



Founder's Message



Pearl E. Grimes, M.D.

As we embark on our second decade of improving the lives of at-risk and Foster Care youth, I am so proud of all that CARRY has accomplished to date—serving thousands of youth with restorative programs that enhance

self-esteem, self-worth, self-sufficiency and long-term success.

In fact, since 2006 when CARRY was founded, we have helped change the lives of more than 5,000 at-risk or Foster Care youth through our innovative programs. In 2016 alone, we helped more than 400 low-income children through signature CARRY programs, including:

- CARRY pro bono dermatology clinics—representing the first and only offering of its kind in the nation.
- Camp CARRY's mental health, mentoring, nutrition and self-esteem workshops
- Life and social skills training.
- Musical theatre and performing arts, which enable self-expression and bolster self-confidence.
- Academic scholarships to private high schools and colleges.

Please join on us on **Friday, November 17, for our fundraiser gala: "Reflecting on a Decade of Restoring Hope."** It will be held at the Beverly Hilton and feature musical performances.

We have accomplished so much over the last decade, yet there is much more to be done and many more lives to touch in our mission to "carry" youth in need to a safe and secure future. Please, help us continue our important, restorative work by donating to CARRY. As we forge ahead, any amount would be greatly appreciated. Together, we can make the difference. Thank you!

CARRY's Students Are Succeeding!



Hanna
Sophomore, St. Mary's H.S.

CARRY has been a great inspiration to me and many of my friends. It's inspired me to want more out of life and for my future. I thank everyone in CARRY for giving me this opportunity to meet new people, and go to new places like the beach and the

philharmonic. Every program is different and fun, and the leaders are always open to suggestions. My favorite thing about CARRY is all that we learn new things like time management, etiquette, making healthy eating choices, setting goals, a lot of stuff that helps me with school. Because of CARRY, my friends and I have grown and have become more confident. It means a lot to me that I can experience CARRY. One of the most important things we learned this year is that it's critical to lean in and speak up, at school and in our jobs. This has really helped me to speak up in science class. Thank you Dr. Grimes!



Kawika
Freshman, Verbum Dei H.S.

CARRY has been a blessing to me because of its awesome staff. Dr. Grimes is so kind; she will do all that she can to help you succeed. You can tell by her smile that our success means a lot to her. Dr. Grimes also reaches out to people that can help

lead you to your dream. CARRY has opened my eyes to new opportunities and has made a really strong impact on me. I wish everyone I know could join. Because coming to CARRY you know you can be yourself. It's a judgement free zone, which makes it even better. I'm really looking forward to sophomore year, because now I know I can really do well. Before, I used to hate the end of summer, but now, I can't wait for the fall! I'm going to rock! Next year is also exciting because I'll begin thinking about which colleges I should apply to!

- **Camp CARRY/ Esteemed Growth** has consistently met each Saturday to offer sessions on health, wellness and nutrition, financial planning for the future, mentoring sessions from professionals, and mental health exercises. Our students were also taken on several field trips, including trips to LA Live, historic landmarks, restaurants and LACMA. Over 40 children have participated in each Camp CARRY activity, enabling them to feel more self-assured in new and different surroundings. We can't wait for summer CAMP!



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- **Performing Arts** helped 55 children to feel very special each week — and to feel like they could succeed in work, life, and school. The rehearsals also helped them learn patience and discipline, which will help them in their journey through life.



- **Scholarships** of \$1,000 were awarded to 21 students: 10 students who were completing high school and 11



students entering private high schools in Los Angeles. Selected scholars passed rigorous tests and an arduous application process. These scholarships are critical due to education cuts.

- **Life/Social Skills Training** were provided for 78 students, including special semi-formal dinner events. At those dinners, students experienced a 3-course catered dinner and were taught dining etiquette, grooming and



appropriate dinner-party conversation. Feeling comfortable in new surroundings, such as a formal dinner or college, is important to feeling like you belong and staying the course to achieve long term goals.

Pro Bono Dermatology: Skin Success



Since January 2016, CARRY's pro-bono dermatology clinics have provided an estimated \$60,000 in dermatologic services to over 300 students. This program has treated students from the Central High Value School, Grace Hopper School, and the Dangerfield and Dreamcatchers' Group Homes in Los Angeles. This is the only program of its kind in the nation.

Disorder
Severe Acne

Duration of Treatment
3 Months

Treatment
Doxycycline, Tretinoin and Benzoyl Peroxide

Board Member's Message



Kandra King

As CARRY celebrated its 10th year anniversary, I looked back with gratitude and fondness on working with the kids. I never thought all my years of performing arts would fulfill a higher calling, but it truly has. I guess my love and passion for the arts is contagious, because I can see how it really gives them joy, and as a result, the classes enhance their self-esteem and self-confidence. The kids soak it all in like a sponge and become so joyful when they're performing! **They go from timid and fearful, to bold and confident thespians and dancers!** Lots of love and the numerous skills that we provide to the kids leave an indelible imprint on their young minds. I'm so proud to have been a part of CARRY from the very beginning! With your support, we'll continue changing lives well into the next decade!



The CARRY kids discovered how important it is to work together and communicate in order to solve the "human puzzle" while keeping their hands locked together. With time and patience, each team did it!



The classic game of "telephone," created some hilarious results that differed wildly from the original phrase Dr. Grimes offered.

Celebrating Friendship, Teamwork and Problem-solving

Twenty-four CARRY youth explored different facets of friendship through an array of presentations, activities and games for the final program of the season on April 22 at the Faithful Central Bible Church. The program opened to the stirring sounds of Stevie Wonder, Dionne Warwick, Elton John and Gladys Knight singing, "That's What Friends Are For," followed by some humorous video clips depicting TV friends Lucy and Ethel in their iconic chocolate factory scene, and the catchy song-and-dance opening from "Laverne and Shirley." Then CARRY Board member Sheila Belkin discussed "The Many Paths of Friendship." As an example, she shared her stories about meeting fellow Board member Nancy Balik Fitzgerald 12 years ago at a community outreach event, and described how they had many different opportunities to work together and develop their friendship over the years. Later Nancy led a discussion focused on identifying the qualities of a true friend, which yielded many interesting and insightful responses from the participants. This exploration paved the way for the next activity, which was an individual writing exercise designed to capture a personal story about a friend or about the importance of friendship. Several of the kids read their stories aloud to the group, which showed great variety in types of storytelling. And, as friends often do, after each story was read to the group, positive words of appreciation were given to each writer. Of course, whenever friends are involved there is bound to be fun, so CARRY founder Pearl Grimes engaged the group in several enjoyable interactive games that brought out some key points about friendship and teamwork.



CARRY Board members (from left) Sheila Belkin, Nancy Balik Fitzgerald, RoShaun Windham and CARRY Founder and Chair, Dr. Pearl Grimes, after a successful and most enjoyable Friendship Day.



Kaleidoscope of CARRY Activities



Social Skills Class



Camp CARRY Field Trip: LACMA



Camp CARRY Health and Wellness: Yoga Class



Camp CARRY Field Trip: Disney Concert Hall



The Gents of Camp CARRY



Camp CARRY Field Trip: L.A. Philharmonic

Save the Date: Friday, November 17, 2017

In honor of our 10th Anniversary, your attendance is warmly requested at our... fundraising gala, "Reflections on a Decade of Restoring Hope" Beverly Hilton Hotel, Beverly Hills

Please donate by phone, check or online!

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