

# A COMMITMENT TO FAMILY SUCCESS



**Martha's Table at The Commons** serves as the Family Success Center for Anacostia, a welcoming place where families can access the resources they need to thrive.

## WHAT IS THE FAMILY SUCCESS CENTER?

Martha's Table at The Commons is expanding its community-driven services to better support children and youth, families, and individuals living in Anacostia and surrounding neighborhoods. The center is a one-stop-shop that offers comprehensive resources in health, wellness, parenting, education, and workforce readiness. At the Center, you will meet a passionate team of people who know, love, and stand ready to support their Ward 8 neighbors.

Martha's Table is part of a network of ten neighborhood-based Family Success Centers under Mayor Bowser's Families First DC initiative. Families First DC was created to strengthen resources for families in the communities where they live.

## WHY SHOULD I CONNECT WITH THE CENTER?

Martha's Table at The Commons will help you access the resources you and your family need to thrive. By connecting with the Center, you will find:

- Quick and flexible services, such as food and clothing at no cost, and referrals.
- Connections to resources like housing, healthcare, education, and more.
- Learning opportunities to strengthen parenting skills, find new mentors, and socialize with other families.
- Programming to improve physical and emotional wellness and address mental health needs.
- Opportunities for youth to access entrepreneurship and workforce development training and much more.
- Early Head Start and Head Start education programs

## ABOUT MARTHA'S TABLE AT THE COMMONS

For 40 years, Martha's Table has been driven by its belief that every Washingtonian should have the opportunity to thrive. Today, the organization supports strong children, strong families, and strong communities by operating nationally accredited education programs beginning at birth, fighting for food justice and increasing access to healthy food, and promoting family success through our no-cost community store and engagement programs.

**"THE FAMILIES OF ANACOSTIA ARE RESILIENT AND COMMITTED TO THE SUCCESS OF THEIR COMMUNITIES. WE APPRECIATE THE OPPORTUNITY TO STAND ALONGSIDE THEM AS THEY CONTINUE TO STRENGTHEN WARD 8."**

Angela Draughn, Family Success Center Manager

**Don't wait! Connect with the Center today:**

- ☎ 202-328-6608
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## PUTTING FAMILIES FIRST IN DC

Mayor Muriel Bowser's Families First DC initiative has committed 10 grants to community-based non-profits in Wards 7 and 8 to create five Family Success Centers in each ward. The Families First DC network will work with families to increase their overall well-being and the well-being of the community to give all families a fair shot in our rapidly changing city.

The coronavirus pandemic has impacted every family in our city in various ways—some families more so than others. The Family Success Centers are needed more than ever before. Investments are focused in areas of the city where deeper focus on “place-based” services by trusted community organizations with the backing of city agencies will help families thrive.

### Ward 7 Centers and Organizations

- Benning Terrace/Benning Park: East River Family Strengthening Collaborative
- Clay Terrace: Sasha Bruce Youthwork
- Mayfair/Paradise: North Capital Collaborative
- Stoddart Terrace/37th Street: Life Deeds
- Benning Rd & Minnesota Ave.: East River Family Strengthening Collaborative

### Ward 8 Centers and Organizations

- Woodland Terrace: Smart from the Start
- Anacostia: Martha's Table
- Congress Heights: Far Southeast Family Strengthening Collaborative
- Washington Highlands: A Wider Circle
- Bellevue: Community of Hope

Families from anywhere in DC can access services and build new relationships at any of the ten centers. Services are rooted in five “protective factors” to empower communities and families, modeled after work by the Center for the Study of Social Policy and the National Family Support Network.



## PROTECTIVE FACTORS FOR FAMILY SUCCESS



PARENTAL RESILIENCE



SOCIAL CONNECTIONS



CONCRETE SUPPORT IN TIMES OF NEED



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT



SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

### LEARN MORE!

 [cfsa.dc.gov/page/families-first-dc](https://cfsa.dc.gov/page/families-first-dc)

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