



Alameda Family Services

Changing Lives, Building Community, Since 1969

Chef's Kitchen

A Live On-Line Cooking Class Series

Don't miss our final Chef's Kitchen event of the series on May 17th with Chef Saboor Zafari from Angelas! Join us as we learn some of his Mediterranean specialities, including one of the restaurant's signature dishes, Lime Chicken.

What's better than cooking along with us? Eating with us! At the request of our Chef's Kitchen series supporters, Chef Saboor is making his incredible Mediterranean meal available to participants prior the event! Enjoy his Lime Chicken, Afghan Rice Bowl, Mini Bread Pudding and Pineapple Gin & Tonic. Menu is \$50 per person inclusive of tax and gratuity.



Go to alamedafs.org/chef to reserve today!



AGENCY UPDATE

By Katherine Schwartz, Executive Director

Spring is in the air and there is much good news here in the United States regarding COVID-19. Alameda Family Services recognizes, however, that while many things are improving locally regarding the pandemic, the reality of Covid for people in other parts of the world is much more dire. In addition, while the verdict in the Chauvin case brought relief we are reminded of the fact that this was just one case and that there is still so much work to be done. Navigating these conflicting feelings is complicated and emotional and it is common to feel tired and worn down. Finding time for self-care continues to be so important. As always, we are here if you need to talk or assistance accessing resources.

Thank you to our Chef's Kitchen series sponsors!



PROGRAM UPDATES

Behavioral Health Care Services

Behavioral Health Care Services has specialized in providing narrative therapy training to our training cohorts since the early 1990s. Dr. Russ Groom, a clinical psychologist, heads the BHCS narrative training and also brings in outside trainers to supplement the training experience. In March, Karen Young, Director of the Windz Center, provided a training on Single Session Narrative Therapy. In April, Lorraine Hedtke, internationally known narrative therapist and trainer, presented on her work with Narrative Therapy and Grief. Our training efforts represent a long history of supporting our therapists and clients to view people as separate from the problems that inhabit their lives.

Early Childhood & Family Support

Alameda Family Services Early Childhood & Family Support Services Division, in partnership with the Early Learning Community Network, has three Activity Bag Distribution Days coming up to safely distribute books and early learning activities to families with children ages 5 and under. Distribution will take place every other Wednesday from 10am to 2pm (5/5 "Book Fiesta", 5/19 "We're Going on a Bear Hunt - Let's Discover Birds" and 6/2 - "Jabari Jumps").



EVERY OTHER WEDNESDAY FROM 10 AM TO 2 PM

	Wednesday, May 5, 2021 Book Fiesta! By Pat Mora
	Wednesday, May 19, 2021 We're Going on a Bear Hunt - Let's Discover Birds By Andrea Cascardi
	Wednesday, June 2, 2021 JABARI JUMPS By Gaia Cornwall

200 activity bags will be distributed each Wednesday - first come first served while supplies last.

SPOTLIGHT: "AAPI SOLIDARITY"



School Based Services

In April, the youth of Alameda had their voices heard as they stood in solidarity against hate crimes and racism directed at the Asian American Pacific Islander (AAPI) community. There were a number of youth led events that spread awareness and highlighted the voices of the AAPI student population, which makes up 36% of AUSD's enrollment.



In addition to the Chalk Walk Event that took place on Park and Webster, there was a banner raising at Alameda High, representing AUSD's pledge to allyship with the AAPI community. Represented in the picture are Brian Lin (AUSD Student Board Member & SBHC Youth Advisory Board Member), Valerie Nicolás (SBHC Supervisor) and Jessica Kerber (Encinal High Teacher).

Donate at alamedafs.org/donations.html