



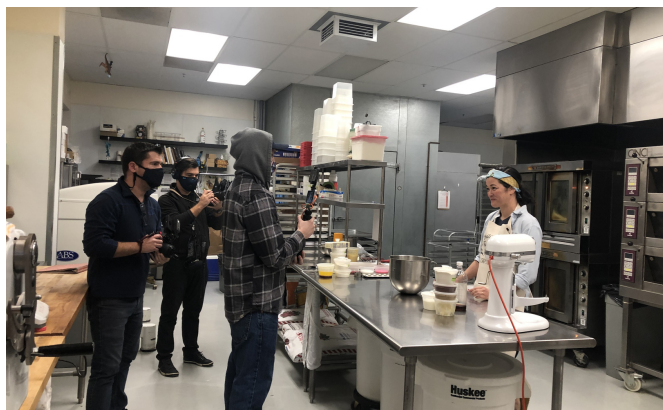
Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

Children and adults are equally vulnerable to depression and anxiety and it is important to know the signs. In children, anxiety and depression can present as rage, anger, and/or behavioral issues such as physical aggression. For many the isolation and uncertainty being experienced during the pandemic are causing depression and anxiety. Therefore, finding ways to increase social contact while staying safe is critical. The need for positive, social contact is significant but for some these connections have been lost and finding ways to reconnect can be difficult right now when our normal activities are not available. If you are feeling lonely and need help, call us. If you are worried about a child, please do not hesitate to reach out. AFS can help!



Pastry Chef Beth Woulfe during Chef's Kitchen



Photo credit: Jeff Wernecke and Paula Parks

Our Chef's Kitchen event this month with Pastry Chef Beth Woulfe from Crispian Bakery was a huge success! We learned how to make oh so fun Whoopie Pies, decadent Madeleines, and festively decorated Diamant Cookies.

Don't miss our two remaining events with Chef Rudy Duran from C'era Una Volta and Chef Saboor Zafari from Angelas.



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

Go to alamedafs.org/chef to reserve today!

Thank you to our Chef's Kitchen series sponsors!



PROGRAM UPDATES

Behavioral Health Care Services

Behavioral Health Care Services offers a Teen Space group, which provides teenagers with social-emotional support and builds a safe place to discuss topics important to them. Teen Space will address the needs of teenagers around alcohol or substance use, develop awareness of the consequences of their use, learn how to cope with stress, and increase self-esteem. This group meets Thursdays from 5-6pm and is offered on Zoom to those between the ages of 13-18. To learn more about the group and fees, please call 510-629-6210 or email adelconte@alamedafsf.org.

Early Childhood & Family Support

Alameda Family Services Early Childhood & Family Support Services Division in partnership with the Early Learning Community Network held two Activity Bag Distribution Days this month to safely distribute activity bags to families with children ages 5 and under. The materials and activities helped families learn about celebrating Lunar New Year, as well as preparing for dental visits and promoting oral health care.



Photo credit: Maurice Ramirez and Michelle Session

SPOTLIGHT: "TDVAM"

School Based Services

A graphic for the spotlight section featuring the word 'FOOT' written twice in a stylized, overlapping manner with yellow stars scattered around it.

February is Teen Dating Violence Awareness Month (TDVAM), one of the biggest campaigns at the School-Based Health Center. AFS SBHC staff, along with their Youth Advisory Board members, have been raising awareness to prevent teen dating violence and promote building healthy friendships and relationships.



The social media campaign has included a What Do You Meme Contest, a TDVAM Swag Bag Giveaway, Wear Orange 4 Love Day, and a week-long Love Note Series challenge.

It also culminated in an all day TDVAM virtual health fair filled with workshops to help spread awareness and promote healthy relationships across the board.

Donate at alamedafsf.org/donations.html