



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

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. (English, Spanish, and other interpreters offered.)

Various cities (Online)

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

Call the Parenting Stress Helpline at **1.800.829.3777** and ask to sign up for the Positive Parenting class.

familypaths.org/parenting/parenting-classes

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. (English, Spanish, and other interpreters offered.)

Various cities (Online)

6-week series

Call the Parenting Stress Helpline at **1.800.829.3777** and ask to sign up for the Fatherhood & Co-parenting class.

familypaths.org/parenting/parenting-classes

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). (Interpreter offered)
Online

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

Bananas Inc.

Workshops, support groups, child care referrals, and other resources for families in Northern Alameda County. Sign up for workshops online. (English, Spanish)

5232 Claremont Ave., Oakland (Online)

Phone Number: **1.510.658.7353**

bananasbunch.org/parents-families

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. Sign up for workshops online. (English, Spanish)

22351 City Center Dr., Hayward (Online)

Phone Number: **1.510.582.2182**

4calameda.org/events-trainings

Hively

Workshops, car seat checks, child care referrals, and other resources for families in Eastern Alameda County. Sign up for workshops online. (English, Spanish)

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

Phone Number: **1.925.417.8733**

behively.org/events

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. To enroll, please visit the website.

Online

Tuesdays and Thursdays

From: 4 pm – 5 pm

Phone Number (Christina Thomas): **1.510.618.2080**

embraceher.info

Virtual Fatherhood Group
Alameda County Fatherhood Initiative

The Fatherhood Initiative promotes responsible fatherhood and healthy relationships through parenting education and skill-building. (English, Spanish, and other interpreters offered.)

Online

2nd & 4th Wednesdays (Spanish group on Thursdays)

From: 5 pm – 7 pm (Spanish group 6 pm – 8 pm)

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

Phone Support

Family Paths Parenting Stress Helpline

Parents and caregivers can call at any time for parenting support and resources. (Interpreter 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. (Interpreter 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 and to ensure safe travel for your child on every ride. (English, Spanish)

1000 San Leandro Blvd. parking lot

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