



WELL BEING COMMUNITY CENTER

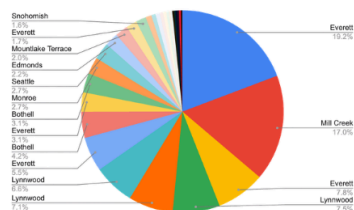
REPORT 2025



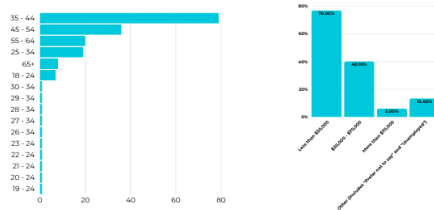
HIGHLIGHTS:

- 4,000 INDIVIDUALS RECEIVED FOOD
- 24 FOOD DISTRIBUTIONS REACHED 450 UNIQUE FAMILIES
- 394 EVENTS (2400+ HOURS)
- 82,000 SOCIAL MEDIA REACH
- 154,000 SM ENGAGEMENTS
- 45 VOLUNTEERS
- 1,000,000 VOLUNTEER HOURS
- 340 REFERRALS
- 4 CAMPS SERVED 250 INDIVIDUALS

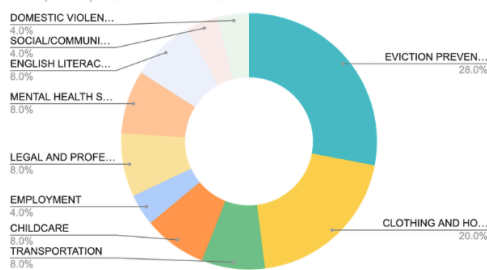
WHERE FAMILIES WE SERVE LIVE:



DEMOGRAPHICS AND INCOME LEVELS:



CHALLENGES



COMMUNITY VOICES:

"Thank you so much for holding the food bank on Saturdays and at this time. I can come without worrying about where to leave my kids, and I'm able to continue with my day."

— Family

"We loved seeing how stories reflect the experiences of children from around the world. My kids identified with the characters and learned about other cultures."

— South American family

"Thank you so much for helping my kid with his FAFSA application we didn't think we can have a future in school and this is an incredible resources we didn't now about."

— family

THROUGH ALL OUR EVENTS, WE SERVED::

FAMILIES: 12,274 INDIVIDUALS: 26,883 CHILDREN: 13,704

WE ESTIMATE HALF OF THE PARTICIPANTS ARE UNDUPLICATED: 13,000 INDIVIDUALS IN 6,000 FAMILIES



Annual Report 2025 Activities

See our [slide show here](#).

Program Goals and Principles:

Our overarching goal is to provide holistic family support according to the needs that families and communities define. Through all our programs, we want families to experience belonging, access needed resources, and make connections with the community. Our services align with the values of Family Resource Centers and we are accountable to these principles:

- **Family-Centered:** Families guide our programming and decision making through feedback and engagement with our active Community Council.
- **Strengths-Based:** We honor community wisdom and build on each family's unique strengths and cultural heritage.
- **Culturally Responsive:** Our team reflects the communities we serve. Services are offered bilingually (Spanish/English) and are informed by lived experience.
- **Collaborative:** We work in partnership with schools, libraries, health systems, and local agencies to ensure families receive comprehensive care.
- **Equity-Focused:** Our work actively addresses barriers related to language, ethnic, racial and gender identity, neurodiversity, immigration, and economic inequality.
- **Environmental Justice:** We address environmental impacts on our community and take action to improve health, housing, food, and connection to nature.
- **Leading with Love:** This is our guiding star and the principle we use to plan and evaluate our work.

We exceeded our goals for 2025, which is an affirmation of our collective hard work which we celebrate and carry out with love. However, we increased our services because the people we serve have increasing needs. In 2025 we offered **294 events** which include ongoing consistent offerings such as weekly food distributions, twice weekly parent/guardian & child playpark, weekly arts drop-in, monthly support groups, monthly community days, tabling and outreach at libraries, youth/family camps, and special events such as our annual health fair, vaccine clinic, classes and workshops, and community support events and resource fairs.

Through all our events, we served:

Families: 12,274

Individuals: 26,883

Children: 13,704

We estimate half of the participants are unduplicated: 13,000 individuals in 6,000 families

Our community team: We worked with a team of 45 during 2025.

This includes uncompensated volunteers, and compensated community members who provide outreach, event support and family education.



While numbers show our reach, stories show how we bring our guiding principles to life.

Family Centered and Strengthening: From September 6, 2025 to May 9, 2026 we provided food to 1945 families through weekly Saturday morning distributions; 9363 individuals received food, which included 3868 children and 1088 seniors; the weekly average increased from 25 to 65. We were fortunate to partner with the Edmonds Food bank who gave us fresh produce on Fridays, to prepare for their Monday deliveries—reducing food waste and feeding more people. The savings from receiving food frees up family funds to pay other bills.

We knew food makes a difference in health and economics but we did not realize that we were strengthening community belonging. Many of the food recipients volunteer to help staff the distributions, and if there is any left over food they deliver it to people at their churches. By selecting Saturday mornings, we increased access to working families and allowed working parents to participate. While waiting for their turns, families enjoy coffee and conversations. They take time to relax and walk to our creek, or learn about nutrition, composting, and gardening. We recently harvested wild nettle, a traditional medicinal plant throughout North and South America, to make tea. One mother told us her stress goes down from chatting with other people. Another shared worries about her husband who has cancer and their daughter who is depressed. Another family gives us weekly progress reports about their father who was taken into detention in December.

The people we serve face emotional and economic hardship, displacement due to flooding, detention of family members, lack access to resources such as food and health care. They worry about their capacity to raise their children while facing fear and uncertainty. Yet even in the face of difficulties, when they share their stories, they feel more connected to each other.

Our work is culturally responsive because our staff and board are members of the communities we serve. This year we adapted our annual Hispanic Heritage celebration, because families feared the safety of gathering for the public celebration. Instead we distributed food cards at regional libraries in partnership with Sno-isle Libraries. In our popular *Stories that Connect Us* series, we offered community meals featuring Mexican and South American food and read books about diverse ethnic and cultural characters. We discussed immigration by reading *Senora Mariposa* about the powerful monarch butterfly migration. Our anniversary fair featured Aztec and Folkloric Dance performed by adults and children. The director of the program spoke about how she strengthened connection to her Mexican-American identity through ancestral dance. Our *Hilvinando Nuestras Emonciones* teaches traditional embroidery techniques and provides space to talk about the challenges of everyday life.

Collaboration amplifies our work. With Sno-Isle Library, we provided 45 children with a free summer camp where we read multicultural stories, made art, explored science, and played. Sno-Isle also supported Hispanic Heritage activities and our annual winter family celebration of *Stories that Connect Us*. We hosted Summer 2025 and Spring 2026 Raices de la Tierra camps with educational partners of Sound Salmon Solutions, Friends of North Creek, Sno-Isle Library, and BECU. These camps served 80+ children each session. We collaborate with *Project Girl*,



The Access Project, and *LETI* on specific initiatives and events. We collaborate with Snohomish County Health and Human Services Departments to host vaccine clinics, distribute Narcan, provide support for extreme weather events, and develop best practices. The support of County agencies and officials tells us our work is improving lives in Snohomish County.

We are Equity Focused: Our Teen Drop In program is neurodivergent and queer and trans led. We worked with teens who asked for space to be together without an overriding agenda. We are proud that youth who feel socially awkward and uncomfortable in other social settings love our program. The activities are determined by the youth who attend and one of the youth leaders said, “I love that the adult staff do “teen-like” things, making art and playing games with us.”

Our focus on environmental justice through our Raices de la Tierra program, is another example of uplifting equity by increasing access for low income immigrant families to natural environments, supporting the health of our riparian forest and integrating youth and multi-generational environmental education. In addition to our Raices camps, we host monthly community days that include restoration, art, and service projects to support unhoused neighbors. Our food security program includes the weekly distribution, a 24-hour pantry, community garden, and agroforestry plantings.

We have discovered that environmental justice is central to everything we do as an organization. Considering our impact on the environment and the impact of environmental disconnection and degradation on the community adds cohesion to the way we make sense of seeming unending needs. It helps ground us in the land we inhabit, realize that we are part of a bigger picture, and better understand the systemic forces that result in poverty, hunger and housing insecurity that our families face.

Organizational Development Milestones: In April 2026 we became certified as a Snohomish County Family Resource Center—an important milestone that affirmed and honored the work we do engaging and supporting the community. Internally, we strengthened relationships between school and family resource center staff. We completed a two year community engagement process to amend our bylaws to align our governing documents with our evolved purpose and practices. Staff, students, and families are collaborating on projects including food distribution, Raices de la Tierra camps, and Teen Drop-in. Several of our families engage in both programs.





Family needs that are served/addressed by our programming

Needs	Influence on our Programming
Community time when families can enjoy an activity together and learn together.	Prime Time Family Reading, Stories that Connect Us, Camps, Playpark, Art Drop In
Supporting youth/children's self esteem, social skill development, and connection with their culture.	Stories that Connect Us, Prime Time, Raices de la Tierra Camp, Alderwood Middle School after-school program, Arts Drop In, Parenting classes and support groups.
Rent Assistance	We lack resources for direct assistance, but help families save in other ways to prioritize rent expenses. Financial Management Education.
Food Insecurity	Weekly food distributions, deliveries. Collaborations with other organizations. 24/7 food pantry. Engagement with Snohomish County Food Security CHIP.
Family Separation	Emergency preparedness workshops. Notary services. Material support and resource navigation for families who are separated.
Fear	Community circle space throughout our programming. Reducing potential harm and increasing safety through education. Examine our policies to respond to the times.
Unhoused community members lacking respect and resources	24 hour pantry. Street outreach to deliver supplies. Including conversations to learn people's stories, perspective and needs.



Community connections	Utilize all services as a way to get to know the people who are utilizing our services and other members of our community. Themed and open ended community circles. Outreach to unhoused neighbors.
Youth (adolescent) Support and Voice	Mentoring projects, implementing and supporting youth led projects, youth interns are staff at our camps. UW Bothell collaboration to support student interns, volunteers, and capstone projects.
Increased proficiency at English language	Creating bilingual and multilingual spaces to exchange experiences across language barriers. Opportunities to practice speaking in a second language to increase comfort and confidence. Education materials in Spanish language. Cultural exchanges with multiple languages and cultures.
Environmental Justice: Segregation and separation from the natural world	Raices de la Tierra programming and incorporating environmental justice into organizational policies and programs.
Navigating Systems	Assistance with FAFSA applications. Assistance to sign up for public benefits such as Washington Connection. Assistance applying for utility support. Obtain emergency recovery funds (floods).
Need for anonymity	Use low barrier data collection with options to omit names, seek only essential information. Build trust over time and allow people to share their story when ready. 24 hour free-standing pantry. Phone support.
Lack of access and skill to use technology	Resource navigation support. Use of Whats App text based communication. Skill building when assisting clients to use technology to complete surveys. Assist with FAFSA/WAFSA signups
Health Care Access needed and public health misinformation	Vaccine clinics Health education workshops and materials Host Annual Health Fair and participate in other fairs. Participate in SCHD health navigators program.



Value of community spaces that include the whole family learning together

Monthly Raices Community Days
Stories that Connect Us
Art Drop In
Play Park
Camps include option for adults to stay and participate



Our Events and Offerings

Monthly Support Groups

Mujeres con Actitud Latina
Caballeros con Actitud Latina
Hilvanando Nuestras Emociones
Community Council
Support caregivers of Alzheimer and Dementia
Neurodiversity Circle

Multigenerational Education & Parent Support

- Indoor Playpark – Weekly play-based program offering a safe space for children to play and learn social skills, and caregivers to build social connections.



- Arts Drop-In – Weekly creative sessions for families, incorporating visual arts and expression as tools for connection and healing.

Family Education

- Prime Time Family Reading Series offered Winter, Spring and Fall– Literacy-based programming focused on shared reading, storytelling, and discussion for families with children ages 2–17. Builds peer support, communication skills, and resiliency.
- Raíces de la Tierra: Multigenerational Environmental Stewardship – Bilingual program integrating environmental justice, cultural knowledge, and land stewardship. Through hands-on education, family workdays, and community circles, families build deeper relationships with nature and each other while addressing climate-related inequalities. Activities include habitat restoration, emergency preparedness, agroforestry, and equitable access to culturally appropriate food.

Spring and Summer Camps

- In April we offered Raíces de la Tierra, our pilot environmental immersion camp, and were surprised to serve 60+ students. We had over 20 parents join us for some of the days participating in activities, helping cook, and offering art projects.
- In July we hosted two drop in days per week to children of all ages with an option for parents/guardians to join in.
- In August we offered our second session of Raíces de la Tierra which attracted 80 children and 108 participants.
- We also partnered with SnoIsle Library to host Stories that Connect us Camp where our activities took inspiration from reading books together and allowed time for children to read independently. We learned so much, enjoyed hearing several different languages spoken, and were able to offer library books in multiple languages.





Workshops & Health Education

We facilitated mental health and neurodiversity workshops for parents and community members in English & Spanish, with topics such as:

- Descubre tus talentos – Potencia tu vida “Discover Your Talents – Empower Your Life”
- Cómo hablar de la sexualidad con nuestros hijos “How to Talk About Sexuality with Our Children”
- How to Take Care of Yourself as a Caregiver
- Baño de sonidos – Sound bath “Sound Bath”
- Support Group (Alzheimer and Dementia)
- Raíces de la Tierra – Revisión del año y emociones en comunidad “Raíces de la Tierra – Year-End Reflections and Collective Healing”
- Emergency Preparedness
- Creciendo Juntos / Growing Together
- Understanding and Embracing Neurodiversity
- Caring with Compassion: Learning About Neurodiversity in the Early Years
- Mental Health Access in Spanish-Speaking Families
- Managing Anxiety in Times of Crisis
- Healing the Wounds of the Heart
- Talking Honestly
- The Difference Between Hearing and Listening
- Who Am I
- How to Manage Our Emotions During Difficult Times
- Knowing Our Holistic Sexuality
- *Don't Panic* - "Que no panda el cúnico"
- *What is Success?* - "¿Qué es el éxito?"
- *From Dreamer to Strategist – How to Build Your Financial Plan* - "De soñadora a estratega – Cómo armar tu plan financiero"
- *Dealing with Dementia*
- Cardiovascular Health
- Air Quality: Impacts on Health & Air Quality Flag Program

