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.

AGENCY UPDATE
By Katherine Schwartz, Executive Director

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!
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