

Dear National Family Development Credential (FDC) Community,

Yesterday's direct attack on democracy at the U.S. Capitol galvanized my commitment to upholding the true democratic foundation of our work. Please remember the opening words of the FDC text *Empowerment Skills for Family Workers* (Forest 1996; 2015):

*Within each person lies a bone-deep longing for freedom, safety, hope, self-respect, and the chance to make an important contribution to family, community, and the world. To live fully, we each need ways to express this powerful, natural longing.*

*Without healthy outlets, the desire for freedom turns into lawlessness, the need for safety and self-respect generates into violence. Without avenues to make an important contribution, hopelessness translates into dependency, depression, violence, substance abuse and other forms of self-abuse.*

*No government program or religious group can help people become self-reliant, contributing members of their communities unless it is built on an understanding of this powerful force inside each human heart.*

As we help our nations' most vulnerable families and communities, please keep yourself safe. Remember the Instructor Resources at National FDC website <http://www.familydevelopmentcredential.org/index.htm>

Our wise colleague Yasmina Vinci, Executive Director National Head Start, offers this [list of resources](#).

The National Family Development Team, Community, and I stand committed to help rebuild an America where all can respectfully bring divergent views yet work together to forge a healthy vibrant future for families, communities and the natural environment that sustains all.

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