



Good Beginnings' goal is to give every family a healthy start by providing parents with hands-on services at a critical time in their lives. Trained volunteers visit families who are expecting or have newborns, for three months following the birth of their baby.

"Helping local families with new babies."



Good Beginnings
of the Upper Valley

PO Box 5054
West Lebanon, NH 03784

603-298-9524
802-222-5787

GIVE ONLINE!

www.goodbeginnings.net/uppervalley

"Ann was an incredible friend and helper for the months she was with me. She became like a family member to me. Thank you so much for providing this incredible service!"

- Danielle Brabston from Vermont

Good
Beginnings
of the Upper Valley



You Make the Difference

Dear Friends,

It is an honor to serve as the President of the Board of Directors for Good Beginnings of the Upper Valley. The last year has made us reaffirm what is important in life and our organization remains committed to the values of community and family. We continue to assist local families with new babies, providing them with a healthy start and hands-on services at a critical time in their lives.

In the last year, Good Beginnings of the Upper Valley served 236 families throughout the region through our home visiting program, information and referral services, and emergency financial assistance. We are grateful to our seventy-five caring and dedicated volunteers who helped make this possible. We also sponsored our annual Dorothy Campion-Corcoran Lecture in the fall on a vitally important topic: sleep. Guest lecturer, Dr. Jodi Mindell, shared techniques to ensure that the whole family can sleep through the night. Good Beginnings strives to increase awareness about the critical issues in a family's and baby's life. We hope that you will join us next fall for another engaging subject – watch for details to come. Our new website is up and running and can provide you with this, and other news and happenings. Please visit us at www.goodbeginnings.net/uppervalley/ to explore opportunities to volunteer, donate online, or learn more about Good Beginnings of the Upper Valley.

We are proud of the services that we provide for so many, free of charge, and we thank those of you who help us do so. I hope that we can rely upon you again to meet the needs of our friends and neighbors with an annual gift to Good Beginnings of the Upper Valley. Your generosity will enable us to continue to establish a healthy foundation for local families and provide essential resources to those in need of guidance and support during such a demanding time in life. We are fortunate to live in a remarkable community, and know that it will only be stronger with our commitment and investment in young families with new babies.

Sincerely,



Linda G. McWilliams



“Most of all Good Beginnings allowed me to take a break, to have an adult conversation, and, of course, assured me I was on track as a parent.”

- George Hanna from New Hampshire

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Your generosity helps continue to provide a “good beginning” to families of the Upper Valley.



Give online at www.goodbeginnings.net/uppervalley
Checks payable to Good Beginnings of the Upper Valley.

Amount of Gift:

\$25

\$50

\$100

\$250

\$500

\$ _____

Donor Information (please print)

Name _____

Address _____

Phone Number _____

E-mail Address _____

We would be delighted to mail a card to an individual you wish to honor with a gift for either Mother's or Father's Day to let them know about your donation in their honor .

Would you like to send a:

Mother's Day Card?

Father's Day Card?

Information for Mother's or Father's Day Card (please print)

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Address _____

Phone Number _____