Families First
OF PALM BEACH COUNTY

STRONG IN EVERY WAY

Family and Community Impact 2025

We See Strength.

Celebrating Strength

A Reflection from Julie A. Swindler, LCSW
Chief Executive Officer

When Families First of Palm Beach County was founded in 1990, we responded to a clear, unmet need in our community. One of our earliest efforts focused on supporting vulnerable families with infants in St. Mary's Neonatal Intensive Care Unit, where parents were facing fear, uncertainty, and overwhelming stress at the very start of their child's life. At that time, services were limited, and families were often expected to navigate complex systems on their own.

In those early days, support was largely center-based, where families had to go to the provider. Families First was among the first in our community to take a different approach. We went to families, meeting them in their homes and neighborhoods, building relationships where life was happening. That decision shaped our identity.

We quickly learned that families are strongest when services honor their strengths, respect their culture, and recognize parents as their child's first and most essential caregivers.

I joined Families First in its earliest days, and what stands out most to me is how intentionally we listened. We did not arrive with all the answers. Instead, we partnered with families to learn from them and alongside them. Trust was built slowly, through consistency, compassion, and showing up, even when the work was hard and resources were limited.

Over time, Families First grew as the community's needs evolved. Families are now navigating greater complexity, from maternal and infant mental health challenges to economic pressures and behavioral health needs. In response, we strengthened our focus on prevention, evidence-based practice, and coordinated care, always grounded in a strength-based, family-centered approach.

Leadership, for us, has never meant standing apart; it has meant responsibility, adaptability, and a deep commitment to doing what is right for families.

As we reflect on 35 years of service, I am proud that Families First has become a steady and trusted presence in Palm Beach County. This organization matters because early support matters, and because families deserve care that is accessible, respectful, and responsive. With the continued partnership of funders and community stakeholders who believe in prevention and long-term impact, Families First will remain an essential part of our community, meeting families where they are and walking alongside them for generations to come.

From One Family to Thousands

What began in 1990 as support for vulnerable families in one neonatal intensive care unit has grown into comprehensive, community-wide prevention and early intervention programs that serve thousands of children and families each year.

Better Communities Begin with Children. We place the needs of children at the center of family, home, and community to create positive, lasting change.

From preventing child abuse and neglect to supporting families through trauma, economic hardship, and health challenges, our comprehensive approach ensures that every child has the opportunity to grow up healthy and safe.

35 Years of Impact

Growth in Service and Strength

61,273+
Children and families served since 1990

3,886
Children and adults served in Fiscal Year2024-2025

A History of Achievement

Recognition and Awards in Service to Palm Beach County

Accreditations:

- National Council On Accreditation (COA): 2012, 2016, 2020, 2024
- Accredited through Healthy Families America
- Accredited through Child First
- Accredited in Excellence in Nonprofit Management through Nonprofits First
- 4 Star Charity Navigator
- Platinum Transparency 2025 Candid

Awards:

2001 JulieSwindler, Outstanding Nonprofit Executive
Crystal Palm Award – Nonprofit Resource Institute

2005 Family and Community Partnership 2005 Shine Awards
Partner of the Year, Families Building Solutions, Target Area West Palm Beach

2005 Family and Community Partnership 2005 Shine Awards
Partner of the Year, Families Building Solutions, Target Area Lake Worth

2006-2007 Kin Support Program Outstanding Service
Ounce of Prevention Fund of Florida

2008 Healthy Families Palm Beach
Highest Participant Retention Rate – Healthy Families Florida

2009 Targeted Outreach for Pregnant Women Act
Healthy Babies One Mom at a Time Award, For 10 Years of Commitment and Dedicated Service to the TOPWA Program – Bureau of HIV/AIDS, Florida Department of Health

2009 Julie Swindler, Finalist in the Giraffe Award
Women's Chamber of Commerce of Palm Beach County

2012 and 2013 Julie Swindler Top 10 Women-led Nonprofit Leaders in Florida
The Commonwealth Institute South Florida

2016 Heroes in Medicine Making a Difference in Healthcare
Health Care Prevention Wellness Hero – PBC Medical Society

2016 Doyle Award for Nonprofit Excellence

2017 Bank of America Neighborhood Builders

2018 Julie Swindler Athena Leadership Award Finalist
Chamber of Commerce of the Palm Beaches

2019 Julie Swindler, Harriet Goldstein Annual Social Worker of the Year
NASW Florida Chapter Palm Beach Unit

2019 Julie Swindler, Women of Worth Award
Nonprofit/Volunteer Category – Central Palm Beach County Community Foundation

2023 Sapphire Award
Organization 2nd Place – Florida Blue Foundation

Faces of Strength

Succcess is About People, Not Statistics

Behind every number we report is a life of hope, promise, and value. An individual, a member of a family or community – a fellow human being. A child learning to trust again after trauma. A grandmother raising her grandchildren, navigating systems she never expected to face. A teenager finding their voice in therapy, discovering they have a future worth fighting for. These are the faces of Families First — and they remind us why this work matters.

What needs do our families face today? What are their struggles?

Today's families face pressures our founders could never have imagined thirty-five years ago. Economic instability, housing insecurity, and rising mental health challenges compound generational trauma and reinforce barriers. Children are growing up in households where stress isn't occasional, it's constant and bitterly toxic. Parents want better for their children, but often don't know where to turn. The need for early, compassionate intervention and support has never been greater.

How can we respond? How do we meet people where they are?

Families First responds by going where families are — literally. In homes, neighborhoods, schools, and communities across Palm Beach County, our teams build relationships rooted in respect and trust.

We don't arrive with all the answers. Instead, we listen, partner, and walk alongside families as they identify their own strengths and chart their path forward.

As we look ahead, we see a community where prevention is prioritized, where families are supported before crisis hits, and where the cycle of trauma ends. With your continued partnership, Families First will keep showing up — early, consistently, and with belief in the strength every family holds.

Robby, a young adult who struggled with trust, anger, and uncertainty developed coping strategies and social connections through therapy — ultimately feeling emotionally stable, pursuing his GED, and ready to face future challenges independently.

Stephanie, an 8-year-old girl surviving sexual abuse learned body safety, boundaries, and coping strategies — now repairing peer relationships and confidently engaging in long-term trauma therapy.

Malia, a 68-year-old grandmother who stepped in when her daughter was deported, raised her two now- thriving grandchildren through years of challenges after accessing therapy, financial support, and school supplies — and enjoys seeing her family ready to face life's challenges independently.

Joshie, a 14-year-old who physically attacked his parents and was surrounded by negative influences was transformed through therapy — learning anger management and communication skills that rebuilt trust with his family and school.

Cynthiana, a mother who feared losing her non-verbal, aggressive 2-year-old son — later diagnosed with autism — learned to trust support services, advocated for his program and therapies, and watched him develop speech, emotional regulation, and build a stronger bond with her.

Better Communities Begin with Children

Maternal & Infant Mental Health Programs

The earliest years shape a lifetime. Our maternal and infant mental health programs support families from pregnancy through age five — the most critical window for brain development and parent-child bonding.

TARGETED OUTREACH FOR PREGNANT WOMEN (TOPWA)

Reaching the most vulnerable pregnant women through street outreach, we provide education, advocacy, and connections to prenatal care — preventing HIV transmission and supporting healthy births.

100% of babies born to HIV+ mothers tested negative since 1999
232 pregnant women • 830 children and adults served
100% linked to medical care and prenatal services

INFANT MENTAL HEALTH (NATIONALLY ACCREDITED)

This critical early programdevelopsthe capacityof children from birth to age five to experience, regulate, and express emotions — allowing them to form secure relationships, master their environment, and learn in the context of family, community, and cultural expectation. The life-long effect on brain development is crucial to later adult ability and behavior.

100% of children in therapeutic services completed treatment goals
40 families in partnership with Head Start • 166 children and adults served
85% of Head Start teachers increased awareness and cultural sensitivity • 118 parents engaged in workshops

CHILD FIRST (NATIONALLY ACCREDITED)

When youngchildrenexperiencetrauma, violence, or neglect, their developing brains are at risk. Child First intervenes early with intensive, relationship-based support that protects and heals.

100% of families improved in at least one domain
67 families • 323 children and adults served
93% successfully completed services • Every $1 invested saves $7 in long-term care

HEALTHY FAMILIES FLORIDA (NATIONALLY ACCREDITED)

Meeting familieswhere theyare — intheir homes—our specially trained family support specialists partner with parents to build confidence, strengthen bonds, and create safe, nurturing environments where children thrive.

100% of children remained free from abuse and neglect during and after services
396 families • 1,134 children and adults served
98% of children were up-to-date with well-child checks
100% linked to medical providers

Child-Centered for Lasting Change

We place the needs of children at the center of family, home, and community. Through evidence-based programs delivered with compassion and cultural respect, we give families the tools and support they need to thrive—from pregnancy through young adulthood.

Behavioral Health & Community Support Programs

As children grow, new challenges emerge. Our behavioral health and housing programs build resilience, empowering families with the skills and stability they need to face adversity with confidence and strength.

BEHAVIORAL HEALTH SERVICES (NATIONALLY ACCREDITED)

Our program specialists provide trauma-informed therapy to high-risk children and youth right where they are such as schools, alternative settings, neighborhoods, and juvenile justice centers — aiding their healing, reducing risk, and diverting legal involvement.

96%reduction in mental health symptoms
254families • 1,078 children and adults served
97% maintained stable home behaviors • 95% maintained stable school behaviors

KIN SUPPORT PROJECT (NATIONALLY ACCREDITED)

When grandparents, aunts, uncles, and siblings step up to raise a relative's child, they need specialized support, too. We guide these caregivers through legal services, resources, and emotional support, keeping children with family and out of foster care.

100% of children remained with relatives, not placed in foster care 73 families • 267 children and adults served *99% received counseling • 100% successfully linked to supportive services*

BRIDGES TO SUCCESS (NATIONALLY ACCREDITED)

Safe, stable housing is the foundation families need to build better lives. We provide affordable housing paired with supportive services, enabling families to set their own goals and achieve lasting self-sufficiency.

100%of families remained housing stable
22families • 88 children and adults served
100% maintained or increased income

Prevention and early intervention create lasting, generational change— keeping families together, strengthening communities, and transforming futures.

Stronger Together

The Families First calendar year is marked by opportunities to learn, share, and celebrate – all thanks to the dedicated hearts and generous support of our partners, donors, and friends.

Men Giving Back: Palm Beach County's most dedicated community men always prove their love of local families through their friendship with Families First.

The Families First 18th Annual Children's Day Luncheon was held Friday, November 1st, 2024, at the Cohen Pavillion at the Kravis Center. A stellar success for support of our children's programs, the event featured inspiring speakers, awards, our famous silent auction, unique art displays and everyone's favorite highlight – children's musical performances.

Get Your Green On, an annual focus during Mental Health Awareness Month each May, brings Palm Beach County nonprofits and supporters together for advocacy, awareness, and camaraderie.

The Annual Kin Support Picnic brings families and community together with good old-fashioned fun, reminding us that the simple support of neighbors and friends who care makes all the difference in life.

September's Community Baby Shower Celebration in partnership with the Community Outreach Committee at PGA National showered more than 50 new families with baby essentials andlots of love and joy.

Doula Certification Day is one of the most special and rewarding days we witness in our mission to provide the best early care for babies, mothers, and families.

Impact the Palm Beaches honored Families First as a finalist in this year's grant program. Their generous support empowers our Behavioral Health DJJ (Department of Juvenile Justice) Program, which is vital to the lives and wellbeing of local at-risk children in our community.

Families First Annual Donor's Breakfast in March is always a favorite gathering of time spent in gratitude and honor for this work and those who make it possible.

Families First and Child First: we were proud to celebrate our 10-Year Anniversary of program partnership with Child First in August.

Congratulations, Elsira Bravo, in graduating from Nonprofits First Advancing leaders. What an achievement!

Families First spearheads Project Blue April each year during Child Abuse Prevention Month, a time of great advocacy for our mission. Project Blue April is a dynamic initiative focused on raising awareness and supporting families in need, supported by many local engaged individuals and businesses who care.

FINANCIAL REPORT

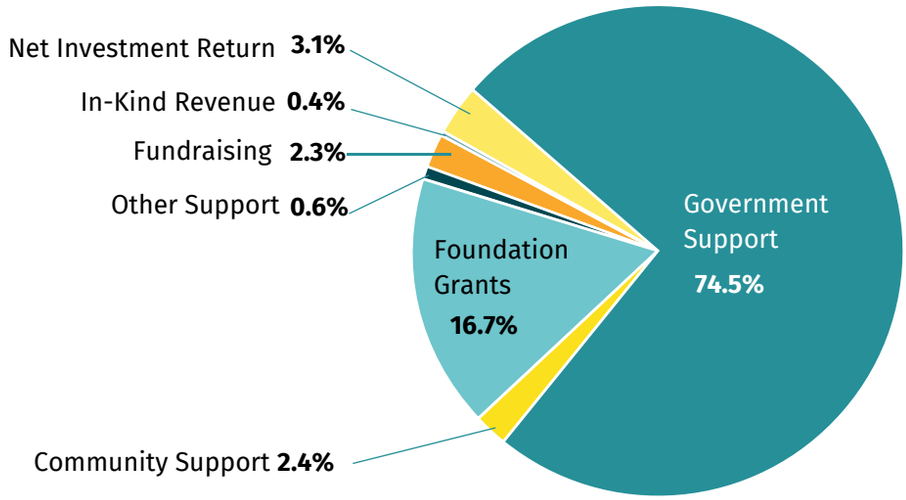
The Strength Behind Families First Service and Support

Growth in revenue means powerful impact now, strength and stability for the future.

Fiscal Year Ending September 30, 2025

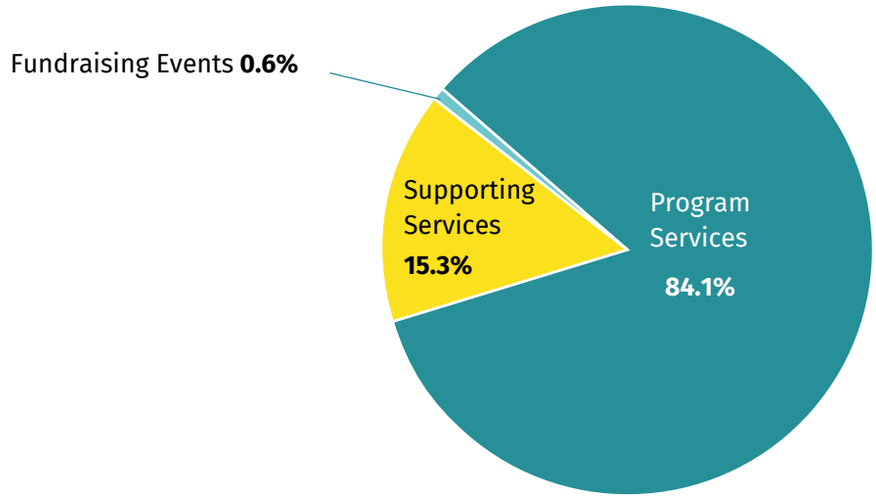
Annual Contributions and Revenue

Government Support	$5,493,899
Community Support	$176,861
Foundation Grants	$1,231,130
Other Support	$47,671
Fundraising In-Kind	$171,397
Revenue Net	$26,235
Investment Return	$227,727
Total Revenue	**$7,374,920**



Agency Expenses

Program Services	$5,940,761
Supporting Services	$1,081,452
Fundraising Events	$41,166
Total Expenses	**$7,063,379**



Families First is audited by the independent CPA firm of Templeton & Company, LLP, which conducted its examination in accordance with Generally Accepted Auditing Standards and Government Auditing Standards. Templeton & Company, LLP, rendered an unmodified opinion that the financial statements are fairly stated in accordance with generally accepted accounting principles in the United States of America for the fiscal year ending September 30, 2025. If you want a copy of the audit or the 990, pleasefeel free to contact the office at 561-721-2887 or you can get them on our website at www.familiesfirstpbc.org.

Mission Funders and Contributors

With gratitude we recognize the source of our strength.

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Redlands Christian Migrant Association
School District of Palm Beach County
The Ounce of Prevention Fund of Florida
Town of Palm Beach United Way
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$100,000 plus
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Men Giving Back SPBC Fund
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The Jim Moran Foundation

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Thank You Funders

Children's Services Council Palm Beach County — Healthy. Safe. Strong.

Town of Palm Beach United Way

United Way Palm Beach County

First Horizon Foundation

The Frederick A. DeLuca Foundation

The Jim Moran Foundation — "The future belongs to those who prepare for it."

C. Kenneth and Laura Baxter Foundation

impact the palm beaches

Community Foundation for Palm Beach and Martin Counties

Men Giving Back — South Palm Beach County

Caring and Sharing — Ibis Charities Foundation

The Batchelor Foundation

J.A. Grifols Foundation

Bank of America

Children's Healthcare Charity, Inc.

Lost Tree Foundation

Florida Health

Florida Department of Children and Families — MyFLFamilies.com

The Ounce of Prevention Fund of Florida

Palm Beach County Florida

H.E. Hill Foundation, Inc. — Affordable housing for the working family.

Wyclife Charities — Changing Lives

Palm Beach County Youth Services — Growing Brighter Futures

Palm Beach County Community Services — Helping People Build Better Communities

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