



Alameda Family Services

Changing Lives, Building Community, Since 1969

Chef's Kitchen

A Live On-Line Cooking Class Series

Alameda Family Services is back with another Chef's Kitchen series for all of you looking to step up your cooking game while staying safe at home. We have partnered with three Alameda chefs for a unique fundraiser and online cooking experience. You will receive the full recipes and how-to videos to duplicate the dishes yourself!



Monday, February 8, 2021 5p-7p
Crispian Bakery with Pastry Chef Beth Woulfe
Valentine's Day and Kids Baking



Monday, March 8, 2021 5p-7p
C'era Una Volta with Chef Rudy Duran
International Women's Day



Monday, April 12, 2021 5p-7p
Angelas with Chef Saboor Zafari
Mediterranean Flare

\$100 per event or \$250 for the entire series, with all the tax deductible donations going to support the programs at AFS. Go to alamedafs.org/chef to reserve today! And if you buy the three class series, you will get a copy of the videos and recipes from the four classes from our previous series!



Pastries from Crispian Bakery's Beth Woulfe

AGENCY UPDATE

By Katherine Schwartz, Executive Director

As the pandemic and the Shelter in Place continue, we here at Alameda Family Services are seeing a huge uptick in the number of people seeking mental health support. Both our clinic and our school-based services programs saw numbers that were doubled in November and December. The stress of prolonged isolation combined with financial and other stressors is truly impacting individuals and families in our community. It is absolutely critical that everyone be on the lookout for friends and family members who may need additional support. Please do not hesitate to reach out to us if you or a loved one needs help.

Thank you to our Chef's Kitchen series sponsors!



PROGRAM UPDATES

Behavioral Health Care Services

Alameda Point Collaborative (APC) provides permanent housing and supportive services to 500 formerly homeless individuals, of whom 200 are youth. The Behavioral Health Care Services Program provides three mental health therapists, a substance use counselor, and a family partner to support the mental health and wellbeing of the APC community. We are busy providing services to individual adults, youth, as well as families at the APC Service Center, and collaborate closely with APC Support Specialists to provide wrap around services.

School Based Services

The School Based Program kicked off 2021 welcoming back students from winter break with a number of resources to support their transition back to school. We premiered our first installation of Mondays with Mr. Mango, a bimonthly video segment hosted by one of our new therapists. Mr. Mango shared tips for how to manage the stress and anxiety of returning back to school. Additionally, our Health Center team hosted a Post Vacation Motivation Workshop focused on supporting youth identify personal motivators for their return.

SPOTLIGHT: "YEAR OF THE YOUNG CHILD"

Early Childhood & Family Support

Alameda Early Learning Community's "Year of the Young Child" program safely distributed over 325 activity bags filled with materials and activities designed to support families with children ages 0-5 along with toys to families sheltering in place on Dec 21, 2020. This was part of our way of providing essential services to our community and supporting those staying home for the holidays.



The Early Learning Community Network partners include: Wilma Chan, City of Alameda, ARPD, Alameda Library, AUSD, First 5, ACCYF and the Child Unique Montessori. Thank you for all your support!



Donate at alamedafs.org/donations.html