



October 20, 2016

Ms. Valerie Capels
Town Administrator
9 Bridge St
Waitsfield, VT 05673

Dear Ms. Capels,

We are requesting that Good Beginnings of Central Vermont be included in the Waitsfield Town Warning for the 2017 Annual Meeting for the amount of \$300.00. Wording for this warning might be as follows:

Good Beginnings of Central VT believes that any family with a new baby can use a helping hand. Our volunteer Postpartum Angels offer respite, companionship, and community connections during the postpartum period. Our parent drop-in space, The Nest, is open Wednesday through Friday from 9 until 3, and offers peer support groups and free parenting workshops. We also provide reduced-price baby carriers, babywearing support, emergency financial assistance for families in crisis, and cuddling for vulnerable newborns at the UVM Health Network -CVMC Campus. All Central Vermont families are eligible for our services.

Please let me know if there is any additional information needed at this time. I can be reached at 802.595.7953 or geliass@goodbeginningscentralvt.org

Warmly,

A handwritten signature in purple ink that reads "Gretchen Elias". The signature is fluid and cursive, with the first name "Gretchen" and the last name "Elias" clearly distinguishable.

Gretchen Elias
Executive Director

174 River Street, Montpelier, VT 05602 802.595.7953
www.goodbeginningscentralvt.org

2015-2016 Highlights

118 families, including 169 children

132 visits to the Nest drop-in space

31 participants in 6 free parenting workshops

9 newborns cuddled at CVMC

\$1200 in emergency funding to 6 different families

1010 hours donated by 45 active volunteers

33 Central Vermont towns served

WHAT FAMILIES SAY

“My volunteer was and is a God send. She is amazing with my son and her time in my home allows for me to do homework necessary for my degree.”

“Our volunteer offered me support with the children so I could [take] a shower and rejuvenate my mental/emotional well-being. [She] also helped us to integrate ourselves in the community by offering us a plethora of local family resources. I have been so grateful for this support system.”

“My volunteer has held the baby, read countless stories, and played many games with my four year old. I don't know how I would have gotten things done without her! It was wonderful to have her to talk to. We love her!”

“Thank you for this service and your time – it is truly appreciated”

OUR IMPACT

An expectant mom was new to the area. We connected her with La Leche League and other community resources. After her son was born, she organized a group for moms with infants that met regularly at our Nest space during the winter months.

An immigrant mom struggled with isolation due to her husband's work schedule and her limited English skills. Her Good Beginnings volunteer, a retired WIC nurse, provided the mom with breastfeeding support and helped her get a baby carrier through the Good Beginnings free carrier program.

A pregnant mom in recovery had had several traumatic births. We matched her with a Good Beginnings volunteer who is also a trained doula and life coach to help her prepare for birthing. The volunteer visited with her multiple times before the birth and even made a relaxation tape for her. The mom had a great birth experience, which she attributes to the support of her volunteer.

A new dad was parenting solo due to his partner's struggle with mental illness. We provided ongoing financial and parenting assistance. This father is now an active, engaged caregiver whose Good Beginnings assistance helped build his confidence in his ability to provide for his child.

THE FAMILIES WE SERVE...

61% eligible for WIC

43% have a history of /elevated risk for postpartum depression

21% are single-parent households