

BRIGHTER



BEGINNINGS

Every Family Matters

Brighter Beginnings reaches out to families in need, providing home-based support and center-based services to promote healthy births, child development and overall family health. Each year the non-profit organization serves more than 2,600 families in Alameda and Contra Costa Counties. A professional staff with decades of experience delivers programs and services at three East Bay centers in Oakland, Richmond and Antioch.

Toll Free (877) 427-7134

www.brighter-beginnings.org

OAKLAND/ADMIN OFFICE

2648 International Boulevard
Oakland, CA 94601

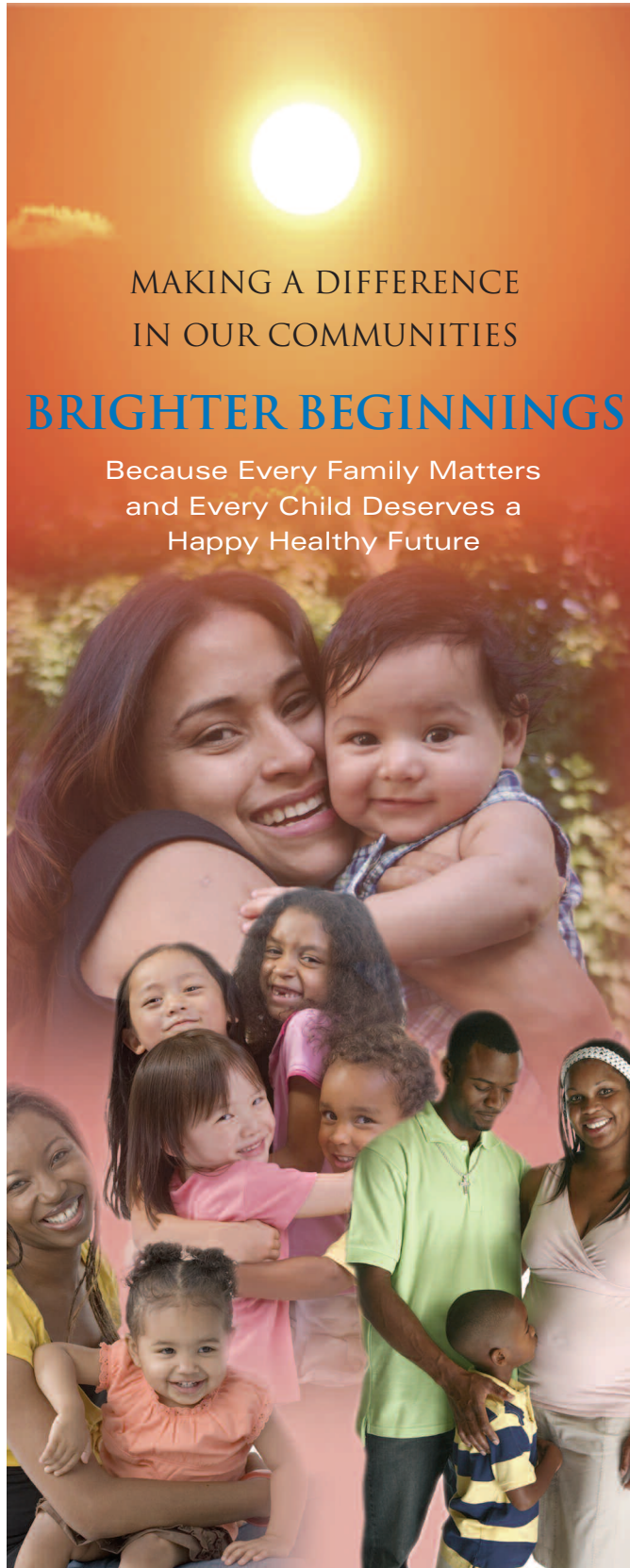
RICHMOND OFFICE

2727 Macdonald Avenue
Richmond, CA 94804

ANTIOCH OFFICE

512 West Fifth Street
Antioch, CA 94509

© 2008 Brighter Beginnings



MAKING A DIFFERENCE
IN OUR COMMUNITIES

BRIGHTER BEGINNINGS

Because Every Family Matters
and Every Child Deserves a
Happy Healthy Future

HEALTHY TOMORROWS BEGIN WITH YOU

Brighter Beginnings meets you where you are in your life. There is no one-size-fits-all approach. We respect you and your family for the unique and important role you play in your child's life.

**Confidential, Home-Based Support
Focused on You and Your Family**

Our Family Advocates and Counselors meet you when and where it is convenient. This may be your home, a nearby park or your school.

Family Health Matters

Whether you are pregnant or would like support in your ongoing parenting of your young children, our Family Support Centers offer services and programs to help you gain the confidence and skills you need.



Brighter Beginnings Can Help You

- Find a doctor and hospital
- Obtain prenatal care
- Prepare for labor and delivery
- Apply for MediCal and other health insurance
- Learn good eating habits
- Learn to take care of yourself and your baby
- Learn about how your baby will develop, grow and learn

HEALTHY FAMILIES HAVE HAPPY, HEALTHY CHILDREN

Through our Family Support Centers, we provide pregnancy classes, child development classes, family counseling, education on nutrition, healthy eating habits and other topics. Assistance is also provided with enrollment in a variety of health insurance programs to meet your needs and the needs of your family.

Our peer support groups are small and highly interactive. Topics include helping you learn and practice parenting skills, fatherhood engagement, comprehensive sex education including HIV/AIDS, substance abuse (drugs, alcohol and tobacco) and pregnancy prevention.

**Brighter Beginnings
Can Also Help You**

- Connect to a support group of other parents
- Access self-help counseling for smoking, drug and alcohol problems
- Connect with free community health and social service agencies
- Learn about family planning options
- Enroll in school
- Develop job readiness skills



A HEALTHY BABY STARTS WITH YOU

Black Infant Health

Services and home visits are all about making sure you have the healthiest baby possible.

You are eligible if you are a pregnant, African-American woman, age 18 or older, living in Contra Costa County.



Do the Right Thing

- See a doctor as soon as possible
- Eat healthy foods
- Avoid alcohol, drugs and tobacco
- Keep all of your medical appointments

DADS HAVE A ROLE TOO! Fatherhood Programs

We encourage fathers to be supportive during pregnancy, be active in parenting their children, and understand their role in promoting their children's healthy development.



Program participants are part of a workshop series for up to nine weeks. Topics include fatherhood, parenting, child development and child support.

Child-father activities such as play groups, park outings and family picnics are regularly included.

Eligible fathers reside in Alameda or Contra Costa Counties.

TEEN FAMILY SUPPORT

Teen Family Support is all about having the healthiest baby possible while juggling your personal options for school and other aspects of your personal development. We help you plan your successful life.

After your baby is born, we will help you develop parenting skills, be informed about preventing more pregnancies while still a teenager, and learn about the importance of nurturing and bonding with your baby.

You are eligible for this program if you are a woman who is pregnant or parenting and 18 years or younger or if you are a man who is expecting a baby or parenting and is 21 years or younger.



Thank You For Taking Care of Me

- Well Baby Check-ups
- Immunizations
- Breast Milk
- Lots of Love



FAMILY HEALTH MATTERS AT BRIGHTER BEGINNINGS

Family Support Centers provide classes and services to help you develop parenting skills and long-term life skills to take care of your family in the best possible way.

Child Development

Child development is all about helping your children reach their full potential. Family Nurturing Programs allow parents to participate in a series of classes where you are coached on how babies and young children develop, learn good parenting skills, and participate in age-appropriate activities such as play groups, music, art and tumbling.

Parents and children are eligible, if you live in one of our targeted areas: Oakland/North Alameda County, Richmond/West Contra Costa and Downtown Antioch.

Family and Early Childhood Counseling

Bi-lingual (Spanish and English) clinicians work with you and your child to build healthy relationships that will bring long-lasting benefits for you and your family. Skills focus on recognizing and resolving problems, dealing with anger, managing stress, depression and parenting challenges, and nurturing the healthy bonding and attachment of infants and young children. We work with adults and children (birth to 21).

You may be eligible for our services, if you or your child has Medi-Cal, or if you receive CalWORKS and you or your child live in Alameda County. Call 510-903-7522 or 510-903-7516 to confirm eligibility.

Health Education

Our Brothers and Sista Program provides regular, ongoing small peer groups to learn about healthy behaviors. Subjects include: responsible choices about relationships and intimacy, comprehensive sex education, and HIV/AIDS, substance abuse and pregnancy prevention.

You are eligible to participate, in this program if you are a young person, age 14 and up, and a resident of East Oakland. For information about current classes, call 510-903-7510, or check out our calendar on www.brighter-beginnings.org.

HOW TO REFER

Referral forms are available by calling 877-427-7134 or on the Brighter Beginnings web site at www.brighter-beginnings.org

Referral Forms may be faxed to one of the appropriate locations listed below.

Oakland/Admin

Phone: 510-903-7516
Fax: 510-437-8955

Richmond

Phone: 510-236-6990
Fax: 510-236-7346

Antioch

Phone: 925-757-5303
Fax: 925-978-1775

