



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

AFS has been working extra hard for families during this pandemic. In addition to providing desperately needed mental health services to many adults and youth in our community, we have been particularly mindful of families with young children who have had their normal routines completely upended.

One child who met with his teacher online told his Mom it was the one time during the week that he got to see his teacher and be reminded of his class, which made him happy. Parents report that the online sessions gave their child something to look forward to every week.

Our county is in perilous times, and we recognize that it is in such times that community services become particularly important. We want to assure you that AFS supports equality and justice for all and is committed to providing services that promote well-being.



MENTAL HEALTH TIP

Wellness is not just about exercising or eating right - it's also about having a healthy mind. Research has shown that meditation can help reduce stress levels, depression, anxiety and insomnia. Practice self-care by downloading one of these FREE mental health apps to your smartphone:

- Headspace
- Calm
- Insight Timer
- Ten Perfect Happier

Donate at <http://www.alamedafs.org/donations.html>



Families enjoying the activities provided by AFS at home

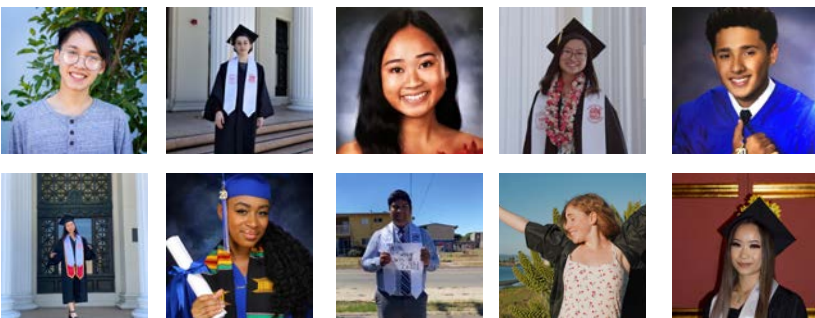
PROGRAM UPDATES

Early Childhood & Family Support

During suspension of in-person services due to the Shelter-In-Place Order, AFS Head Start Program, in partnership with the City of Alameda's Early Learning Community Network, has been providing materials and supplies to enhance remote learning and in-home parent lead child development activities.

School Based Health Services

Earlier this month our Program Director was a panelist in the AUSD Town Hall on Mental Health. The panel, which included AUSD school psychologists and a parent, highlighted what families can do to support their children & teens during the Shelter In Place and over summer. Currently, our Health Center staff are working diligently on a new virtual learning program starting in July called, the "Safer Summer Series." This includes no-cost health education workshops focused on adolescent specific health topics.



Youth Advisory Board graduates!

SPOTLIGHT: CONGRATS GRADS!

School Based Health Services

Congratulations to all of the students across the City of Alameda who were promoted or graduated this year. The School Based Services Program wants to give special recognition to those graduates who were a part of the AFS Health Centers' Youth Advisory Boards.

Dorian, Geraldine, Jennifer, Jeremy, Julia, Julian, Kadee, Pimjai, Wilamae, & Ivan were all instrumental in the success of the Health Centers' outreach and awareness campaigns.

Their thoughtful work on addressing the teen public health issues impacting their fellow students have been truly inspiring and we can't wait to see what they will do next.

