



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

Consider giving to support Alameda Family Services' critical programs this season.

Alameda Family Services is incredibly grateful to everyone who has supported us this year. Together we are working to make sure that everyone in Alameda receives help when and how they need it. AFS is committed to the wellbeing of all and recognizes the importance of community in making this vision a reality.

As we near the end of the year and many of us are making our final philanthropic contributions for 2023, please consider including Alameda Family Services in your year-end giving. Your support will make such an impact.

- For a donation of \$100 a month, you can help ensure that a local family has enough food for the month.
- For a donation of \$75 a month, you can help cover the cost for someone desperately in need of mental health services.
- For a donation of \$50 a month, you can help deliver needed resources (medicine, food, transportation) to an elderly member of our community.

[Support your neighbors by investing in Alameda Family Services with a monthly donation throughout 2024!](#)



PROGRAM UPDATES

Early Childhood & Family Support

The Early Learning Community Network (ELCN) Winter Break Literacy Project kicked off the holidays by passing out over 200 activity bags to families while they enjoyed a stroll down Christmas Tree Lane with their children. The bags were filled with activities and materials for families to do over winter break. Each bag included a copy of the book "Making a Friend" written by Tami Sauer and illustrated by Alison Friend, or a copy of the book "Time to Sleep" written and illustrated by Denise Fleming.

A special thanks to Greg and Jeri Morgado for the use of their driveway!



SPOTLIGHT: NATIONAL HEAD START CONFERENCE



Early Childhood & Family Support

We are thrilled to share that Yolanda Duarte, Daniel Javes, Lynne Moore-Kerr, Yunia Renteria and Belkis Gowhary were selected to present the Yolanda Duarte, Daniel Javes, Lynne Moore-Kerr, Yunia Renteria and Belkis Gowhary were selected to present the "Diversity, Equity, Inclusion and Justice Begin with Self Awareness" workshop at the National Head Start Association's Parent & Family Engagement Conference on December 6, 2023 in New Orleans.



Over 85 people from across the country attended the training which focused on the parallel process, strategies, and tools used to strengthen our capacity to embed inclusion and equity principles into our work and foster a deeper understanding of our diverse cultures, traditions, values, and beliefs. This workshop provided participants with a process for identifying beliefs and values by creating a personal collage that could be used to build effective connections with coworkers, parents, and community members and builds a foundation for meaningful partnerships that support the acceptance of all children and families in Head Start programs nationwide.

PROGRAM UPDATES

School Based Services

Although the winter holiday season can be a festive time of year, many youth and families we work with are also struggling with many competing demands. With that in mind, we launched into our Stress Awareness and Self-Care Season. The SBHC team, along with the Youth Advisory Board, has been hosting outreach events ("De-stress Fests"), classroom workshops, youth-led fishbowl discussions, and social media campaigns with a ton of information on stress' impact on the mind and body and healthy coping skills. As we prepare for the winter break, the school-based division has been connecting families to needed community resources, hosting mental health drop-in times, and sharing out crisis lines and resources. We hope everyone has a fun and safe holiday season!

Behavioral Health Care Services

With funding and support from the City of Alameda, BHCS is able to provide mental health services in local private and charter schools. Zoe Anderson, AMFT, works closely with staff at NEA/ACLC as well as St. Joseph's to ensure that children and youth in need of mental health services have access to therapy at no cost. Zoe has also provided groups focused on social-emotional learning and social skills to students. This program is in its second year and has received positive feedback from all of the schools as well as many of our local families.