



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

Alameda Family Services is incredibly grateful for the success of our Chef's Kitchen spring series. We first want to thank our amazing chefs, Beth Woulfe of Crispian Bakery, Rudy Duran of C'era Una Volta, and Saboor Zafari of Angelas. Participants learned how to make everything from decadent desserts including Madeleines and Whoopie Pies, to traditional Italian Risotto and Roasted Whole Fish, plus Mediterranean favorites such as an Afghan Rice Bowl and Lime Chicken. Delicious!

We would also like to say thank you to our truly wonderful sponsors (listed to the right). It was only with their very generous support that these events were possible.

Through our Chef's Kitchen events we were able to bring the community together while supporting our local restaurants and raising desperately needed funds for the agency. All dollars raised go to help cover the cost of mental health services provided to students enrolled in the Alameda Unified School District and to support families served through our Family Resource Center.



KATE
MCCAFFREY
GROUP

COMPASS



May is Mental Health Awareness Month and Alameda Family Services wants to acknowledge the challenges Americans face when living with a mental illness. During May, AFS joins the nation in bringing awareness to the reality that mental health impacts most of our lives in one way or another, either directly or indirectly. AFS is committed to ending the stigma associated with mental illness and offers support without judgement to individuals and families who are struggling with mental health.



Chef Saboor Zafari and Mixologist Cody from Angelas

PROGRAM UPDATES

Behavioral Health Care Services

BHCS offers a unique collaborative training opportunity in partnership with our agency's Early and Head Start programs. Doctoral psychology interns and trainees within the training program are placed within the Head Start classrooms to serve as Mental Health Consultants to the Early Childhood Educators. The intentions of the Mental Health Consultants is to support the social emotional needs of young children and to link their caregivers and parents to any needed mental health services. This year, one doctoral intern co-facilitated two 4-week series of the Parenting Support group as well as weekly consultation to three Head Start sites.

Early Childhood & Family Support

Alameda Family Services Early Childhood & Family Support Services Division, in partnership with the Early Learning Community Network, safely distributed books and early learning activities to families with children ages 5 and under during the May Activity Bag Distribution Days. There are two upcoming distribution days: 6/2 "Jabari Jumps" and a special one on 6/16 to provide materials to support School Readiness.



City of Alameda
 Early Learning Community Network
JABARI JUMPS
 0-5 Activity Bag Distribution Day

Wednesday - June 2, 2021
 10:00 AM - 2:00 PM
College of Alameda Childcare Center
 555 Ralph Appezato Memorial Parkway, Alameda, CA 94501

Activity Bags will include materials and activities designed to support parent in providing early learning activities for children ages 0-5 while sheltering due to COVID-19

SPOTLIGHT: "MENTAL HEALTH AWARENESS"

School Based Services

May is Mental Health Awareness Month, an important reminder for everyone to make time, space, and energy to think about, talk about, and take action in the prevention or treatment of your own mental health. This awareness month is timely for our youth as May marks AP Testing, Finals, and significant transitions.

WHY IT MATTERS

1 in 5

youth will experience a mental health challenge at some point in their life.

Source: Mental Health Foundation and Youth Mental Health First Aid

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MENTALHEALTHMATTERS

In an effort to support youth in taking active steps to address their mental health during this time, our Health Center staff and Youth Advisory Board members hosted in-person events May 26th & 27th for high school students to create their own SBHC Self-Care Kits.

MENTAL HEALTH AWARENESS

make your own
 self-care kits
 self-care kits
 self-care kits

May 26th & 27th

#bbhc_afs

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