



*14th annual*  
**Unsung Hero**  
**Awards**

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Recognizing extraordinary parents and caregivers in February, Parent Recognition Month

# Congratulations, unsung heroes!

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New Hampshire Children's Trust

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The Unsung Hero Awards is presented by



NEW HAMPSHIRE  
**Children's Trust**

New Hampshire chapter of  **Prevent Child Abuse  
America**

This year, the 14th annual Unsung Heroes  
are being celebrated virtually!

Follow us on social media and help us  
honor these amazing parents and caregivers!



## 14th Annual Unsung Hero Selection Committee

Brian Beals, MD FAAP, NH Children's Trust Board Member

Claudia Ferber, NH Children's Trust Board Member

Erin Maskwa, NH Children's Trust Board Member

Janice Fitzpatrick, NH Children's Trust Board Treasurer

Sooze Hodgson, MD FAAP, NH Children's Trust Board Member

Tina Holmes, WPPC Parent Representative & Parent Practitioner  
at the Family Resource Center of Northern NH

## 2021 Unsung Hero Honorees

Kate Abbott, *Rockingham County*  
Jason Bolton, *Hillsborough County*  
Christina Borrazas, *Hillsborough County*  
Laurie Brooks, *Coos County*  
Katherine Corrigan, *Coos County*  
Kristen Courtemanche, *Hillsborough County*  
James & Paula Duff, *Hillsborough County*  
Anna Hafner, *Strafford County*  
Stephanie Irish, *Grafton County*  
Sarah Jackson, *Carroll County*  
Carolyn Luongo, *Hillsborough County*  
Julie Ryan Malthers, *Coos County*  
Liz Marquis, *Coos County*  
Jeremiah & Kat Morris, *Coos County*  
Lisa Post, *Strafford County*  
Jillian Shoulla, *Sullivan County*  
Brett Souther, *Hillsborough County*  
Robin Witham, *Strafford County*

## Their Stories

**Kate Abbott** is a mother of three. She has worked with Families First in Portsmouth, NH for several years. Kate knows the importance of self-care and social connections. When faced with a challenge, she is resourceful and knows where to go to ask for help.

Kate has a natural way of connecting and offering support to others. She is quick to share new resources with other families facing similar situations. Kate's involved in parent-leadership opportunities and volunteers as a co-facilitator for groups. She has a calming presence and helps newcomers feel welcome.

Kate is passionate about advocating for her children and families. She is an inspiration to all and an incredible role model. Congratulations, Kate! It is our honor to recognize you as a 2021 Unsung Hero!

**Jason Bolton** is patient, resilient, and understanding in his role as a father. He is nothing but supportive of his children's needs—accepting and respecting them as they are.

Jason is an Unsung Hero to his own children and supports the families of his peers and their children. He brings the same patience and understanding no matter who he's caring for.

Jason has guided his children through challenging times with wisdom and grace. We're honored to celebrate such a deserving parent. Congratulations to Jason, a 2021 Unsung Hero!

**Christina Borrazas** was nominated by Waypoint NH in Manchester, NH. She works on building many protective factors to keep her family strong. Christina has the ability to bounce back from stress and is no stranger to asking for help when she needs it. She has continued to thrive during the COVID-19 pandemic. She attends virtual meetings with program specialists and never misses an appointment.

Christina shows an overwhelming amount of empathy for her child and his feelings. Each day she works hard to shower him with love and affection while supporting him in his development. Her engagement in her son's life is tremendous. She is always planning ahead and uses protective factors to keep her family strong.

Congratulations, Christina! It is our honor to recognize you as an Unsung Hero in 2021!

**Laurie Brooks** was nominated by Waypoint NH in Lancaster, NH. Laurie always works on building protective factors to keep her family strong. She has the ability to bounce back from stress and always prioritizes her son and his needs.

Laurie has worked diligently to create a strong support system for her family. She knows where to turn for help when she needs it and accepts and appreciates the support she's given, for she understands that children thrive when parents have tools and resources at their disposal.

Laurie self-educates to meet her son's needs and is his greatest advocate. We're honored to celebrate her as a 2021 Unsung Hero. Congratulations, Laurie!

## Their Stories

**Kathy Corrigan** was nominated by the Family Resource Center in Gorham, NH. Kathy plays many roles—mom, grandmother, coach, and friend. She is the full-time caregiver to both her grandsons. Kathy guides them with love, wisdom, and kindness. She has a very strong connection to her family and the community. Kathy meets every challenge head-on and knows where to get help and shares that information with anyone who needs it.

Kathy knows every child is different. She treats her grandsons with patience and love, respecting them as independent people. She shows empathy to everyone and is not afraid to advocate on anyone's behalf.

We're honored to celebrate such a deserving caregiver who cares for those around her. Congratulations to Kathy, a 2021 Unsung Hero!

**Kristen Courtemanche** is a Family Support Specialist at Waypoint NH and is always giving and providing for others. She has continued to give even through the COVID-19 pandemic. She provides for her own family and others in the community through her work.

Kristen demonstrates incredible resilience. She meets the needs of other families while parenting and teaching her own children. Creating and making it happen for them.

Kristen is a hero to her family and other families experiencing stress and change during these challenging times. Congratulations, Kristen! It's our honor to celebrate you as a 2021 Unsung Hero!

**James and Paula Duff** were nominated by Waypoint NH in Nashua, NH. They have overcome many of the challenges they faced during 2020. James and Paula have a good network of support and know where to turn for help when it's needed.

They work with Waypoint's Parenting Plus Program to identify goals and work hard every day to be the best parents they can to their young daughter. James and Paula both face challenges head-on with grace and positivity. They find creative solutions and go above and beyond to meet their daughter's needs.

James and Paula work to make a better life for their family every day. We are so excited to celebrate them as 2021 Unsung Heroes. Congratulations, James and Paula!

**Anna Hafner** was nominated by the Community Action Partnership of Strafford County in Dover, NH. She has overcome many challenges during the COVID-19 pandemic. As a mother of three, Anna asked for help when she needed it. With help, she has navigated a new community and online learning for her children.

She knows that it is okay to ask for help and found the resources to support her family through difficult times. Anna continues to remain resilient and hopeful, and it is our honor to recognize her as a 2021 Unsung Hero. Congratulations, Anna!

## Their Stories

**Heather Holt** was nominated by Waypoint NH in Lancaster, NH. Her dedication to her daughter's unique needs is above and beyond. Heather has a strong support system and supports others. She provides education, compassion, and resilience to other families in her position.

Heather is resilient, patient, kind, and understanding. The protective factors she's instilled in her family are strong. She reaches out for help when it's needed, understands her daughter's developmental needs, and is a strong advocate on her daughter's behalf.

Congratulations, Heather! We are so excited to celebrate you as a 2021 Unsung Hero!

**Stephanie Irish** was nominated by the Family Resource Center in Gorham, NH. Over the past year, she has grown into the picture of resilience. The respect she has for herself glows off her as she supports her children to be the best they can be. This year, Stephanie took classes at the Family Resource Center in Gorham to increase her parenting knowledge and skills.

She knows where to turn for help when it's needed and is an advocate for her children and supports their needs. Stephanie is resilient and has met the challenges of the pandemic with strength. She relies on her network of social connections to help support her family.

It is our honor to celebrate her as a 2021 Unsung Hero. Congratulations, Stephanie!

**Sarah Jackson** has overcome challenging times with tenacity and grace. She has three children and an endless supply of energy to keep up with her family, her studies, and the challenges of remote learning.

Sarah provides concrete support to other families by sharing what she doesn't need. She passes down toys, books, and clothing that her children have outgrown. Sarah is right on track with her kids' learning abilities and development and knows how to reach out for help when she needs it.

Sarah is a resilient, patient, and generous parent, and we are so excited to celebrate her as a 2021 Unsung Hero. Congratulations, Sarah!

**Carolyn Luongo** was nominated by Waypoint NH in Manchester, NH. She has eight children and ensures they each have the attention and love they deserve. Carolyn knows their developmental needs and makes sure they get the support they require.

Carolyn meets every child where they're at, at each second of the day. If she sees that her child needs help, she will work with them to help them grow and learn. Whether they're tired, overwhelmed, or hungry, she can empathize with their experience.

This year, Carolyn has had to become even more resilient. She fills her glass before filling others and knows that it's okay to ask for help, especially during a pandemic. It is our honor to celebrate a parent who uses so many protective factors to keep her family strong. Congratulations to Carolyn, a 2021 Unsung Hero!

## Their Stories

**Julie Malthers** was nominated by the Family Resource Center in Gorham, NH. She is the sole caregiver of her young grandson. Julie is always positive, smiling, and laughing at life's adventures that come her way. She works with schools and organizations to ensure her grandson has what he needs to thrive. She knows where to go for help when she needs it and is an advocate for her family in all parts of life.

Julie is supportive of her grandson and gives him many deposits for his "emotional bank." She knows how important it is for him to feel proud and safe, especially through the COVID-19 pandemic.

Julie is a great mom and an amazing grandmother, and it is our honor to celebrate her as a 2021 Unsung Hero. Congratulations, Julie!

**Liz Marquis** was nominated by the Family Resource Center in Gorham, NH. She is a resilient young woman and mother to a beautiful little girl and celebrates her daily. Liz takes every opportunity to promote healthy development and bonding with her daughter.

Liz has created a strong foundation for her daughter, built on love and trust. She spends quality time with her family and creates happy memories while balancing a demanding work schedule. Liz has overcome many challenges and knows the importance of asking for help when it's needed.

We are so excited to celebrate Liz, a nurturer at heart, as a 2021 Unsung Hero. Congratulations, Liz!

**Jeremiah and Kat Morris** are loving parents to seven wonderful children. Kat is an employee of the Family Resource Center in Gorham, NH, and has spent more than a decade homeschooling her kids. She created a Parent Leadership Institute in her community and is leading the way for other parents to get involved in family support work.

Pastor Jeremiah became a local authority on pressing national issues this year. He accepted this added responsibility with grace. He has been a guide and resource in his community during these challenging times.

Together, Kat and Jeremiah show strength and resilience. It is our honor to recognize them as 2021 Unsung Heroes. Congratulations, Kat and Jeremiah!

**Lisa Post** was nominated by the Community Action Partnership of Strafford County in Dover, NH. She is a mother of two pre-teen children and helps her kids overcome challenging times with strength and tenacity. Lisa reinforces positive relationships in their lives to help them thrive.

Lisa knows where to go for help when she needs it. She knows the importance of taking care of yourself to take care of others. Lisa demonstrates resilience as her family navigates the challenges of the pandemic. She maintains her household and continues to grow.

Congratulations, Lisa! We are so excited to celebrate you as a 2021 Unsung Hero!

## Their Stories

**Jillian Shoulla** is a resilient mother. She has an immense ability to bounce back from stress and overcome challenges. She took the initiative to make positive changes in her family's life and came to TLC FRC in Claremont, NH for help when she needed it.

Jillian is eager to understand her children's developmental needs. She parents her kids with empathy and support. Jillian knows the importance of self-care and is not afraid to receive help when it's needed.

It is our honor to celebrate such a resilient parent. Congratulations to Jillian, a 2021 Unsung Hero!

**Brett Souther** was nominated by The River Center in Peterborough, NH. He is a father to his son and embodies many of the protective factors. Brett has been very resilient, especially during the COVID-19 pandemic. He always chooses to see the silver lining and gives selflessly to others.

Brett ensures his son has what he needs to thrive. He invests in resources to promote his son's healthy development and foster his connections with other adults and his peers. Brett's decision to embrace the positives in life and give to those around him sets an example for his son. It shows him how to be a contributing member of their community.

Congratulations Brett! We are so excited to celebrate you as a 2021 Unsung Hero!

**Robin Witham** was nominated by Families First in Portsmouth, NH and is the caregiver of her twelve-year-old grandson. After becoming his guardian, she sought out help and joined a support group for kinship caregivers. Robin knows the importance of social connections and has become a leader in the group. She provides advice and support to other grandparents in similar positions.

Robin joined a 12-week parenting program with Families First to strengthen her skills and confidence. Through the program, she developed a deeper understanding of how her past influences her present. She knows how to reach out for help when she needs it to ensure her grandson feels safe and supported. Robin's grandson is thriving and they have a close relationship based on mutual love and respect.

We are so excited to celebrate a caregiver who knows how to take care of herself while creating a happy and healthy life for her family. Congratulations to Robin, a 2021 Unsung Hero!

This year's Heroes were nominated by local Family Resource Centers. New Hampshire's statewide network of family support helps keep families safe, strong, and successful.

Connect with your local Family Resource Center and discover family supports near you at [www.nhchildrenstrust.org/connect](http://www.nhchildrenstrust.org/connect)

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