



**FAMILY
ACHIEVEMENT
FOUNDATION**

Building Community and Connection

Family Achievement Foundation

June 2026

Third Annual Parent/Caregiver Retreat Another Success

Family Achievement Foundation hosted its third annual Parent/Caregiver Retreat on Saturday, April 25. Held in Hudson, Wisconsin, at the home of Tom Hoel and Sarah Mason, founders of the organization, the retreat provided participants with respite, relaxation, and valuable resources.

With 16 attendees, the retreat fostered meaningful connections among parents and caregivers navigating challenging journeys. Attendee Molly stated, "The retreat was a gift. Thank you for creating an opportunity to slow down, reflect, restore, and connect."

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PARENT/CAREGIVER RETREAT CONTINUED FROM PG 01

The retreat successfully achieved its primary objectives:

- Provide opportunities for relaxation and connection with other parents and caregivers facing similar challenges.
- Treat participants as honored guests with chef-prepared meals, as well as opportunities for personal time and reflection.
- Offer valuable tools and resources through presentations from professionals specializing in supporting families of individuals with disabilities.
- Facilitate meaningful and enjoyable group activities.



The retreat was a meaningful weekend that embodied Family Achievement Foundation's mission of providing love, connections, and resources to families on a challenging journey. Thank you to the incredible parents and caregivers who participated, as well as the outstanding speakers and entertainers who helped create such a memorable experience.

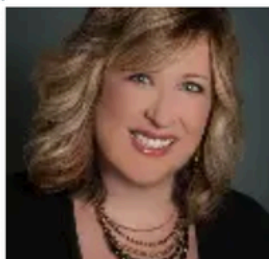
Thank You Speakers & Special Guests



Rachel Everson Fink,
CCC-SLP
Wellness & Self Care



Chef Manny
Saturday Night Dinner



Tahni Cullen
Quit Saving Your Now for
Later



Tom Hoel & Sarah Mason
Founders of Family
Achievement Foundation



We Rock the Spectrum Family Meetup

Family Achievement Foundation hosted a free family meetup at We Rock the Spectrum in Eagan last month. Over 60 people joined in the fun at this inclusive, all-abilities indoor play space. Caregivers and parents were able to connect while supervising their children on the play equipment, which included swings, slides, ziplines, and more.



We Rock The Spectrum[®]
KID'S GYM
For All Kids - Eagan



To help us continue our mission, please consider donating to our 501(c)(3) nonprofit at <https://familyachievementfoundation.org/donate/>

Peer-to-Peer Support Program

Connect with other families who are raising children with special needs or challenging medical diagnoses to share advice and experiences. We're here to help build relationships within a community that understands.

Our next Peer-to-Peer Support Group is launching this fall. Join us for our **kickoff informational meeting on Wednesday, September 16th at 7 PM**. Register by filling out the form below or emailing peersupport@familyachieve.org. The peer-to-peer support program will then continue with pairs or small groups of families who share similar dynamics, challenges, and/or diagnoses, connected through the Family Achievement Foundation for those that continue to be interested. Sign up by September 4th, 2026.

To participate or get more information, email peersupport@familyachieve.org or fill out the form below by scanning the QR code.



Join Family Achievement Foundation's online closed group for parents/caregivers on Facebook!



Family Achievement Center's Move to Your Own Groove

ALL ABILITIES RUN, WALK & ROLL

Sunday, September 13th

Colby Lake Park

Woodbury

9:30 AM

Register: FACMTYOG8.eventbrite.com

All proceeds from
Move to Your Own
Groove will be
donated to Family
Achievement
Foundation!



MOVE TO YOUR OWN GROOVE SPONSORS



| CHICK-FIL-A | CEMSTONE | HOPEGROVE |
| MONARCH LEARNING & ATTENTION CENTER | CITY & COUNTY CREDIT UNION |
| SJOBERG & TEBELIUS | LEARNING RX | ANNA ELDER HOMES

If you or your business are interested in a sponsorship, please contact
kgavin@familyachievement.com or learn more by visiting:
<https://familyachievement.com/move-to-your-own-groove-sponsorship/>



Upcoming Family Achievement Foundation Events

Free Caregiver Education Event

Navigating Your Child's Individualized Education Plan (IEP)

Wednesday, August 19th

Virtual on Zoom

6:30-7:30 PM

Email info@familyachieve.org to register

Free Family Meetup- Colby Lake Park

Stay & Play after Move to Your Own Groove

Sunday, September 13th

Colby Lake Park

No Registration Required

Free Family Meetup- HopeGrove

Nature Based Outdoor Play Meetup

Saturday, October 10th

1:00-3:30 PM

Hudson, WI

Email info@familyachieve.org to register- Space is limited to 30 people

Upcoming Family Achievement Foundation Events

Free Caregiver Education Event

Sleep Education for the Family

Tuesday, October 20th

Virtual on Zoom

6:30-7:30 PM

Email info@familyachieve.org to register

Free Family Movie Meetup

Woodbury 10 Theater

Saturday, November 10th

12:00 PM

Movie TBD

Email info@familyachieve.org to register

Follow Family Achievement Foundation on Social Media





Journey Award Recipients

Congratulations to Erica, who was recently awarded Family Achievement Foundation's Journey Award. Her nomination was submitted by her friend who states "Erica's parenting journey is one of resilience, courage, and forward momentum in the face of real and ongoing challenges. As a mother of three young children, she is navigating an active immigration case while also pursuing a degree in social work and running her own auto body shop in a male-dominated industry. She is raising the next generation with intention—instilling strength, possibility, and vision in her children—while actively working to create a more stable and empowered future for her family. Despite the weight she carries, Erica continues to lead with determination and love, demonstrating what it means to build something better not just for herself, but for her children and her community."

Congratulations Erica!



Congratulations to Sarah, who was nominated by her friend for Family Achievement Foundation's Journey Award. "Sarah is the Mom to Max and Owen. Max has an exceptionally rare degenerative disease called Pantothenate kinase-associated neurodegeneration (PKAN). Sarah has been an incredible advocate to raise funding and awareness for PKAN research. She has also played a very important role in supporting other families who have children who have PKAN and other rare neurological diseases.

On top of caring for her own family, she has been a strong advocate to raise money and awareness for PKAN research. She also coordinates support for fellow PKAN families. I am so inspired by her love and dedication to her family and so many other families who love someone with PKAN. Sarah deserves to be seen and honored for how she cares for so many people."

Congratulations Sarah!



The Journey Award

The Journey Award was created with the hope of touching a parent on a challenging journey. While they may not see what they are doing as special because they love their children, those around them see the caretaking, tireless advocacy, and unconditional love for their children. The individuals selected will receive a \$500 check, a custom-made heart stone, and an award certificate explaining why they were nominated!

To nominate a deserving parent or caregiver for the Journey Award visit:
<https://familyachievementfoundation.org/journey-award/>

All About Me Profile

Introducing your child to new teachers and caregivers can be challenging for both the parents and the child. Every child has unique interests, strengths, and needs. Parents/caregivers often need a simple and effective way to communicate that information to their child's teacher at the start of the school year or a new PCA/babysitter anytime throughout the year. Family Achievement Foundation's All About Me profile can help make this easier for everyone involved!

An "All About Me" profile is a great way to introduce your child to their teacher(s), therapists, other caregivers and/or any other professionals that will be working with them. It can be used when your child enters a new grade, moves to a new school, or is preparing for a big transition. The document is a great summary of your child's needs, safety considerations and medical information.

This profile will allow you to drive the narrative for your child. It will include all the important things you think your child's team should know and is a great way to open the lines of communication between you and your child's team. This is a great tool for teachers and care providers to reference all year long! You can fill this out as the parent/caregiver or you and/or your child can fill out together.

ALL ABOUT ME

Create an *All About Me* page for your child by visiting our website!



Family Achievement Foundation

About Me

Hi, I'm Abby
I am 7 years old

I HAVE
Down Syndrome
Asthma
Epilepsy

Medications:

- List medication and dosage here
- List medication and dosage here
- Epi Pen

Allergies

- Eggs

Speaking ☒ **Non-speaking** ☐

- I use Verbal communication, Sign Language and my AAC Device

Mom: Andrea
mom@youremail.com
085-598-7734

Dad: Thomas
dad@youremail.com
085-598-7734

Other Caregivers: Grandma- Tami
PCAs- Emily, Sophie

ABOUT ME:

I have a two younger brothers named Joey & Evan. I have a dog named Beau & a cat named Bear. I live in Duluth, MN. I love to go on walks with my mom. My favorite things to do are Miracle League Baseball and Darby's Dancers. I love to watch Bluey and Disney Movies. Frozen and Moana are my favorite.

I HAVE DIFFICULTY WITH:

- Sitting still at a table
- Trying new foods
- Jumping and doing stairs
- loud places
- sitting & being patient

THINGS THAT HELP ME:

- Visual Schedules
- Calm Voices
- Quiet Spaces when I need a break!
- Big hugs from familiar people
- Being patient with me

I AM REALLY GOOD AT:

- In a book and doing simple puzzles.

familyachievementfoundation.org/resources/about-me-tool/



Make your own "All About Me Profile" by visiting
<https://familyachievementfoundation.org/resources/about-me-tool/>