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Brighter Beginnings Tackles the Importance of Reducing Violence in East Bay Communities and its Families

*Organization features Stephen J. Bavolek, Ph.D., noted expert
in the field of nurturing parenting attitudes and skills.*

Oakland, Calif., May 25, 2009. Brighter Beginnings, an East Bay non-profit providing resources and services for low-income families in Alameda and Contra Costa counties, today announced the inaugural event of *Brighter Beginnings Presents*. Stephen Bavolek, Ph.D. will deliver a lecture, *Developing the Nurturing Parent*, on Thursday, June 11 from 6 to 8 p.m. at Kaiser Permanente's Oakland Medical Center, Fabiola Building, 3801 Howe Street, Conference Room – G65B.

Advance registration is \$15 per person and \$20 at the door. Online registration is available at www.brighter-beginnings.org or checks may be mailed to Brighter Beginnings, Attn: *Brighter Beginnings Presents*, 2648 International Blvd, Oakland, CA 94601.

Dr. Bavolek is internationally recognized for his work in promoting nurturing parenting attitudes and skills for the prevention and treatment of child abuse. During the past 27 years he has appeared on television and radio programs and conducted parenting workshops in all 50 states and throughout Europe and North America.

Dr. Bavolek will also conduct a two-day training with Brighter Beginnings staff on the Nurturing Parenting Programs® (NPP). The NPP programs and materials have been used by Brighter Beginnings since 1998 and build on the foundation that parenting is learned. Two of the agency's three Family Support Centers currently offer group activities that make use of the NPP curricula and all focus on increasing parental competence.

"Given the economic climate and escalating violence in the communities that we serve, we believe it is vitally important to continue to invest in staff development," said Dr. Barbara Bunn McCullough, Executive Director, Brighter Beginnings.

"Never has the time been more critical to assist parents and attempt to *break this*

cycle by building a strong foundation of skills for them to nurture and support their own families. Parents are ultimately their children's first and most important teachers and advocates."

The NPP curriculum's ultimate objectives include stopping the intergenerational cycle of child abuse by building nurturing parenting skills, reducing the rate of juvenile delinquency among high-risk youth, reducing rate of alcohol abuse in high-risk families and lowering the rate of pregnancies among teenage girls.

Brighter Beginnings Presents is a series of quarterly community education events and expands the 2008 Lunch and Lecture series. The series was renamed to reflect the expanded scope of the series and the focus on presenting world-renowned experts to address issues facing East Bay communities such as poverty and child welfare.

Brighter Beginnings Presents and the two-day training for Brighter Beginnings staff has been made possible by a generous grant through the East Bay Community Foundation.

About the East Bay Community Foundation

The East Bay Community Foundation is a leading resource for mobilizing financial resources and community leadership to transform the lives of people in the East Bay with pressing needs. Additional information is available at www.ebcf.org or by calling 510.836.3223.

About Stephen J. Bavolek, Ph.D.

Stephen J. Bavolek, Ph.D. is recognized for his work in promoting nurturing parenting attitudes and skills for the prevention and treatment of child abuse. During the last 27 years he has authored and validated family-based parenting programs, instructional aides and training materials to enhance the lives of individuals and families through nurturing. Dr. Bavolek is president of Family Development Resources and Executive Director of the Family Nurturing Centers, International. Additional information is available at www.nurturingparenting.com or by calling 800.688.5822.

About Brighter Beginnings

Brighter Beginnings reaches out to families in need, providing home-based services and center-based services promote healthy births and the development of babies and young children. Each year the non-profit organization serves over 2,300 families in Alameda and Contra Costa Counties. A professional management staff with decades of experience delivers programs and services at three East Bay locations - Oakland, Richmond and Antioch. Additional information is available at www.brighter-beginnings.org or by calling 877.427.7134.