FCC Family Talk

Pull Up a Chair, Let's Talk About FCC



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Pull Up a Chair



As we move through November and into the holiday season, we're reminded that the strength of our work lies in the connections we build and the community that surrounds us. This edition of FCC Family Talk highlights the moments, partnerships, and generosity that continue to move our mission forward. From supporting survivors and families to expanding our presence throughout Baltimore County, every conversation, act of kindness, and shared commitment makes a difference.

Thank you for pulling up a chair, being part of the FCC family, and helping us create safer homes, thriving families, and stronger communities.

— Shelby Frink
Executive Director

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WHAT'S ON THE TABLE · PROGRAMS · PART ONE OF TWO

What's on the Table?



Emergency Shelter

Less is More, a valued community partner, spent time at FCC helping organize and inventory essential supplies that keep our Emergency Safe Shelter running smoothly. Their support helped us create a more organized and efficient system for managing resources, allowing our team to better respond to the day-to-day needs of the individuals and families we serve. We are grateful for their hands-on support and commitment to strengthening our work behind the scenes.



Counseling

this quarter, one survivor demonstrated an extraordinary commitment to her healing through FCC's partnership with B'Well Counseling Services. Through twice-weekly sessions, she worked to deepen her self-awareness, process trauma, and recognize her self-worth. Her journey reflects the importance of accessible, trauma-informed support in helping survivors move toward healing and a safer future.



Housing

This quarter, FCC received a significant number of referrals to its housing program, reflecting the growing need for safe, stable, and affordable housing among individuals and families impacted by domestic violence. For many survivors, securing housing is a critical step toward establishing independence and moving forward free from abuse. The increased demand reinforces the importance of FCC's housing services in helping families access the stability and support they need to rebuild.

Continued on the next page →

WHAT'S ON THE TABLE · PROGRAMS · PART TWO OF TWO

What's on the Table?



New Behaviors

At FCC's annual fundraiser, K, a self-referred New Behaviors graduate, shared how the program transformed his understanding of himself and his relationships. Through mindfulness, emotional regulation, and the encouragement of FCC staff, he developed healthier ways to manage difficult emotions and respond to others. The impact reached beyond his own experience, as he later referred a family member to the program. K's story reflects the power of accountability, personal growth, and choosing healthier relationships.



Advocacy & Outreach

A significant development this quarter is the initiation of an MOU with Maryland Legal Aid at the Essex District Court. The partnership is intended to create a smoother warm-handoff process through which survivors seeking Protective Orders can be referred for free legal representation. This builds on Advocacy's existing court presence and strengthens the continuum between immediate advocacy, safety planning, and access to legal assistance.

WHAT COMES NEXT

What We Brought to the Table

The next section looks at the impact, progress, and lives touched this quarter — the numbers behind these programs, and the people they serve.

PAGE THREE · VOICES & IMPACT

Stories from the Table

> “I’m so grateful for this new start. It’s scary, but I know God has me, and I’m trusting Him through it all. I’m happy FCC stuck with me and continued to believe in me, even when things felt uncertain. I know I have a long way to go, but I’m taking it one day at a time, and I’m grateful for the chance to begin again.”

— Rapid Rehousing Client

> “Having the playroom means so much because the kids now have a place where they can just be kids. They can play, have fun, and take a break from everything they may have been experiencing. It also gives parents a little peace of mind knowing their children are safe, happy, and have a space of their own while they focus on getting things back on track.”

— Brandi



A Milestone at Home

After spending 185 days in our emergency safe shelter, one family of 11 recently transitioned into stable housing! Throughout their stay, the family navigated several barriers to securing housing, including finding a home that could accommodate their large family and identifying the financial resources necessary to support their household. Through perseverance, advocacy, and support, the family reached an important milestone toward stability and a new beginning.

WHAT WE BROUGHT TO THE TABLE

A look at the impact, progress, and lives touched this quarter.

2,420	3,502	14,320
Total Individuals Served	Safe Nights of Sleep	Meals Served

Every number represents a person, a family, and a step toward a safer future.

July 1–September 30, 2026 | FY27 Q1

AROUND OUR TABLE · COMMUNITY · PART ONE OF THREE

Around Our Table



Welcome Bag materials donated & put together by Freedom Federal Credit Union

COMMUNITY PARTNER SPOTLIGHT

Freedom Federal Credit Union

A very big Thank you to Freedom Federal Credit Union for donating 250 welcome bags — 125 for adults and 125 for the children. These bags included a little piece of home for every person that comes into the shelter: self care items, stuffed animals for the children, warm blankets they can take with them on their healing journeys, and color books and cozy socks. We are so grateful for the partnerships we have with Freedom Federal Credit Union and how they show up for their community!

DONORS THIS QUARTER

Individuals

T.W.	M.R.	A.C.
L.G.	D.A.	B.L.
Greg Kalik	M.F.	
Kendra Jackson	C.V.	
Aboubacar Tou Kone	G.S	
Amy Menzer	J.T.	

Event Sponsors

APGFCU · Carefirst · Chick-fil-a Eastpoint · Johns Hopkins Bayview · Constellation · Miles & Stockbridge · YogaMouth · Essex Cdc · Cody the Travel Guy · NAF Consulting · Tina Kummelman · Point Breeze Bank · Wegmans · Rosedale Bank

FCC IN THE COMMUNITY



Omicron Epsilon Pi Sorority Incorporated creating encouraging notes for survivors



FCC Lego BINGO fundraiser attendees



FCc Leadership with Community partners APGFCU at Sheppard Pratt IMAGINe Gala



Christian Green, Director of Shelter and Housing speaking with Omicron Epsilon Pi Sorority Incorporated



FCC leadership at Center for Healthy Maryland Charity Golf Scramble



FCC Speaking at Freedom Federal Event

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AROUND OUR TABLE · COMMUNITY · PART TWO OF THREE

Around Our Table


FCC Board of Directors at our annual Onward & Upward event at Citron!

ONWARD & UPWARD: OUR PAST SHAPING OUR FUTURE

An evening of connection, reflection, and shared purpose

This fall, we were proud to bring our community together for Onward & Upward: Our Past Shaping Our Future, an evening celebrating FCC, the impact of our work, and the possibilities that lie ahead.

Hosted at Citron, this year's event welcomed community members, supporters, partners, and leaders for an evening of connection, reflection, and shared purpose. Together, we honored the people and partnerships that have helped shape FCC's journey while looking ahead to the future we are building for survivors and families throughout Baltimore County.

From meaningful conversations and Messages of Hope to our silent auction, wine pull, and 50/50 raffle, the evening was a beautiful reminder of what we can accomplish when a community comes together. We are deeply grateful to everyone who attended, sponsored, donated, and helped make this year's celebration possible. Your generosity helps ensure that our work continues and that the next chapter of FCC's story is filled with opportunity, safety, and hope.



Current and former clients sharing their experience of FCC


Mrs. Concetta Vandervoort receives the 2026 Ally in Action Award.


FCC Staff


Chick-Fil-A Eastpoint Sponsor & Client


Sponsor CareFirst Team Members

AROUND OUR TABLE • COMMUNITY • PART THREE OF THREE

Around Our Table

BEYOND THE HEADLINES: THE QUIET REALITIES OF DOMESTIC VIOLENCE



A COMMUNITY CONVERSATION AT HAVEN COWORKING SPACE

Designed to move beyond statistics and headlines, creating a space for honest dialogue about the realities of domestic violence, the evening brought together community members, partners, and advocates for an open and honest conversation about the realities of domestic violence.

Sharing lived experiences, professional insights, and thoughtful perspectives, conversation centered around the many ways domestic violence can show up, the barriers often keeping it hidden, and how we can better support survivors in our homes, workplaces, and communities.

Together, we explored the importance of recognizing the signs of abuse, challenging common misconceptions, and understanding how each of us can play a role in creating safer, more supportive communities. The discussion reinforced that **addressing domestic violence takes more than awareness — it takes conversation, compassion, and collective action.**

We are grateful to everyone who joined us at Haven Co-working Space and helped make this evening possible. These conversations are an important part of our commitment to bringing awareness, education, and resources into communities throughout Baltimore County.



HAVEN
OFFICE | COWORKING | EVENTS

End of section →

PASS THE PLATE · GET INVOLVED · PART ONE OF TWO

Pass the Plate

As we look ahead to the holiday season, there are two extra special ways to pass the plate this month. Both are easy to join, and both go directly to work supporting families in our community.

UPCOMING · FCC HOLIDAY HELPERS

Help parents shop for their children

From **November 1 through December 11**, we are accepting toy donations, gift cards, and monetary contributions to help parents shop for their children and make the holidays brighter.

Volunteers are also invited to join us on Thursday, December 17th, for a fun-filled day of wrapping gifts, cookie decorating, and assisting families in selecting presents.



For more information or questions about Holiday Helpers, please contact **Shelby Frink at Shelby@familycrisiscenter.net.**

UPCOMING · KENDRA SCOTT FUNDRAISER

Shop for a cause

The Family Crisis Center of Baltimore County is excited to partner with Kendra Scott for a special shopping fundraiser being held on **Sunday, November 29, 1–3 pm at Annapolis Town Center.** It's an opportunity to treat yourself, find something beautiful for someone special, and support a cause that makes a difference right here in our community.

When you shop during our fundraising event, **20% of all sales will benefit FCC** and help us continue working with individuals and families impacted by domestic violence.



Bring a friend, enjoy a little shopping, and know that your purchase is helping make a difference.

Continued on the next page →

PASS THE PLATE · GET INVOLVED · PART TWO OF TWO

Pass the Plate

A strong community doesn't happen by accident. It takes people who are willing to show up, give what they can, and help ensure that families have somewhere to turn when they need support. There are many ways to help keep FCC's work moving forward.



GIVE FINANCIALLY

Your contribution helps sustain the services that individuals and families rely on, from emergency safe shelter and meals to advocacy, counseling, and housing support.



GIVE YOUR TIME

Share your time and talents. Whether through volunteering, helping with a community initiative, or lending professional expertise, your involvement makes a difference.



GIVE THROUGH CONNECTION

Introduce FCC to a business, community organization, faith community, or potential partner that shares our commitment to safer homes and stronger families. Sometimes the most meaningful contribution begins with an introduction.

BECOME A MONTHLY SUPPORTER

Keep a place at the table

Make a lasting difference.

A monthly gift provides consistent support for the services and resources families rely on as they work toward safety, stability, and a brighter future. No gift is too small. Every recurring contribution helps keep our mission moving forward.

Every contribution has a place at our table.
Thank you for helping make sure that when a family reaches out to FCC, support is there.

Scan to become a monthly supporter or visit familycrisiscenter.net to give.

Family Crisis Center of Baltimore County is a 501c3 Nonprofit in the state of Maryland. Our Tax ID number is: 52-1793894.
PO Box 3909 Dundalk, MD 21222