



UNASHAMED
Planting one seed at a time

ANNUAL REPORT
2023

Fostering Emotional Health in Youth and Young Adults!



General Overview

Over the past six years, Unashamed Inc. has been dedicated to providing a wide range of services to youth and families across the State of Connecticut. Our organization's mission is to promote emotional well-being among disadvantaged and at-risk youth and young adults who have faced challenges such as incarceration, homelessness, foster care, domestic violence, and teen pregnancy.

Through our comprehensive programs and services, we strive to plant the seeds of change and equip young individuals with the necessary tools to break free from unhealthy generational patterns and transition from mere survival to a thriving life. Our ultimate goal is to offer support, inspiration, and empowerment to young men and women who find themselves in these difficult circumstances, and to sow seeds of hope, resilience, and the essential skills needed for a positive future - even when they may feel like there is no future in sight.

**Let's take a
look at our
impact.**



Our Impact

Take a closer look at the impactful ways in which we have made a difference in the lives of these individuals.

38

Let's Get Real Workshop Sessions

In our Let's Get Real workshop series, we had the pleasure of engaging with 38 enthusiastic young individuals. These sessions serve as a platform to inspire and motivate our youth, encouraging them to openly address and understand their emotions. Moreover, we equip them with valuable tools and skills to navigate real-life experiences successfully. Our workshops focus on crucial topics such as relationships, sex, self-esteem, and mental health. By delving into these subjects, we aim to provide the youth with the knowledge and confidence they need to make informed decisions and thrive in today's world.

25 Imagine Me

During our Imagine Me Workshop series, we had the privilege of working with 25 young individuals, both male and female, who are currently receiving inpatient care in the Albert J. Solnit facility. Our team organized a twelve-week workshop series exclusively tailored for youth aged 12 to 18 who are in foster care. The primary objective of our program is to address the guidance, mentoring, and life skill requirements of these individuals as they prepare to transition back into their foster or group homes.

5 Seed of Hope

In collaboration with Uniting Families Genealogy, we have supported 5 adult adoptees by offering them Ancestry DNA Kits to assist in their quest to find their biological families. This initiative aims to empower adult adoptees by equipping them with DNA kits, enabling them to embark on a journey towards reconnecting with their biological families. Our goal is to utilize the potential of genetic genealogy to guide individuals in navigating their intricate identities, strengthening familial ties, and fostering a profound sense of belonging.



4 ParentSHIP

Through our partnership with Change the Narrative, we held four months of support groups for parents, led by field experts. The ParentSHIP offered a safe and nurturing environment for parents of black and brown teens and young adults to come together, share their experiences, and provide support to one another. Through open dialogue, active listening, and empathy, we empowered parents with knowledge, resources, and tools to effectively navigate the unique challenges of raising black and brown children in today's society.

6 Beds for Babies

We supplied beds to three single mothers, benefiting a total of six children. This provision of beds not only improved their quality of sleep but also positively impacted their mental well-being.

6 Seed of Love

Through a virtual baby shower, we equipped a teenage mother with all the necessary items to support her newborn baby.

3 Men Forging Forward

After his release from incarceration, we provided a young man essential clothing and hygiene products to support his reintegration into society.

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2023 Year in Review

Dear Community Partners and Friends,

As we approach the end of the year, we wanted to take a moment to express our deepest gratitude for your unwavering support and dedication to Unashamed Inc. Throughout this year, your generosity has allowed us to host numerous new programs and provide essential resources to the youth and families we serve.

At Unashamed Inc., our mission is to foster emotional health in disadvantaged and at-risk youth and young adults who have experienced incarceration, homelessness, foster care, domestic violence, and teen pregnancy. We firmly believe that by "planting seeds" through various programs and services, we can equip these individuals with the necessary tools to break free from unhealthy generational patterns and transition from surviving to thriving.

Thanks to your support, we have been able to make a significant impact in the lives of these young men and women. Through our programs, we have witnessed incredible transformations, as they gain hope, resilience, and the skills needed for a positive future, even when it may seem out of reach.

None of this would have been possible without your continued partnership. Your contributions have allowed us to expand our reach, develop new initiatives, and provide vital resources to those who need them most. Your belief in our mission has been a driving force behind our success, and we are truly grateful for your unwavering support.

As we look ahead to the coming year, we are excited about the possibilities that lie ahead. With your continued support, we are confident that we can make an even greater impact on the lives of the youth and families we serve. Together, we can sow seeds of hope, resilience, and empowerment, ensuring a brighter future for all.

Once again, thank you for your incredible support. We are honored to have you as our community partners and friends, and we look forward to continuing this journey together.

With heartfelt appreciation,

Sana Cotten
Founder and Executive Director



Thanks to Our 2023 Donors

FOUNDATION DONORS

Community Foundation of Middlesex County
RWC Inc Foundation
Wild Gifting
Reentry
Get in Touch Foundation
Youth Prevention Funds – State Rep Kai Belton

FAITH – BASED DONORS

Urban Alliance
Shiloh Christian Church
Cross Street AME Zion Church
World Vision
JCET Ministries, Middlefield

BUSINESS DONORS

Walmart
Acadia Insurance, Rocky Hill
Chic-fil-A, Newington
Mondo's Pizza
Vanity by Stefanie

GOVERNMENT SUPPORTERS

CT Dept of Children and Families

TOP INDIVIDUAL DONORS

Blossom Rose	Erika Erkard
Marcus and Judy Stovall	Virginia Townes
Ida Kazee	Christopher Conley
YeVette Derene	Alan Joyner



Board of Directors

We extend our heartfelt gratitude to the individuals who demonstrated exceptional leadership and unwavering dedication to Unashamed by serving on our esteemed Board of Directors in the year 2023.

Jonathan Murphy,
President

JulieAnne Bell
Secretary

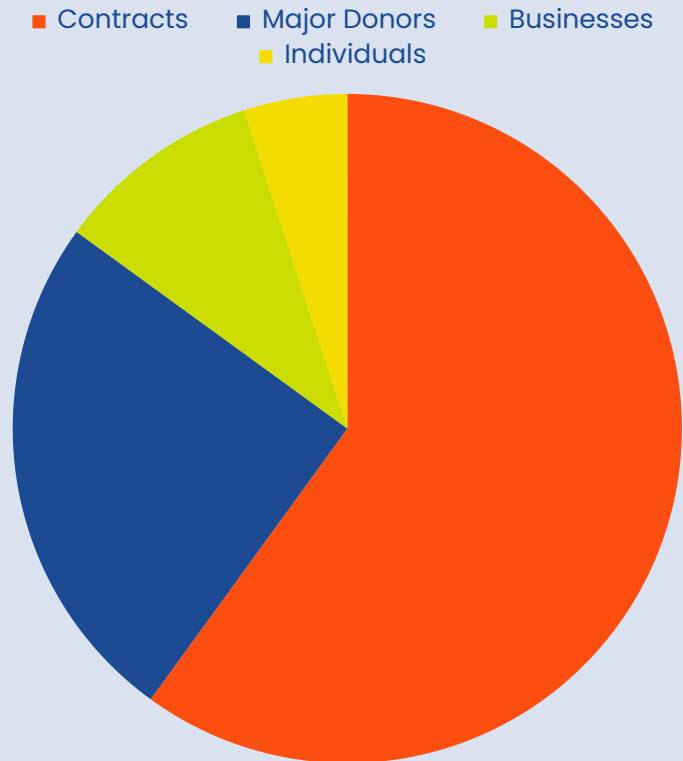
LaToya Mathews
Treasurer

Lakesha Oliver
Board Member

Rashida Edens
Board Member

Our 2023 Finances

Contracts – 60%
Major Donors – 25%
Businesses – 10%
Individuals – 5%



How can YOU Sow a Seed?

Consider Becoming
a Donor!

We cannot do this important work alone. We rely on the generosity and support of individuals like you to make a lasting impact in the lives of these young men and women. Your donation will directly contribute to providing essential resources, such as educational materials, counseling sessions, and life skills workshops, that are crucial in helping them overcome their past and build a better future.

If you would like to contribute to our cause, please visit our website at www.unashamedinc.org to donate, or you may mail a check payable to:

Unashamed Inc.
505 Main Street
Middletown, CT 06457

Every contribution, no matter the size, makes a significant difference in the lives of those we serve.

Every Youth Needs Hope!



Impact Stories

"It's hard to put into words just how special Unashamed, Inc and their Seeds of Hope project truly is. I didn't have the funds to hire anyone to help me track down my birth parents. But when the Seeds of Hope opportunity came to me in a fortunate turn of events, my birth parents were found and contacted in less than three weeks. It has been a truly incredible experience, and I am so thankful that a company like this exists to not only help adoptees find their birth families but to have their backs and provide reliable, trustworthy people and resources that make it a seamless experience. If I'm ever a millionaire I'm throwing money at this because it is truly LIFE CHANGING help that they are providing for a group of people (adoptees) who are oftentimes overlooked."

- Christy Williams

"Unashamed Inc is amazing. I met them through the Imagine Me program and they helped me in so many ways. They will always be a part of my success because they helped me believe in myself, I now know I can do it."

- Jazzy



Making a difference in the lives of our youth.

"Me and my three children were in a domestic violence shelter, going through a really tough year. Finally, we were able to find a new home, but we had nothing because we had to leave everything behind. I wanted my kids to feel excited about our fresh start and our new home, to be positive and hopeful. I had no support and didn't know where to turn. When I reached out to Unashamed and shared my story, they were incredibly open and willing to help, without any hesitation. It was like a breath of fresh air to finally receive some assistance and to know that someone actually cared. Everywhere else I turned, I was getting the runaround and feeling so alone. Their help made a huge impact on our new journey, and my kids' eyes lit up when they saw their new room and the cool bunk bed. I am incredibly grateful for the generosity of Unashamed Inc. They were the light in the darkness I was going through."

- QC





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