



MISSION & BACKGROUND

Family Centers Inc. (FCI) is a 501(c)(3) nonprofit committed to its mission of "empowering children, adults, families, and communities to realize their potential." The organization has a long history of working with under-resourced communities dating back to 1891. These populations face complex barriers, including limited access to affordable and quality healthcare services, educational resources, opportunities for employment, socioeconomic mobility, and family support programs. Disparities are often evident from birth, well-established in youth, and continue throughout life.

Serving more than 26,000 children, adults and families each year (more than 16,700 of which are Stamford residents), FCI offers an integrated model of health, education, and human service programs that address the evolving challenges of the lower Fairfield County community. With 300 professionals, 31 board members, and over 500 volunteers, the organization is committed to providing our communities with prompt, responsive, and innovative services. Family Centers' service delivery network focuses on two key areas: Healthcare and Education & Human Services.

Our *Health Care* offerings break barriers to accessing quality services and build stronger communities. Services include a Federally Qualified Health Center (FQHC) with primary medical, dental, and behavioral health services; individual, family, and group therapy; full-service, school-based clinics; bereavement and trauma support services; HIV medical case management and prevention; service provider training and educational resources.

Our *Education & Human Services* programs utilize an integrated approach focusing on the whole family to ensure children and parents succeed. Services include preschool and early childhood education; academic and social-emotional supports for elementary-age students; vocational and self-sufficiency support; English-language and basic literacy education; parenting support programs; and housing resources.

CEO CHANGE

After an extensive and thoughtful search, Family Centers' Board of Directors announced the appointment of Louis Josephson, PhD as its next President & CEO on March 11. He will start on April 21 and succeeds Bob Arnold, who is retiring after 43 years as the organization's top executive.

Dr. Josephson comes to Family Centers with more than three decades of professional experience leading mental health and human services organizations. Most recently, he served as CEO at Bay Cove Human Services in Boston, MA, a complex nonprofit serving people with mental health, addiction, homelessness, and developmental needs. Before that he was the CEO of The Brattleboro Retreat, Vermont's largest regional free-standing psychiatric health system.

NEW IN 2024 AND 2025

In July, Family Centers finalized the purchase of a **new building at 986 Bedford Street in Stamford** to align with our continued growth and expanded service delivery. The new space will serve as Family Centers' new Stamford location, and it is strategically located downtown and along a bus route, making it easily accessible to Stamford residents.

With the new building being twice the size of the current offices, Family Centers will have the capacity for program growth. The additional space will enable the organization to increase the accessibility of primary medical care by building two examination rooms affiliated with our Federally Qualified Health Center (FQHC). This expansion is critical for uninsured and underinsured patients who would otherwise struggle to access quality healthcare services.

The increased space will also allow us to enhance our educational and support programs. The new facility will accommodate larger group meetings, expanding the capacity for English language instruction, job readiness programs, parental education, and group therapy sessions. These services promote economic self-sufficiency and improve clients' overall quality of life. Staff officially moved into the new site in November 2024.

Work has started to build a **full-service School-Based Health Center at Turn of River Middle School**. Thanks to a federal grant through Rep. Jim Himes, Family Centers plans to add primary health care to the existing mental health services offered to Turn of River students. The new health center will occupy a vacant locker room in the school, making primary health services more accessible for uninsured students and those on Medicaid/HUSKY. The new health center is expected to open in April 2025.

Our Parents as Teachers (PAT) program expanded to include **free doula services** to address maternal health and birth disparities for women in Stamford. With the addition of certified doulas, PAT will provide culturally competent pre- and post-natal support, reducing maternal morbidity, preterm births, cesarean deliveries, and mental health challenges, such as post-partum depression. Since launching the initiative, Family Centers has served 23 clients since and attended 14 births with six more planned.

Family Centers also finalized its **partnership with Greenwich Hospital/Yale New Haven Health Systems (GH/YNNHS)** to assume management and day-to-day oversight of the adult and pediatric primary care clinics currently operated by Greenwich Hospital. Having Family Centers in the lead will give patients access to a behavioral health network, and wraparound supports to complement their health care. The new clinics at 75 Holly Hill Lane in Greenwich officially opened in February 2025.

OPERATIONAL CHALLENGES

The nonprofit sector has faced significant uncertainty due to the federal funding freeze order in January 2025. While a federal judge blocked this directive in February, the unpredictability of government funding continues to pose a major risk. Several of Family Centers' programs rely on federal and state funding to serve vulnerable populations, and the freeze has created delays and operational concerns. Nonprofits across the country have struggled to access funds through federal portals, raising fears about sustainability if these funds do not get released in a timely manner. The challenge extends beyond immediate financial constraints; prolonged uncertainty can impact staffing, service continuity, and long-term program planning.

Additionally, if federal budget cuts persist, competition for private funding will heighten, making it more difficult for organizations to secure the philanthropic support needed to fill funding gaps. In light of these challenges, Family Centers continues to diversify its revenue sources to ensure the sustainability of its programs.