

“One of the
hardest things
in life is having
words in your
heart you
can’t utter.”

-James Earl Jones



Community Solutions Mission Moments

Nina was only 8 years old when she was removed from her parents due to neglect and substance abuse. Though placed with her grandma, **the adjustment was still very hard.**

Nina experienced separation anxiety, fearing that grandma, too, would abandon her. But **she would also lash out at grandma with anger and frustration.** She was at times withdrawn and then overly friendly with strangers. And she started having potty accidents.

Luckily, we have a program designed specifically to help children in foster care. **With gentle guidance, Nina learned to name and process all the different feelings** she was having about the separation. She role-played how to handle emotional “triggers” and healthy ways of communicating her needs to her grandmother.

Nina is so much happier today. She can walk away from a “mad situation” and ask for help when she needs it. **She even talks about her feelings with grandma!**

“It’s a **100% difference from when she began,**” says her grandmother. “She’s a totally different person!”



9015 Murray Avenue, Suite 100
Gilroy, CA 95020
408.842.7138
www.communitysolutions.org

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Your support helps foster children — like Nina — find happiness. Thank you!