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**Parents Anonymous Inc. Is On a Mission to Fight Discrimination and Was Just Named  
41st Assembly District's Nonprofit of the Year**

**Sacramento** – Today, the California Association of Nonprofits hosted a ceremony where Legislators recognized a nonprofit from their district. For the 41<sup>st</sup> Assembly District's 2024 Nonprofit of the Year, Assemblymember Chris Holden has chosen to honor Parents Anonymous Inc., an organization made up of children and parents dedicated to combatting racism, sexism, classism and bias to protect and improve the lives of those who have experienced discrimination and associated traumas.

“In today’s social climate, we are more and more in need of these services and sensitivities. We are so incredibly lucky to be living in a time where differences are encouraged, celebrated, and embraced, but with that can come a lot of resistance to change and ugliness. I am grateful to Parents Anonymous for doing the tough work of honoring each individual journey and confronting discrimination head on,” said Assemblymember Holden.

Parents Anonymous Inc. was founded in 1969 through the extraordinary efforts of Jolly K., a courageous and tenacious mother who sought help to create a safe and caring home for her family and Leonard Lieber, a clinical social worker. This nonprofit works hard to establish programs, initiatives, advocacy, and research supporting the empowerment journey of diverse parents, children, and youth. They believe that Asking for Help is a Sign of Strength®. More recently, Parents Anonymous Inc. launched the California Parent & Youth Helpline in partnership with Governor Gavin Newsom as part of his initiative to address the impacts of COVID-19.

“Divisiveness is the root of so many problems we face. Let us highlight the people doing the work that unifies us all and helps give our children a fair shot at being fully confident human beings,” said Holden.

