



PB&J
FAMILY SERVICES

**1101 Lopez Rd. SW
Albuquerque, NM 87105**

THANK YOU!

This newsletter is the Grapevine because grapes make the jelly of PB&J. We hope you take a moment to acknowledge the businesses that made our Annual Child Abuse Prevention Luncheon a success.

- Al's Big Dipper
- Citi
- City of Albuquerque Mayor's Office
- Costco
- Great Harvest Bread Co.
- Heidi's Raspberry Farm
- La Cosecha
- Smith's Food & Drug Stores
- Trader Joe's Uptown
- Yelp Albuquerque



"The early education program is one of the best encountered by the review team. It is totally family and child focused. Teachers are well trained and dedicated to the children. The day is organized with time for creative play and learning. Also, the setting is beautiful and calm as learning centers may be."

"The organization has great and unique programs under Family Preservation and Stabilization that should be duplicated nation-wide. Staff are well trained and possess advanced degrees. Clients feel accepted and respected by organization's staff."

Inspiration:

The work of child abuse prevention can belong to each of us. When we contribute money or volunteer hours to an agency that does the work of child abuse prevention, we are making a positive impact in the lives of at-risk children. When we become a part of a parent's support network we become a protection for that parent and for the children in that family. One of our beloved board members spoke about the ways he helps to create safety and supports resilience for children and families. Here's what he had to say:

My name is Fermin. I am a single parent and recovering addict. I am on the PB&J Board of Directors and also a mentor for Fathers Building Futures. It's a blessing that I get to share my experience, strength, and hope with other parents who want to get clean. After I stopped using, my son got to see that there is another way to live. With PB&J's help I started to become a productive citizen again. I was able to get a job and end the broken promises to my son. By living a clean life I see the mistakes I've made with my son and I've corrected them. Sharing my past and how I found my way out helps the men I mentor.

My relationship with my son has grown. As soon as I changed my life, he started to change. He's now an honor roll high school student. I've learned in my 12 step program that I'm never alone, no matter where I am. Just because I'm clean doesn't mean that my life is all perfect. It means I've learned how to deal with the obstacles in my life without drugs. I need my 12 step program to remind me I am "good enough". As an addict with 9 years clean, I still get haunted with that "less than" feeling. I see my disease of addiction wants me to isolate and to be alone. I've learned that an addict alone is in bad company. That is why I try to reach out every day with a simple text of "good morning" to my friends.

Nothing gives me a rush like watching an addict come out of his shell and start working a program. It strengthens my recovery by helping and watching these people grow and get reunited with their families. It is priceless. After having a few days of feeling "less than" because I didn't pass a security background check, I was feeling useless and worthless; I was in a bad way. Then I went to a family meeting and I seen a father talking to his children. He pointed at me and said "I want to succeed and be just like him." Those "less than" feelings were gone.

"Lost dreams awaken and new possibilities arise."



Locations

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Albuquerque, NM 87105
(505) 877-7060
info@pbjfamilyservices.org

255A Camino del Pueblo
Bernalillo, NM 87004
(505) 867-2356

209 San Pablo SE
Albuquerque, NM 87108
(505) 944-7224

Board of Directors

Peter Klages, Board President-Atty., Pegasus Legal Services

Sarah Gopman, Vice President - Physician, UNM Family Medicine

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Christine Landavazo, Member-Atty.

Sue Gunckel, Emeritus- Accountant/Teacher (retired)

Ramona Lujan, Emeritus- Finance (retired)

Jolene Maes, Emeritus- Child and Family Public Policy Advocate (retired)

Joan Hart, Emeritus (retired)

Beate Hitzler, Emeritus- Finance (retired)



A Letter from the Executive Director:

Dear PB&J Friends,

In 1972, PB&J began its stated mission of “helping at-risk children to grow and develop to their full potential within nurturing families, in supportive communities”. Today, 45 years later, we still hold true to that mission and we’ve come a long way in proving our success. I am so pleased to report that with the help of the Evaluation Lab @ UNM we have created an internal evaluation system that enables us to analyze and learn from enrolled families’ progress as they participate in PB&J programs. We are actually able to use sound data to assess our programs and to inform our decisions. The outcomes we track across all of PB&J’s programs are how we successfully:

- Prevent child maltreatment
- Preserve the family
- Optimize child development
- Enhance school readiness and success in life

Analysis demonstrates that families show significant progress in these areas as they participate in and complete PB&J’s programs. This reality is a source of great hope and pride in client programmatic accomplishments.

Our daily life at PB&J plays out under the pall of a grimmer reality. New Mexico remains a state with no comprehensive, state led child abuse prevention plan or system; and continues to be a state with poor outcomes for child well-being. In the upcoming elections it is incumbent upon us as child and family advocates to listen for voices within potential elected public servants that speak from the heart about New Mexico’s potential to unify state agencies and departments with the intention of improving child well-being and family preservation, recognizing that every department of state and local government has a role in child abuse prevention. Let us look for leadership that will unite our state and communities, and improve outcomes for at-risk children and families by committing to identify each department’s opportunity to use its programs and resources to screen for risk in the lives of families and to connect families to needed supports across departments. Rather than continuing the failed practices that have sunk New Mexico to a record low national ranking in child well-being, let us look for new leadership with the courage to create needed systems that protect children with corresponding programs to serve them; and to collect and share data that will inform statewide decisions and policies. Let’s each of us, and collectively all of us, bring child well-being into political discussions with candidates and use the upcoming elections as an opportunity to educate informed leadership with a vision to improve outcomes for children by uniting branches of state and local government as agents of comprehensive, supportive child abuse prevention.

In our work at PB&J we strive to inspire each other to always remember that it is our moral obligation to work toward a community of safe children, in nurturing families, in supportive communities. We hope for the same from our political leaders and we are unwavering in our belief that child abuse can be prevented.

With great respect and gratitude,



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Grapevine

“If we could prevent child abuse and violence against women, we could end all violence in the world.”

**-Denise Wheeler
(Founder of C.R.E.W)**

In the Spotlight: C.R.E.W.

Maintaining three beautiful, growth-promoting environments for infants and young children and their parents is a challenge for PB&J. Fortunately, we are members of a responsive community that feels a special commitment to working together to promote safety. It is our privilege to honor the work of an extraordinary organization: C.R.E.W.

Community Renovation Empowering Women (C.R.E.W.) is a non-profit in Albuquerque whose mission is “to build community and improve the status of women and children through building and renovating structures for agencies that primarily serve women and children.” C.R.E.W. teaches [mostly] female volunteers construction skills that help them build confidence, security, empowerment, and solidarity, all while providing opportunities to engage with the community through service. C.R.E.W. has done renovation projects at both the South Valley PB&J and at our beautiful site in the Town of Bernalillo. Their work created safe, sound work and play areas that have lifted the spirits of all who enter. Each time we called on C.R.E.W. for help it was in a time of great need.

It all started 22 years ago when the Laguna Pueblo Crisis Shelter for women and children flooded. Several women were forced to return to former living situations, putting themselves and their children in danger. C.R.E.W. founder Denise Wheeler and five other volunteers from her home repair class at UNM Continuing Ed. decided to take matters into their own hands. Two years later, they had managed to receive over \$10,000 worth of donated construction materials to fully restore the shelter, the security of the organization and the survivors at the shelter, the staff, and the entire pueblo. This is what C.R.E.W. continues to do today.

C.R.E.W. brings together people from all different facets of society to work together, help one another, learn, and strengthen our community. Through this circle of support, volunteers realize their own power and gain the ability to view the world in a deeper way, a way that gives them a heightened capacity to help others and transform their own lives. By supporting PB&J and other organizations that do the work of nurturing safety in NM homes and communities C.R.E.W. is a greatly valued partner in child abuse prevention.

C.R.E.W. is currently searching for projects starting in August. For inquiries about a potential project or joining as a volunteer, please contact Denise by phone (505) 343-9307 or by email at deniserw@unm.edu.

Thank you, Denise, for your vision and leadership in child and family safety.



What we do affects generations to come.