

Contacts:  
Cathy Barbagallo  
focusONe  
925.975.0711  
[cbarbagallo@focusonemarketing.com](mailto:cbarbagallo@focusonemarketing.com)

Jody Parsons  
The Perinatal Council  
[jparsons@perinatalcouncil.org](mailto:jparsons@perinatalcouncil.org)  
510.903.7533

## **Designer Leads Makeover Event at The Perinatal Council Antioch First 5 Center**

*Tambra Harck gives Childrens Center an uplifting new interior*

Antioch, CA; July 17, 2007. Tambra Harck may not have hundreds of volunteers or a TV crew following her around, but she has rallied a group of dedicated volunteers for a Not-So-Extreme-Make-Over Event at The Perinatal Council Antioch First 5 Center this weekend. Volunteers will spend two days brandishing paint brushes, sewing curtains, washing windows and spiffing up the yard of the recently remodeled building at 512 W. 5<sup>th</sup> Street in downtown Antioch.

Funded by First 5 Contra Costa, The Perinatal Council Antioch First 5 Center serves more than 500 low-income families of children ages 0-5 and their parents. Under Ms. Harck's guidance, the volunteers will help create a bright spot for these families that otherwise have very few resources for early childhood development.

The Make-Over Event follows months of extensive remodeling and the addition of a Community Room and Children's Developmental Play Room. Ms. Harck gave the Center a fun, warm and welcoming environment, "I designed Theme Rooms such as a Garden Party Community Room, a Latin American Entry, African Passage Hallways and a Playful Play Room" said Ms. Harck, "The volunteers will have a great time turning this Center into a special place where children and families can learn and grow". Ms. Harck said her goal was to bring out the essence and soul of what The Perinatal Council First 5 Center brings to the building and the community, "You know when you walk into any of these rooms it's filled with people who care, who want to help and who are committed to this community".

"Volunteers such as Tambra provide critical resources to The Perinatal Council" said Executive Director, Dr. Barbara Bunn McCullough, "She brings the spirit of caring for our communities to life. Tambra donated her skills and expertise as a way to give back to the community and hundreds of families will be positively affected by her generosity".

The Perinatal Council Antioch First 5 Center offers parent-child activities involving music, art, stories and physical play that promote bonding and foster children's learning and

development. They promote family literacy, parenting education, health education and lead a collaborative effort focusing on youth development for low-income East County youth.

A Grand Opening and Dedication of The Perinatal Council's Antioch First 5 Center will be held on Saturday, September 15, 2007. The dedication ceremony will take place at 10:30 a.m. with an open house, family activities and ice cream social to follow. More information about the Grand Opening will be available in September.

### **How to Help**

Anyone wishing to help at The Not-So-Extreme-Make-Over on July 20 or 21 from 10:00am to 3:00pm at 512 W. 5<sup>th</sup> Street in Antioch should call Tambra Harck at 707.746.8553.

### **About Tambra Harck**

Tambra Harck is the owner of Soulful Design and works with her clients to create environments that enhance everyone's innate beauty, strength and vitality. Homes, gardens and workspaces can be designed to support personal visions, goals, dreams, even your soul. Based in Benicia, California, Tambra serves clients throughout Northern California and can be reached at [www.tambraharck.com](http://www.tambraharck.com) or by calling 707.746.8553.

### **About First 5**

First 5 Contra Costa allocates more than \$9.5 million annually to help children ages 0 to 5 grow up healthy and ready to learn. First 5's funding comes from California's Proposition 10, which added a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages 0 to 5. First 5 Contra Costa allocates a total of \$1.5 million annually to five First 5 Centers throughout Contra Costa County to help parents nurture and support their children. More information about First 5 Contra Costa is available at [www.firstfivecc.org](http://www.firstfivecc.org) or by calling 925.335.9991

### **About The Perinatal Council**

The Perinatal Council reaches out to families who are stressed and supports healthy births and the healthy development of babies and young children. Based in Oakland, California, each year the non-profit organization serves over 2,200 low-income families in Alameda and Contra Costa Counties, with a special focus on pregnant and parenting teenagers. Dedicated staff and volunteers promote the health and well-being of the mother, baby and entire family before, during and after birth for several years. More information about the Perinatal Council is available at [www.perinatalcouncil.org](http://www.perinatalcouncil.org) or by calling 510.903.7533.