

HARMONY AT HOME

*Healing Trauma. Ending Abuse. Building Families*

# Nurturing Bonds EXPANDING Our Reach

CELEBRATING **20** YEARS

ANNUAL REPORT  
2024-2025



HARMONY AT HOME

*Healing Trauma. Ending Abuse. Building Families*

## **Our Mission**

Harmony At Home strives to end the cycles of violence and abuse by empowering children, young adults, and their families with the skills and confidence to lead healthy, productive lives.



## A NOTE FROM PRESIDENT/CEO – *Julianne Leavy*



August 2025

Dear Friends of Harmony At Home,

***Harmony At Home has an established impact throughout Monterey County that is being recognized and acknowledged for long term, systemic change.***

Savannah, pictured with baby Grace, started her journey of recovery with Harmony At Home almost 20 years ago. Today she is a mom of a beautiful and healthy little girl and has broken the cycles of abuse, poverty and addiction. Just one story amongst the 1000s that we could tell.

In this report, you will enjoy the fruits of our labor as you read about the impact we have had through not only Monterey County but our early impact in San Benito and San Luis Obispo Counties. You will hear stories from incredible people who have supported Harmony At Home for years and who recognize the impact. You will hear from a client, like Savannah, who will share her story of healing.

We continue to be honored and grateful for the collaborative partnerships we enjoy throughout our County. Monterey County has a unique community spirit with non-profits, education, government and business that has led to a significant reduction in violence over these past 16 years.

***Thank you to our partners for participating in this collaborative spirit which is serving our community in a holistic and comprehensive manner. This is a model of prevention and early intervention which is breaking generational patterns.***

We continue to move forward in our partnership with San Luis Obispo County. We have secured fantastic counselors for this expansion and are looking forward to continuing our growth with our partner to the South.

2024-2025 has been another year of growth and expansion as our community continues to recognize the positive impact we are making. We continue to build our diverse team of highly competent young professionals who are leading our organization into the future with new and innovative technologies. We continue to have strong Board leadership which contributes to the successful governance and oversight of the organization.

***The heart of Harmony At Home continues from the day we were founded in 2004, with the same level of passion, drive and dedication to ending the cycles of violence and abuse for children and families.***

With Gratitude,

A handwritten signature in blue ink that reads "Julianne".

Julianne Leavy  
President/CEO



CELEBRATING **20** YEARS



## LETTER FROM OUR BOARD PRESIDENT – *José A. Arreola*



Dear Friends and Donors,

My name is Jose A. Arreola, and I've had the honor of serving as Board President for Harmony At Home over the past year. As someone who has dedicated more than two and a half decades to education, youth development, and violence prevention, I consider it a true privilege to lead and support an organization that is so deeply rooted in healing, prevention, and empowerment.

Harmony At Home has continued to meet children and families where they are—offering care, compassion, and services that make a real difference. Whether it's through school-based counseling, family support programs, or bullying prevention, the work being done is powerful and personal. Our programming is being done at scale that is having a positive County wide and regional impact. It is work that reflects the needs of our community, and more importantly, it uplifts our community's strengths.

As someone who has spent years walking alongside families facing complex challenges, I see firsthand the value of culturally responsive, trauma-informed care. Harmony At Home offers exactly that. I am inspired daily by our dedicated CEO, the leadership team, and every staff member who shows up for our youth—not just with skills, but with heart.

To our supporters, funders, partners, and allies: thank you! Your belief and investment in our work fuels life changing positive impact; I am proud to serve, and proud of what we have accomplished together.

With deep gratitude, on behalf of the board, thank you for your support!

A handwritten signature in black ink that reads 'Jose Arreola'.

José A. Arreola  
President, Harmony At Home Board of Directors



CELEBRATING **20** YEARS

# HARMONY AT HOME BOARD OF DIRECTORS 2024-2025

## EXECUTIVE DIRECTORS



**José A. Arreola**  
PRESIDENT  
Assistant to the City Manager,  
City of Salinas Director,  
Community Alliance for  
Safety and Peace



**Mike Leavy**  
PAST PRESIDENT  
Integris Wealth  
Management, LLC



**Leslie Finnegan**  
VICE PRESIDENT  
Noland, Hamerly,  
Etienne & Hoss



**Ignacio Escamilla**  
TREASURER  
Skeehan & Company



**Marlo Schalesky**  
SECRETARY  
Author and Executive Director,  
Wonderwood Ranch

## DIRECTORS



**Susan Prest**  
National Healthcare Executive  
Psychiatry and Addictions  
Medicine (Rtd.)



**Fran Mosher**  
Human Resources  
Executive (Rtd.)



**Fernanda Ocana**  
Manager  
Central Coast Community  
Energy



**Gabriel Ramirez**  
Therapist  
Rebekah Children's Services



**Heidi A. Quinn**  
Noland, Hamerly, Etienne & Hoss



**Hon. Larry Hayes**  
Retired Judge



**Lovina Worick**  
Owner  
Financial Sorting



**Carol Kolb**  
(CLA) CliftonLarsonAllen LLP



**Jan Vanderbilt**  
Vanderbilt CPAs



**Dr. Joseph Greene**  
Child & Adolescent  
Psychiatrist (Rtd.)



# THE HARMONY AT HOME TEAM

## EXECUTIVE TEAM



**Joaquin Hernandez**  
Director of Operations



**Claudia Fernandez**  
HR & Administrative  
Services Manager



**Daisy Cruz**  
Executive Assistant

## PROGRAM MANAGERS



**Lorena Rodriguez**  
Counseling Programs  
Manager



**Julie Mendaro**  
Bullying Prevention  
Manager



**Sandra Mendoza**  
Family First Program  
Manager

## ADMINISTRATIVE TEAM



**Daniela Anaya**  
Community Liaison



**Vanessa Ramirez**  
Children 1st Lead  
& Administrative  
Assistant



**Brenda Alfaro**  
Counseling Program  
Assistant



**Serena Palacios**  
Administrative  
Assistant



# FINANCIALS & DEMOGRAPHICS

## DEMOGRAPHICS

<b>56%</b>	Salinas
<b>15%</b>	South Monterey County
<b>8%</b>	Monterey Peninsula
<b>15%</b>	North Monterey County
<b>6%</b>	San Luis Obispo County

<b>76%</b>	Hispanic/Latino
<b>15%</b>	White
<b>4%</b>	Multiracial (Individuals that identify as two or more races)
<b>2%</b>	Asian
<b>2%</b>	Black
<b>1%</b>	Native American Indian, Indigenous peoples, or Alaska Native
<b>&lt;1%</b>	Native Hawaiian or Other Pacific Islander

## HARMONY AT HOME

### Revenue & Expenses – July 2024 through June 2025

#### REVENUE

Program Service Revenue	\$2,497,442
Grants	1,598,211
Contributions	272,428
Other Revenue	63,897

**Total Revenue** **\$4,431,978**



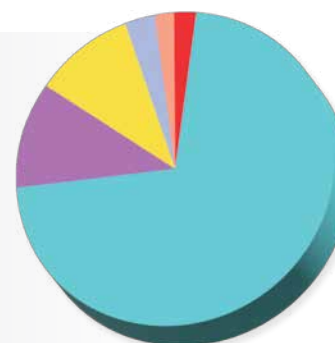
Revenue By Account

#### EXPENSE

Employee Wages	\$3,094,167
Employment Costs	453,334
General & Administrative	436,766
Fundraising Expense	118,846
Occupancy Costs	90,365
Program and Board Development	101,097

**Total Expense** **\$4,294,575**

**Excess of Revenue over Expenses** **\$137,403**



Expenses By Account

#### NOTES ON THE P&L FOR 24-25 FISCAL YEAR

The excess of revenue over expense for the 2024-2025 fiscal year is primarily a result of grants received to be expensed in the following fiscal year.





## Sticks & Stones® COUNSELING PROGRAMS

Sticks & Stones® school-based counseling program targets children and youth who have experienced trauma and are exhibiting concerning behaviors where trauma may negatively impact overall functioning. The program uses evidence-based cognitive behavioral strategies to best address the trauma they may be holding, which, if not addressed, can not only negatively impact learning opportunities but also social and emotional functioning.

HAH continues to be known as a training organization that serves as an internship placement for many graduate students. HAH is an employer of choice and provides paid internships and a strong clinical supervision team for interns. This shows our commitment to providing exceptional services to the clients and the strong mental health workforce HAH is helping to build within the counties that we serve. Retention is at a 74% rate and additional full time positions for counselors were open, setting the tone for more impact in the new academic year.

## Alum Corner

### MICHAEL OLIVER, UC BERKELEY

“Harmony At Home assisted me during the hardest time of my life—senior year of high school—full of social clicks, college applications, and for me a change in my personal life. It’s a program I could just go into and let all my emotions out, which is critical for a teenager. The Sticks & Stones® therapist did group sessions for us all to get to know each other and speak through our hardships. I would’ve loved to bring this with me to UC Berkeley, however now I know what an exceptional therapy program looks like after being with Harmony At Home, and I’ll never let my standards down after my experience!”



### STICKS & STONES® HIGHLIGHTS

STICKS & STONES® School-Based Counseling placed dedicated mental health counselors in:

- ✿ **17** School Districts including San Luis Obispo
- ✿ **50** Schools
- ✿ **9,960** Therapeutic sessions
- ✿ **1,053** Students
- ✿ **75%** Maintained or improved their social and emotional wellness







## Family First

Harmony At Home's Family First program was marked by numerous success stories, significant accomplishments, and meaningful breakthroughs. Supporting the entire young family represents a major milestone in the dedication to the well-being of young parents across Monterey County. This effort has greatly enhanced understanding of the vital role

that not only young mothers, but also fathers and guardians play in empowering the next generation.

The Family First program serves mothers, fathers, and guardians ages 13–25 who have not yet completed high school. Through a comprehensive model of individual and peer-based support, participants are provided with the tools and confidence to navigate both their educational journey and the responsibilities of parenthood. Support areas include academic advancement, parenting skills, and tailored resources to meet each participant's unique needs.

Family First served 108 young mothers and 16 young fathers, through 1,102 individual support meetings, 12 group sessions, and over 700 diaper and baby essential deliveries by dedicated Case Advocates. Individual and group gatherings focused on addressing a wide range of goals—from earning a high school diploma or GED to pursuing college, vocational training, or stable employment. These interactions were instrumental in reducing barriers to self-sufficiency and long-term success. Family First works with services integrated into schools like the Boys & Girls Clubs, Rancho Cielo, and other youth-serving organizations.

*“I have learned to communicate with others and learn more about how to be a better parent.”*

— TEEN MOM



### FAMILY FIRST HIGHLIGHTS

-  **19** High school graduations
-  **7** Post-secondary education or training completions
-  **8** Successful program completions
-  **84%** Are enrolled in education institutes and on track for completion
-  **92%** Of participants' children met developmental milestones
-  **81%** Remained above crisis levels in self-sufficiency, including housing security
-  **96%** Reported “The Family First Program has helped me improve parenting skills and learn more about child development.”

## Bullying Prevention

The Harmony At Home Bullying Prevention Program (HAHBPP) continues to serve as a vital resource for schools across Monterey County, focusing on education, intervention, and advocacy related to bullying prevention. For the 2024–2025 academic year, the program emphasized collaboration, empowered student voice, and promoted inclusive school climates through targeted awareness events, classroom-based support, and parent engagement.

Through strategic partnerships and community events, our team made measurable progress in reducing the stigma surrounding bullying and in promoting a culture rooted in empathy, safety, and respect.

### PROGRAM HIGHLIGHTS

#### Bullying Prevention and Trauma-Informed Classrooms reached:

- ✿ 30 Schools
- ✿ 11 Districts
- ✿ 21,000 Students, Teachers, Faculty, and Parents
- ✿ 565 Teachers/School Staff, as a result:
  - 10,400 Students reported a noticeable decrease in bullying behaviors
  - Improved school climate

*“The check-ins have made a big difference in my everyday life.”*

— 7TH GRADE STUDENT



### COMMUNITY IMPACT:

The annual Pink Shirt Day campaign, which united schools, families, and community partners across Monterey County, in raising awareness for bullying prevention and kindness. The celebration at Northridge Mall grew by over 20%, with more than 30 community agencies participating. As a result of this event's impact, the Mayor of Salinas proclaimed February 28, 2025, as Pink Shirt Day, recognizing the growing reach of the Bullying Prevention efforts county-wide.

Contributions to the Rainbow Connections initiative focused on building inclusive environments that uplift and affirm LGBTQIA+ youth. These efforts not only increased visibility and support, but also promoted a broader culture of acceptance, belonging, and dignity for all students.





## PROGRAM IMPACT

By focusing on bystander empowerment, inclusive dialogue, and cross-sector collaboration, the Bullying Prevention Program has contributed to:

- ✿ Increased student confidence in identifying and reporting bullying
- ✿ Enhanced peer support and allyship within classrooms
- ✿ Improved school climate and sense of belonging
- ✿ Greater parental awareness of bullying dynamics and available resources

*“Muchas gracias por la presentación, estuvo muy informativa y me siento más preparada para poder ayudar a mi hijo contra el acoso escolar.”*

—PADRE DE ESCUELA SECUNDARIA

*“Thank you so much for the presentation, it was very informative and I feel better prepared to support my son with bullying at school.”*

— MIDDLE SCHOOL PARENT

## A NOTE FROM OUR COMMUNITY LIAISON



“ This past year, I’ve witnessed the incredible ways Harmony At Home strengthens our community — from empowering students with tools for emotional growth to helping families create safe, loving homes. I am constantly inspired by the courage of those we serve and the dedication

of our team, who show up every day to break cycles of violence. Every workshop, every conversation, and every act of support plants seeds of healing and resilience. I’m proud to be part of a team that meets people where they are and works alongside them to build a safer, healthier, and more connected future. ”

Daniela Anaya  
Community Liaison for Harmony At Home



## Children 1st

Children 1st is a co-parenting Education Program for Divorcing and Separating Families. For most children, the most challenging aspect of the divorce process is the ongoing, unresolved conflict that often results from how parents cope with the pain of separation or respond to each other's behavior. The Children 1st program is specifically designed to address these challenges.

Data shows that the leading reason students are referred to our counseling programs is due to parental separation and the trauma associated with the disruption of key relationships.

After funding from the Heal Together Grant through the Hospice Giving Foundation concluded, Harmony At Home's Children 1st shifted from being primarily a group-based model to providing more individualized support. Children 1st continues to collaborate with schools across Monterey County to offer classes to parents of referred students. Instructors work with mothers, fathers, and children, either in person or virtually, adapting to whatever format best suits each family's needs.

*“Being a teen mom empowers me to be a success for me and for my child.”*

— TEEN MOM



### PROGRAM HIGHLIGHTS

- ✿ 63 Parents
- ✿ 32 Children
- ✿ 85% Reported improvement in the child's socio-emotional wellbeing



### Survey Results:

- ✿ 88% Better understanding of child development
- ✿ 91% Better understanding of their children's health needs
- ✿ 88% Better understanding of overall parenting skills

Over the past year, in partnership with schools in Salinas, Seaside, and Fresno, Children 1st served 63 parents and their 32 children, offering a series of ongoing classes featuring culturally responsive instruction, Spanish-speaking educators, and thoughtful referral coordination. The program started the process of creating support groups for mothers and fathers who have completed the program for ongoing peer led connection and conversation. Children 1st hosted 4 group sessions for MPUSD and will add more school districts. Upon completion of the program, participants received a certificate of completion, which is officially recognized by the Monterey County court as a certified parenting course.

Children 1st has just begun its growth into Fresno County with hopes to continue expanding throughout California.



# OUR LEGACY CIRCLE

Our Legacy Circle includes individuals, families, foundations, and donor advised funds, and charitable trusts who have given Harmony At Home at least \$20,000, or whom we know have included Harmony At Home in their estate plan.

## DONOR ADVISED FUNDS

### *At Community Foundation for Monterey County:*

Rick and Tonya Antle Fund  
Valera Whitford Lyles Fund  
Doolittle Fund  
Lenore and Dale Meyer Fund  
Lehman Family Fund  
Overett Family Fund

Julie Kadis, donor advisor to the  
Leslie B. Kadis, MD & Ruth  
McClendon Foundation Fund  
Timothy K. Allen, donor advisor to  
the Carmel Gives Fund

## FAMILY AND INDIVIDUALS

Mary Kay Acquazzino  
Kathy and Don Bauer  
Trudy Bohland\*  
Margaret D'Arrigo  
Liz and Bruce Dini  
Leslie and Tony Finnegan  
Fred and Margaret Goldsmith  
Roberta and Lou\* Huntington  
Debbie Juran  
Celine and Robert Kahn  
Marsha Kelly  
Julianne Leavy and Charles Knight  
Michael Leavy and Susan Galvin  
Zad\* and Laela Leavy  
Patricia McDermott  
Susan Knight Pearson  
Scott Sheffield  
Susan Prest and  
Allen Sherwood\* USN  
Jill and Jim Sleeper  
Ben Trainer  
Reid\* and Karen\* Woodward

## FOUNDATIONS AND ORGANIZATIONS

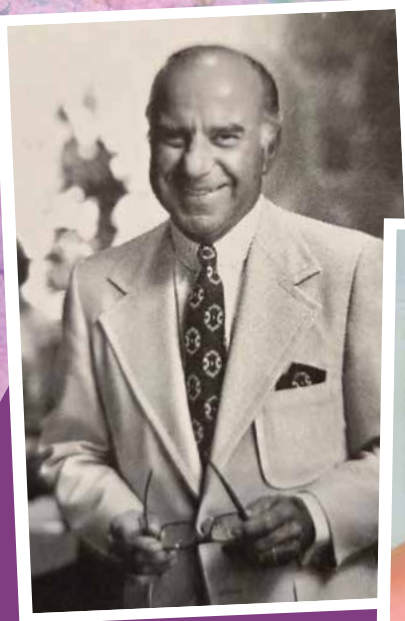
AAML Foundation  
ACTION Council  
Andrew and Phyllis D'Arrigo Foundation  
Barnet Segal Charitable Trust  
Carmel-By-The-Sea Rotary Club  
Central California Alliance on Health  
Charles D. and Mary A. Bauer Foundation  
Chick-fil-A, Inc.  
Community Foundation for Monterey County  
Harden Foundation  
Hospice Giving Foundation - Heal Together Collaborative  
Leavy, Galvin, Knight Family Foundation  
Montage Health  
Monterey Peninsula Foundation  
Nancy Buck Ransom Foundation

Nancy Eccles and Homer M. Hayward Family Foundation  
Pebble Beach Company Foundation  
Rainbow Connections Monterey County  
Ralph Knox Foundation  
RBC  
Salinas Valley Health  
Sally Hughes Church Foundation  
Tanimura Family Foundation  
Taylor Farms  
The Ann Jackson Family Foundation  
The Northern Trust Company  
Vanderbilt CPAs  
William H. and Patricia M. Smith Foundation  
Woolpert Foundation  
Yellow Brick Road



*Susan Prest*

*\*in memoriam*



Hank Meyer



Lenore Meyer

*Determination*

*Inspiration . . .*

*will wake you in the night.*

*Evaluation . . .*

*will see it in the light.*

*Creation . . .*

*will lift it to a higher class.*

*Determination . . .*

*will make it come to pass!*

—Lenore Meyer

## DALE MEYER'S INSPIRING AND SPIRITED CONNECTION to her parents and this community

Dale Meyer's parents' motto was to "give where you live." She has proudly carried on that legacy of charitable giving through the years, honoring her parents, while also forging her own paths.

At just two years old, Dale told her parents, Hank and Lenore, how much she appreciated and admired them. "I've always strived to uphold the values, compassion, integrity, and courage that my parents so inspired," said Dale.

As a child, and into her late teens, Dale pursued her passion as a ballet dancer, studying in New York, performing on stage in South Florida, as well as a ballet performance on the Jackie Gleason Christmas show.

She subsequently graduated from Miami-Dade Community College and the University of Miami. After working at two Miami television stations, she joined Hank Meyer Associates public relations firm, and eventually became Vice Chairman.

Dale's late father Hank was legendary in the field of public relations in South Florida. In fact, they called him "Mr. Miami Beach," and named a boulevard after him. He was instrumental in bringing over 60 television shows to Miami Beach in the 1950s and 60s, including Jackie Gleason, Arthur Godfrey, Mike Douglas, and Jack Paar.

Dale's late mother Lenore was a speech and drama teacher, and later became an accomplished sculptor and insightful poet. Some of Lenore's poems have been featured at Harmony At Home's luncheon events, as well as in recent annual reports.

"'Harmony' was one of my mother's favorite words, representing a state of balance and inner peace...acknowledging that although life can be complex, to stay true to one's ideals," Dale said. "Harmony is how musicians use sounds to tell stories and evoke emotions. To me, that is the essence of what my mother's poems reflect, in words."

Creativity ran deeply in the Meyer family—and they used it for good. Lenore's sculptures were inspired by the doodle drawings Hank would often sketch during his creative processes and problem-solving.



*“I’ve always strived to uphold the values, compassion, integrity, and courage that my parents so inspired”*

—DALE MEYER



Various sculptures by Lenore, from Hank’s doodle drawings have been donated to medical centers and educational institutions, including: Montage Health, Monterey Peninsula College, Stevenson School, El Camino Health, and Cedars-Sinai Medical Center.

Dale also displayed her own artistic talents in creating one-of-a-kind couture necklaces which were featured in fine jewelry stores, retail stores, and luxury hotels in Florida and California. With her jewelry designs, she would also stage “trunk shows,” where a portion of the proceeds from the events were donated to various charitable organizations.

Through her donor advised grant recommendations to the Community Foundation for Monterey County, from the Lenore and Dale Meyer Fund, Dale says she focuses primarily on the areas of human services, medical, education, the environment, the arts, and animal welfare.

In 2020, Dale became paralyzed in her right leg with a neuroinflammatory disorder, but that has not impeded her from her connection to this community, and making a meaningful impact through her philanthropy. “In the past five years, I’ve learned to take every day, literally, a step-at-a-time — with perseverance and determination, in my journey to walking again,” she said. “My caregivers Elva and Eddie bring me such joy and inspiration also.”

Dale added that “it has been wonderful to get to know Julianne and Mike Leavy, and their vision and dedication to Harmony At Home, which plays such a meaningful role in helping children and families to lead healthy and productive lives.”



Dale Meyer

## A NOTE OF GRATITUDE FROM OUR CEO

“The first time Dale and I spoke, we knew we were kindred spirits! Our lives overlap in so many areas and we share a common passion for the well-being of others. I was so moved by the history of Dale’s family and their inspiring philanthropic focus in the areas of medicine, the arts, education, human services, animal welfare and the environment. The creativity and vision that this special family has is truly astounding.

We are honored to have Dale as part of our Legacy Circle with her generous support for the work Harmony At Home is doing to uplift children, youth and families.



Julianne Leavy  
President/CEO





## THE POWER OF GIVING

### A love story turns to impactful results



This is a love story. Some call it chance, others may call it fate.

After a breakup, a girls' trip from San Francisco to Monterey has unexpected results. Girl meets boy and the rest is history.

This love story belongs to Tony and Leslie Finnegan, pictured here, who met by chance in the mid 90s and held on to a long-distance relationship. They married in 1999 after Leslie moved to Monterey.

Leslie and Tony have a son, Sam (23) and a daughter, Maggie (34) along with two grandchildren, Juniper and Wren (8 and 5). The Finnegans came to know Harmony At Home through its CEO, Julianne Leavy.

What many don't know is that Leslie moved to California after college in 1984 because "I always thought California was the best place to live." She held various jobs from housekeeper to consignment store clerk to running a day care in a fitness center. In 1985, Leslie attended UC Law San Francisco, where she earned her Juris Doctorate in Law in 1988. For five years, she practiced law and then she took a break to study and teach Iyengar Yoga.

Tony served Monterey County as a juvenile probation officer for over 23 years. "I enjoyed my job because I got to work with young people at a time in their lives that allowed for change and positive outcomes," he said. Retired now, he volunteers for iHELP, CASA, the Juvenile Justice Commission, and other community organizations.

For Tony, life was not easy. He was raised by a single mom, and family troubles led to him dropping out of high school. Fortunately, Tony found good programs and mentors along the

way to help him get back on track. The work Harmony At Home (HAH) delivers hits close to home for Tony.

"Harmony At Home was in our tool kit for probation – it is efficient and effective," said Tony. "It's easier to help a kid through prevention, the impact is larger, and at a lesser cost."

*"Harmony At Home is developing the leaders of tomorrow."*

—TONY FINNEGAN

Leslie has been practicing law with Noland, Hamerly, Etienne & Hoss for the last 25 years. She wanted to give back to our community and learn more about HAH, and she inquired about joining the HAH Board. That was back in 2016.

"Serving on the HAH Board has been a great experience," Leslie said. "It is an easy board to be a part of with a wonderful group of people in a variety of disciplines."

The Finnegans are supporters to HAH in many ways. They are volunteers, sponsors, and part of the organization's Legacy Circle.

"I love the mission of HAH and how passionate everyone is, from the staff, interns, volunteers, and Board," said Leslie. "There is a great model in place that is helping kids directly and that is sustainable for years to come."

The pair is proud to see so many kids, turned adults, come back to HAH to share their stories. "There is a collaborative spirit," said Tony. "HAH is developing the leaders of tomorrow."

Leslie could not agree more and is proud to be a part of it all. "One of the most recent additions to HAH services is a program for teen fathers in our community – a group that is typically overlooked. The work HAH does with these young dads is life changing," she said.



## A FULL CIRCLE MOMENT

### Serena goes from dysfunction to endless possibilities

Just a few months ago, Serena Palacios, 24, joined the Harmony At Home team as an office assistant. Working there has been one of her goals for many years.

"I always told my girlfriends in my support system that one day I'd like to work for Harmony At Home," she said. For her, this is a dream come true, and she could not be any happier to be in the place that, according to her, gave her life.

"If it wasn't for Harmony At Home and Sticks & Stones, I would have gone in a different direction," she said. "I am one example of how Harmony At Home is helping people – I am just one of these whose life they helped to mold."

At the tender age of five, Serena had already experienced mental and emotional abuse and trauma. She, an older sister, and her younger brother lived with parents who abused drugs and were in and out of prison. Their grandma could not stand having her grandchildren living in this way and gained custody of all three.

This was a turning point in their lives.

Serena began her 4th grade at Loma Vista Elementary, and she began to act up and slip on getting her homework done. She would often tell her teachers that she was not happy at home. This is when she was referred to the Sticks & Stones program provided by Harmony At Home.

"I found a place where I had people whom I could talk to about my feelings," she said.

Her brother and sister joined the program for a few years, and Serena continued through high school at North Salinas.

"It was like a sisterhood; counselors Gail and Betsy made a huge difference in making us all feel safe," she said.

She kept in touch with the counselors and with many of the girls in the group after high school. She decided to pick up work in retail for a few years and experienced her first romantic relationship.

*"I am one example of how  
Harmony At Home  
is helping people"*

— SERENA PALACIOS

"I experienced domestic violence in my very first relationship," she said. "I thought it was normal because that is what I remembered from my own parents acting the same way towards each other."

But her Harmony At Home support group was there to save her from that relationship and helped her to move on and to know that she deserved much better.

Today, she is independent and just moved into her own place in Marina. She loves having her independence: "I am prioritizing myself now."

She is looking forward to entering Monterey Peninsula College this fall as a marine biology major. She also enjoys counseling and thus hopes to, in the future, help youth who are going through challenges similar to those she encountered herself.

More good news. Both her parents, 44, have changed for the better. They both found new relationships and are living lives away from drugs. Serena stays in touch with them and is closest to her dad.

"Things are falling into place a little bit at a time," she said. "My parents have regrets but like my dad says, we need to enjoy the 'now' and not focus on the past."

She enjoys her life now and finds joy in reading, music, walks on the beach, hikes, and of course, time with family.



# Thank you to our generous supporters and donors

DONATIONS RECEIVED 7/1/2020 - 6/30/2025



HARMONY AT HOME

*Healing Trauma. Ending Abuse. Building Families*

## FOUNDATIONS AND CHARITABLE TRUSTS/FUNDS

AAML Northern California Chapter  
AAML Foundation  
Amazon Smile Foundation  
American Academy of Matrimonial Lawyers Foundation  
Arts Council for Monterey County  
Barnet Segal Charitable Trust  
Bethel Missionary Baptist Church  
Carmel Gives Fund  
Central California Alliance for Health

CFMC Employee Match  
Charities Aid Foundation America  
C/O CyberGrants LLC  
Charles D. and Mary A. Bauer Foundation  
Community Foundation for Monterey County  
DAF giving360  
Bohland Family Charitable Gift Fund  
Perocchi Family Trust  
Goodwill Central Coast  
Harden Foundation  
Heal Together Collaborative/Coastal Kids  
Jewish Community Federation & Endowment Fund  
Kahn Family Foundation  
Kiwanis Club of Monterey Foundation  
Leavy-Galvin-Knight Family Charitable Trust  
Mental Health Services Act - Prevention and Early Intervention  
Monterey County Department of Social Services - MCCAP CBGO Cares Act  
Monterey Peninsula Foundation  
Nancy Eccles and Homer M. Hayward Family Foundation  
Paypal Giving Fund  
Pebble Beach Company Foundation  
Richard W. Greenberg Foundation  
Rick and Tonya Antle Fund  
Salinas Valley Health  
Sally Hughes Church Foundation  
Tanimura Family Foundation  
Teichert Foundation  
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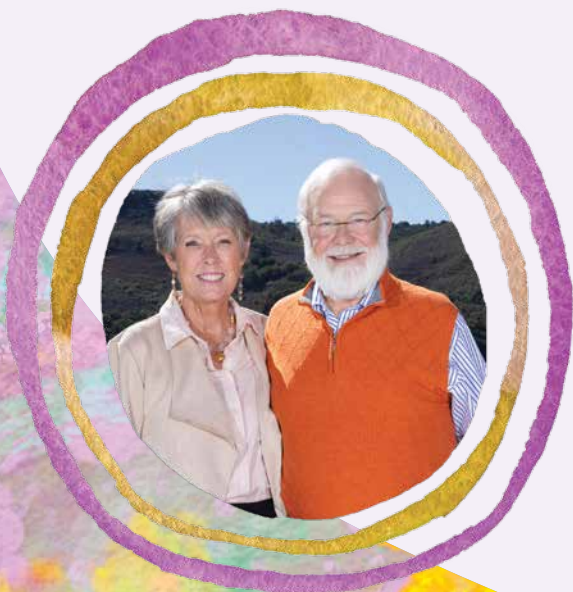
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*This donor list includes those who have actively supported Harmony At Home in recent years. Please call our office if a correction needs to be made.*



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*"I always told my girlfriends in my support system that one day I'd like to work for Harmony At Home," she said. For her, this is a dream come true, and she could not be any happier to be in the place that, according to her, gave her life.*

— SERENA PALACIOS



16TH ANNUAL LUNCHEON

# Nurturing Bonds EXPANDING Our Reach



Harmony At Home hosted its 16th Annual Luncheon at The Fairview at Laguna Seca Golf Ranch on October 18, 2024. The theme, *Nurturing Bonds. Expanding Our Reach*, was brought to life through an inspiring program that highlighted the power of community and connection. Guests heard from a panel of community partners and families that HAH has supported, with the highlight of the afternoon being a moving video that shared the story of young parents who benefited from the Family First program. This courageous family not only shared their journey in the video but also attended the luncheon, giving guests the opportunity to meet them and ask questions directly. Their presence was a powerful reminder of the impact Harmony At Home makes in the lives of families every day.

“Our luncheon is always a chance to celebrate the partnerships and stories that bring our mission to life,” said Director of Operations, Joaquin Hernandez. “Hearing directly from families who have overcome challenges with support from Harmony At Home reminds us why we do this work—it’s about healing, growth, and hope for the future.”

Harmony At Home appreciates all donors, supporters, school partners, and community partners who make the work meaningful and impactful.



*Speakers and guests*



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