to financial fitness.

Via Esperanza’s stated “vision of success” imagines a positive future for its clients that features healthy, economically stable families; resilient and empowered parents; and college-bound children succeeding in local schools.

At Via Esperanza, “parents and children can advance socially, economically and academically, through education, training and community engagement,” says Nubia Padilla, Via Esperanza’s community engagement manager. “And our final goal is to have safe, prosperous neighborhoods.”

Housed in five classrooms at Cook Middle School, the center is run by CAP Sonoma in collaboration with Santa Rosa City Schools, with funding from First 5 Sonoma. Nurturing a love of learning among youngsters is a priority for the center, which also advocates for greater parental involvement in children’s education.

As a result, the center has two parent-child programs, AVANCE and Pasitos. Both are conducted in Spanish.

Via Esperanza is a remarkable place, Andrea Arevalo believes. She takes advantage of Via Esperanza’s Pasitos parent-child education program.

“When my son first entered Pasitos, he was 3 and didn’t talk much,” Arevalo says. “Instead, he would point at things he wanted and say, ‘Mama,’ or ‘Papa.’ Pasitos quickly expanded his vocabulary.”

Her son Emiliano is now a talkative 5-year-old in kindergarten. Arevalo also took an English class at Via Esperanza this year.

“All the mothers received free childcare while the class met. It was fantastic,” she says. “Via Esperanza’s staff is really committed to helping others.”

The center leverages the proven effectiveness of the “community school” model and aims to provide “wraparound” services that meet many needs of the community from cradle to career. Dental and health services, financial literacy classes, leadership classes, counseling and case management, internet access and a library of resources round out the center’s current offerings. Many more programs will be added in the future, Padilla says. The center is seeking grants to build its future home — a building planned for a parcel at Cook Middle School donated by the Santa Rosa City Schools Board.



Andrea Arevalo and her children, Nicolas (left) and Emiliano (right), have benefited from programs at Via Esperanza.

PHOTO BY TODD JENKINS



Bright Smiles, Bright Tomorrows

CAP Sonoma improves access to dental health services for low-income families by Edgar Sanchez



CAP Sonoma has provided dental health services to more than 5,300 low-income individuals since 2010, many of them children.

PHOTOS COURTESY OF CAP SONOMA

Kathy Kane’s career as a dental hygienist has taken her to two strikingly different worlds, both in Sonoma County.

For 16 years, Kane worked in a private Healdsburg clinic where she witnessed the benefits of frequent dental checkups — she helped plenty of children from families with medical insurance who could afford checkups every six months.

“It wasn’t uncommon to see kids go through their entire childhood without dental decay,” Kane says.

Four years ago, Kane began providing dental services to a new clientele — uninsured low-income children ages 0 to 5 years old in the Women, Infants and Children (WIC) program in Santa Rosa.

“I was shocked,” Kane says. “These kids open their mouths and it’s not unusual to see more than half their teeth decayed, and sometimes all.”

Kane was self-employed when she began putting smiles on WIC kids. She’d just become a registered dental

hygienist in alternative practice and had a mobile dental practice. With her additional training she was licensed to work solo, providing preventive care to the underserved.

In 2012, Kane became a clinical consultant for CAP Sonoma. Since then, she and five other employees in CAP’s health department have delivered dental services to the county’s poor, including at schools and at the WIC centers in Santa Rosa and Sonoma.

Dental decay can have lasting impacts on a child’s overall health and development. Untreated decay can cause a child to endure constant pain, leading to loss of focus at school, and impact a child’s mood and self-esteem. Children with poor oral health are also more likely to suffer from decay as adults.

“From our data, it seems like we’re making a difference,” says Dr. Susan Cooper, DDS, a dentist who manages CAP Sonoma’s health programs. “Eighty-six percent of the children that we see at

WIC Dental Days are cavity-free on their return visit to the WIC program, after the parents have had the education.”

The CAP team’s message to parents: Children must visit a dentist before their first birthday, and regularly every six months after that, to reduce the incidence of disease. CAP’s program helps make that a reality for families who otherwise would not be able to afford dental care. Since 2010, about 5,300 people have been served through the “Dental Days at WIC.”



Kathy Kane

A Pathway to Stability

Woman transitions to permanent housing through program

by Mike Blount

When 34-year-old Sandra Villa decided to leave an abusive relationship in 2012, she had few options. There was no one who would take her and her 3-year-old son. She had no income. She was also addicted to using methamphetamine. But she knew that if she was going to be a better mother to her son, she would have to make some positive changes in her life.

"My son is such a bright little kid, and he was starting to pick up on the drug abuse," Villa says. "He saw me using [drugs] and fighting, and his little light was starting to dim. I didn't want that. I knew I deserved better. I wanted to make a better life for him."

Villa and her son went to an emergency shelter where she learned about the resources at CAP Sonoma. But before she could access them, she had to get clean. Villa entered into a one-year drug rehabilitation program, which she completed in February 2013. Having overcome her addiction, Sandra and her son applied and were accepted to the Pathways Housing Program at CAP Sonoma.

Pathways is a housing program that provides support and resources that reinforce the client's strengths, which builds confidence on the path toward self-stability. The program

includes transitional housing, rental and deposit assistance and job training.

Things were very hard for Villa and her son at first. She received county assistance, but she was still on a very tight budget. After paying the \$400 fee to live at Griffen House, Villa was left with less than \$120 each month.

Villa and her son were eventually accepted into Sloan House, a women's and children's shelter run by CAP Sonoma that does not have a program fee. After this move, Villa was able to save money and work toward securing permanent housing. During her stay at Sloan House, she got her driver's license back, earned a certificate for teaching early child development from Santa Rosa Junior College and gained full physical

custody of her son. She was also hired at her son's preschool. In October of 2013, she signed a lease for her own one-bedroom apartment.

Today, Villa has a full-time job and is working toward earning her bachelor's degree. She is thankful for what CAP Sonoma did for her and her son. She even donates items and food to the organization when she is able.

"I couldn't be the person I am today or stable without CAP Sonoma," Villa says. "Having been homeless, I definitely value everything I have and try to help people when I can. If people really want or need help, it is out there."

"I COULDN'T BE THE PERSON I AM TODAY OR STABLE WITHOUT CAP SONOMA."

SANDRA VILLA
Former Pathways Housing Program client

Sandra Villa and her son Antonio used the Pathways Housing Program to transition to permanent housing. Villa is now employed full time, enrolled in school and working toward a college degree.

PHOTO BY TODD JENKINS



Maria Cortez received support to open a small business that created a total of three new jobs.

PHOTO BY
TODD JENKINS



EMPOWERING A COMMUNITY

CAP Sonoma's Center for Economic Success

Maria Cortez experienced "a little bit of shock" recently, when Redwood Credit Union (RCU) of Santa Rosa agreed to finance her dream.

Cortez used a \$15,000 RCU microloan to open Her Vanity Boutique, a women's clothing store in Santa Rosa. Cortez, 41, is the first loan recipient in a new program, Microbusiness Development. The initiative is a joint effort between CAP Sonoma's Center for Economic Success (CES), the John Jordan Foundation and RCU, which has pledged up to \$1 million in loans to qualified graduates of the program.

The goal of CAP Sonoma's CES is to help members of the community move out of poverty by gaining the knowledge and skills to achieve economic independence and security. CES offers financial literacy programs and matched savings accounts that help the economically disadvantaged save for a home, college or starting a business. The new Microbusiness Development program uses evidence-based curriculum to help local people launch, improve or expand their businesses, and is the first program of its kind in California.

After graduating from the 15-week microbusiness course, loan seekers must also

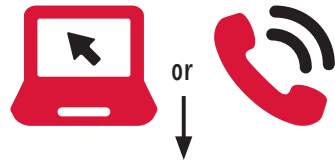
pass an exam and submit a business plan.

While Cortez invested her own money in the venture, the microloan helped make owning a business a reality. The business not only provides income for Cortez, but created two additional jobs.

That economic ripple effect is exactly what RCU hopes to encourage by partnering with CES. RCU President and CEO Brett Martinez says, "RCU believes small businesses are the cornerstone of our local economy, and we are committed to helping our local small businesses grow and thrive."

Support Community Action Partnership of Sonoma County

Community Action Partnership of Sonoma County has strengthened our community for 50 years, but it can't continue this work without your help. Donations from businesses, partners and individuals help provide the programs that make a difference in the lives of thousands of our neighbors every day. Consider adding CAP Sonoma to your charitable contributions this year.



Go online or call today to donate, get involved or find out more.



1300 N. Dutton Ave.
Santa Rosa, CA 95401
707-544-6911
www.capsonoma.org

CAP SONOMA MAKES A DIFFERENCE IN OUR COMMUNITY In just the last year, CAP Sonoma...

Offered
more than
950
families
access to
early childhood
education
and parent
education



Served **419** adults & **134**
children at Via Esperanza family
resource center

Put roofs
over the
heads of
170
families
and
individuals
in need

Empowered
150
families with
the skills to
manage their
teenagers'
risky
behaviors



Helped
20
out-of-school
youth earn a high
school diploma

**Join CAP Sonoma in building a
stronger community! Call or go
online to help support CAP Sonoma.**

Provided
6,659
health treatments
and screenings

Gave **35** youth
a brighter future
at the South Park
Youth Center

BUILDING A BETTER COMMUNITY

Help Support CAP Sonoma's 22 Programs

Early Childhood Education

Pasitos, an educational playgroup for Spanish-speaking parents and children

Head Start/Early Head Start, education for children ages 0 to 5

Via Esperanza, a community school for early childhood education and parental engagement

Roseland Family Resource Center, an early-intervention program addressing low-income student issues

Workplace Family Literacy, visiting parents in the workplace to emphasize the importance of reading in a child's educational development

AVANCE, a parent education program teaching school readiness skills

Health & Wellness

Pediatric Oral Health, preventive dental care for WIC-eligible children ages 0 to 5

School Smile, a school-based dental disease prevention program

Community & School Health, increasing awareness of healthy lifestyles and providing school health screenings

Healthy Mothers – Healthy Smiles, teaching pregnant women about preventive dental care

Youth & Neighborhood Services

Youth Connections, providing mentoring and work-readiness skills for out-of-school youth ages 16 to 22

DIG Leaders, strengthening leadership skills for youth ages 12 to 18

South Park Neighborhood Center, after-school activities with opportunities for community engagement

Padres Unidos, a Spanish-language program for parents of teenagers, providing prevention and intervention strategies for destructive behavior

Strengthening Families, teaching parenting skills to reduce delinquency and improve school performance

Community Transformation Project, education for improving community health and safety

Financial Education & Assistance

Individual Development Accounts, a savings account program for low-income individuals and families

Financial Literacy, teaching personal money management and equity-building skills

Volunteer Income Tax Assistance (VITA), free tax assistance to help eligible individuals achieve financial stability

Pathways, providing transitional housing and assisting with housing stability issues

HCA Family Fund, preventing homelessness by providing financial assistance with rentals, deposits and mortgages

Micro Business Development, offering classes that teach how to start and manage a small business

THANK YOU TO CAP SONOMA'S PARTNERS!

CRADLE TO CAREER
SONOMA COUNTY

FIRST 5
SONOMA COUNTY

HEALTHACTION
A 2020 VISION FOR SONOMA COUNTY

UPSTREAM INVESTMENTS
It's easier to build strong children than to fix broken ones.

A PORTRAIT OF
SONOMA
COUNTY

SONOMA
COUNTY
VINTNERS

J J F
THE JOHN JORDAN FOUNDATION

California Department of Community
Services & Development
Sonoma County Department of
Health Services
Sonoma County Department of
Human Services
Redwood Credit Union
Federal Administration for Children
and Families

Office of Head Start
Office of Community Services

**We welcome two new
organization partners:**

Community Garden Network of
Sonoma County
CAFÉ