



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs
Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

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 recent interest in **parenting** classes. Listed below are some classes to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

Anna Griffin CPR

Berkeley

Classes held one Sunday a month

1 pm – 3:30 pm

Infant and child CPR for family & caregivers.

Classes offered in English and Spanish.

To schedule a class, please call Alliance Health Programs at **1.510.747.4577**.

Bananas Inc.

North Alameda County (Berkeley, Oakland, and nearby cities)

Handouts, support groups and workshops.

Phone Number: **1.510.658.7353**

www.bananasbunch.org

Boot Camp for New Dads, Alameda County Public Health

Ashland, Cherryland, San Leandro, and Oakland

Three hour workshop held once a quarter for new fathers, taught by expert fathers.

Program Coordinator Phone Number: **1.510.667.4343**

Café Dad, Alameda County Public Health

San Leandro

Held every 2nd and 4th Wednesday of the month

5 pm – 7 pm

Meet with other fathers at Café Dad.

Program Coordinator Phone Number: **1.510.667.3678**

Child Care Links

East Alameda County (Livermore, Pleasanton and Dublin)

Events and workshops.

Phone Number: **1.925.417.8733**

www.childcarelinks.org

Community Child Care Council (4 Cs) of Alameda County

South Alameda County (Hayward, Fremont, Newark, and nearby cities)

Tip sheets, classes and workshops.

Phone Number: **1.510.582.2182**

www.4c-alameda.org

Helpful Websites

www.alamedakids.org - First 5, Alameda County: Parenting information for kids ages 0 – 5 years in English, Spanish, and Chinese.

www.kidshealth.org – Parenting information for all ages in English and Spanish.

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs