



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **parenting** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes

Bananas Inc.

Workshops, support groups, child care referrals, and other resources for families in Northern Alameda County. Visit the website to sign up for a workshop. (English, Spanish.)

5232 Claremont Ave., Oakland (Online)

Phone Number: **1.510.658.7353**

bananasbunch.org/workshops-for-parents-families

Boot Camp for New Dads

Alameda County Fatherhood Initiative

Taught by fathers, this class builds confidence and prepares dads to meet the challenges of having a new baby. For fathers who are expecting or have a child under age two (2). (Interpreters offered.)

Phone Number (Amanda McCartney, Administrative Assistant): **1.510.667.4340**

acphd.org/fatherhood-initiative

Community Child Care Council (4Cs) of Alameda County

Workshops, car seat checks, child care referrals, and other resources for families in Central and Southern Alameda County. Visit the website to sign up for a workshop. (English, Spanish.)

22351 City Center Dr., Hayward (Online)

Phone Number: **1.510.582.2182**

4calameda.org/events-trainings

Fatherhood & Co-parenting: Beyond Conflict

Family Paths

This class series is designed to build confidence and enhance the co-parenting experience for dads and father figures. It will benefit dads who live with or apart from their children. Call the toll-free helpline to sign up for the class. (English, Spanish, and interpreters offered.)

Various cities (Online)

6-week series

Toll-Free: **1.800.829.3777**

familypaths.org/parenting/parenting-classes

Hively

Workshops, car seat checks, child care referrals, and other resources for families in Eastern Alameda County. Visit the website to sign up for a workshop. (English, Spanish.)

7901 Stoneridge Dr., Suite 150, Pleasanton (Online)

Phone Number: **1.925.417.8733**

behively.org/events

Positive Parenting

Family Paths

This class series provides parents with the tools to create healthy, safe, and nurturing family environments for children of all ages. Learn about child development, communication, self-care, and other positive parenting skills. Call the toll-free helpline to sign up for the class. (English, Spanish, and interpreters offered.)

Various cities (Online)

6-week, 10-week, or 12-week series

Toll-Free: **1.800.829.3777**

familypaths.org/parenting/parenting-classes

Support Groups

Polish Your Crown, Sis!

Alameda County Healthy Start Initiative

Polish your Crown, Sis! groups promote Black women's well-being through lively discussion and learning about topics of interest to participants including health and mental wellness, Black culture, current events, sisterhood, parenting, and family life. Visit the website to enroll.

Thursdays, 4 pm – 5 pm (Online)

Phone Number: **1.510.618.2080**

embraceher.info/join-a-group

Café Dad

Alameda County Fatherhood Initiative

Café Dad is a father-centered support group for all fathers and father figures in Alameda County. (English, Spanish, and interpreters offered.)

English Group: 2nd & 4th Wednesdays 5 pm – 7 pm (Online)

Spanish Group: 2nd & 4th Thursdays, 5 pm – 7 pm (Online)

Phone Number (Amanda McCartney, Administrative Assistant): **1.510.667.4340**

acphd.org/fatherhood-initiative

Phone Support

Family Paths Parenting Stress Helpline

Parents and caregivers can call at any time for parenting support and resources. (Interpreters offered.)

Toll-Free: **1.800.829.3777**

familypaths.org

Help Me Grow

Call with any questions about the growth and development of your children five (5) years of age or younger. Learn about local programs and resources. You can also visit the website to learn more and find fun things to do with your children. (Interpreters offered.)

Toll-Free: **1.888.510.1211**

alamedakids.org

Car Seat Inspections

Alameda County EMS Car Seat Inspection Station

Learn how to properly install your car seat into your vehicle to ensure safe travel for your child on every ride. (English, Spanish.)

1000 San Leandro Blvd. (parking lot), San Leandro

Phone Number: **1.510.618.2050**

ems.acgov.org/CommttyResources/CIP

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,

Alliance Health Programs