

Budding News

Quarterly Development Newsletter



This February, we're celebrating the power of care, connection, and community. In this issue, explore stories and updates that reflect how your support helps children and families feel safe, supported, and empowered to thrive.

55 years of empowering children, youth, and families to build bright, thriving futures.

For more information about our programs, please visit www.ChildFamilyResources.org.

CEO Corner With Diane Fellows



At Child & Family Resources, our values have always been at the heart of our work. This year, we gave them a name.

Our H.E.A.R.T. values—**Humility, Empathy, Advocacy, Respect, and Trust**—reflect who we are and how we show up every day for Arizona's children, youth, families, and childcare providers. They capture what we've always believed and the care, compassion, and commitment behind everything we do to meet our mission: To *empower children, youth, and families to build bright, thriving futures*; and our vision: *Thriving Children, Connected Communities*.

Our values shine through our programs, our staff, and our partnerships. We look forward to sharing ways you can support this work and lead with your H.E.A.R.T. with us in the coming year.

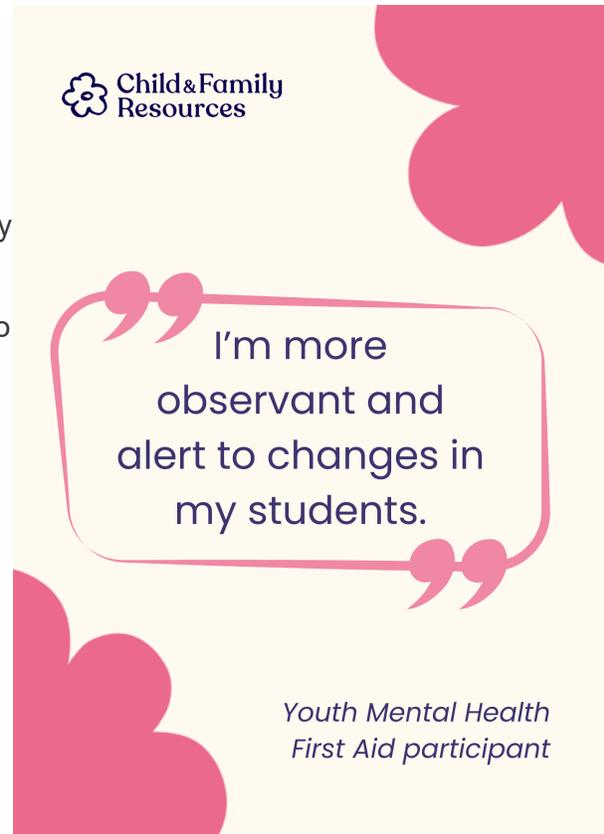


Thank you for being part of our community!

Success Story: Turning Awareness Into Action for Student Well-Being

After completing Youth Mental Health First Aid through Child & Family Resources' *Mental Health Matters* program, one high school staff member is already seeing the impact.

"I'm more observant and alert to changes in my students," they shared. "The questions I learned from the training help me recognize when something isn't right." Just this week, they noticed a student behaving out of character and promptly alerted the school counselor. Together, they learned the student had experienced a traumatic incident over the weekend with the basketball team—allowing the school to respond quickly and provide support when it mattered most.



Stories like this highlight the power of *Mental Health Matters*, now in its third and final year of grant funding. Through evidence-based Youth and Adult Mental Health First Aid trainings, CFR equips adults across Arizona to recognize warning signs, offer initial support, and connect youth and adults to care. These real-world skills—covering anxiety, depression, substance use, psychosis, and suicide prevention—are helping create safer, more responsive school and community environments every day.

Stand With Arizona Families — Wear Your HEART in Blue!

At Child & Family Resources, we do our work with **H.E.A.R.T.**—because Arizona families deserve nothing less. Our values of humility, empathy, advocacy, respect, and trust guide everything we do to strengthen families and prevent child abuse.



This April, during **Child Abuse Prevention Month**, we invite you to show your support by wearing our new “Do It With HEART” shirt—our official **Wear Blue** shirt for 2026.

When you wear your HEART, you help spread awareness, hope, and prevention across our community.

Shop now so you're ready to wear blue this April!

Show your HEART and support our mission—purchase your shirt now and wear it proudly throughout April and *know that every purchase fuels programs helping Arizona families thrive.*

[Shop Now!](#)

Child & Family Resources

Arizona Tax Credit Q&A

with Lindsey Saul of Life in Balance Accounting CPAs, PLC

FREE!

Wednesday, February 11, 2026
12:00 pm - 12:30 pm
Via ZOOM

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BA**

There's still time to make your 2025 Arizona Charitable Tax Credit donation!

Child & Family Resources, Inc. (QCO Code: 20343) is a qualified charitable organization, which means you can donate up to **\$495 (single) or \$987 (married filing jointly)** for 2025 and receive a **dollar-for-dollar credit on your Arizona state taxes.**

Your gift directly strengthens families, protects children, and builds safer communities—**at no net cost to you.** Donations made by **April 15, 2026** can still count toward your

2025 taxes.

Have questions? Join us via Zoom on February 11th at 12:00 PM for our Tax Talk and get all your questions answered! [👉 Click here to register!](#)

Give local. Get it all back. Change a life.

[Learn More Now](#)

You're Invited!



**JOIN US FOR AN EVENT
WITH KENDRA SCOTT!**



DATE & TIME

Friday, February 13th
5-7pm

DETAILS

Join us instore for 20% of your purchase
to benefit Child & Family Resources at
Kendra Scott, La Encantada Mall.

Shop online
February 13th-14th
using promo code:
GIVEBACK-LAVYJ

You're Invited: Give Back with Kendra Scott at checkout

Join us for a special giveback event with **Kendra Scott** at **La Encantada Mall** on **Friday, February 13th from 5–7 PM!** Shop in-store and **20% of your purchase will directly benefit Child & Family Resources**, helping support children and families across our community.

Can't make it in person? You can still support CFR by shopping online **February 13th–14th** and using the promo code **GIVEBACK-LAVYJ** at checkout—20% of your purchase will be donated back to our mission.

Treat yourself, shop with purpose, and help us make a meaningful impact for families in Southern Arizona.

Join Our Legacy Circle

We all hope to leave a meaningful legacy. One of the most impactful ways to achieve this is through charitable giving. If you're considering a cause to support, please think about including Child & Family Resources in your estate planning. Click here to learn more and make a difference today.



Join Today!

 **Child & Family Resources**
Where great things start small

Together, we can reach further.

Create Your Own Peer to Peer Fundraiser Today!



Peer-to-Peer Fundraising

Ready to make an impact?

Looking to celebrate special occasions like [weddings](#) or [birthdays](#) Start your fundraiser today and be a driving