



JAN NEWSLETTER

New Year New Newsletter!

Hello, 2024!

Happy New Year Brighter Beginnings community! We want to start by thanking you all for your endless support last year

Your unwavering dedication and commitment to our cause have truly made a difference in the lives of families in our communities. As we enter a new year, we are excited to continue our mission of providing resources and support to those who need it the most.

Together, we can continue to create brighter beginnings for all. Once again, thank you for your support and we look forward to what lies ahead in the new year!



PROGRAM SPOTLIGHT

Behavioral Health



Behavioral Health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Similarly, to adults children and young adults can struggle with mental health issues that can cause a chain reaction that affects all facets of a child's life. Here at Brighter Beginnings, behavioral health is a core pillar of what we do.

Our team of mental health clinicians is committed to providing the best care possible to those in need. We have openings for potential clients at the Mental Health Department in Oakland. English and Spanish-speaking clinicians are available!

Eligibility Requirements:

Clients must be between the ages of 0-21

Must have Alameda County Medi-cal

If interested you can reach us at: (510)-829-2061

WINTER WELLNESS TIP

Limit the spread of germs & get vaccinated !



We are halfway through flu and influenza season. Remember to cover your mouth and nose when coughing or sneezing. Wash your hands frequently with soap and warm water, scrubbing for at least 20 seconds. Additionally, immunizations are crucial for reducing the spread of COVID-19 and flu. Be sure to stay up to date on your yearly flu shot!

We currently offer the flu immunization at our clinic locations

Call: (877) 427-7134

To make an appointment

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