



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

For some families and students this school year brings both excitement and anxiety as the Delta variant surges and the vaccination remains unavailable for children under twelve.

Additionally, students may feel nervous about social interactions or worried about having fallen behind academically. It may take time for some students to feel comfortable and back in the swing of things while others will jump back in without any hesitation.

Anxiety in kids often looks like irritability or defiance. Giving kids an opportunity to talk about how they are feeling and to develop strategies for managing feelings can help with the transition.

If you need someone to talk to, please don't hesitate to reach out. We are here to help!

For emotional support call our clinic: (510) 629-6210



MENTAL HEALTH TIP

How do you plan to protect your peace this week? Something like limiting mindless scrolling can do wonders for your mental health.

Here are some more ideas:

- Moving your body
- Being conscious on self talk
- Upholding personal boundaries
- Focusing on things you can control
- Making time to ground yourself
- Not over-scheduling

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SPOTLIGHT: "BACK TO SCHOOL"

School Based Services

The School Based Services Division excitedly returned to campus along with all the students of AUSD on August 16th. In addition to welcoming new students to our services, we also introduced the schools to some friendly new hires and the 2021 internship cohort.



Please join us in welcoming Addie, Channah, Cici, Gabi, Hilary, Joe, Kass, Kimchi, Maia, and Phil. Reminder to follow our School-Based Health Center's Instagram page to stay updated on our services for the 2021-22 school year.

wanna learn more about us?

visit the SBHC
Monday-Friday from 8:30AM-4:30PM

Send us a message!

- *DM us on Instagram:** @sbhc_afs
- *Email us:** schoolbasedinfo@alamedafs.org
- *Call us:** Monday-Friday, 8:30AM-4:30PM (510) 748-4085 or (510) 337-7006

*NOTE: SBHC Staff are only available Monday-Friday, 8:30am-4:30pm for NON-URGENT CONTACT ONLY. We follow district scheduled vacation and holidays.

In case of any emergency, call 911

PROGRAM UPDATES

Early Childhood & Family Support

The AFS Early Childhood & Family Support Services Division spent late July and early August getting child care centers and play yards ready for the start of our new program year. Teachers and direct service staff participated in online trainings, organized their classrooms, created lesson plans, conducted parent orientations, and took a trip to the Lakeshore Learning Store where they were able to purchase toys, supplies, and materials at discounted prices.

Behavioral Health Care Services

A big welcome to the new BHCS clinical training cohort: Chelsey, Esther, Hester, K, Leigh, Kameron, Mac, and Sugey. These eight interns and trainees are pursuing their doctoral degrees in psychology. They provide family, individual, couples, and group therapy through BHCS. Therapy is offered in English, Spanish, and Mandarin. Sessions are currently offered by Zoom and phone. To inquire about services, please call 510-629-6210 or email bhcs@alamedafs.org.

IF YOU WOULD LIKE TO SAVE TREES AND RECEIVE THIS NEWSLETTER VIA EMAIL, PLEASE CONTACT JULIE POND AT JPOND@ALAMEDAFS.ORG AND SHE WILL ADD YOU TO THE LIST. THANK YOU!