



## BRIGHTER BEGINNINGS

*Every Family Matters*

# February News

### WHAT'S IN THIS MONTH'S ISSUE:

- Outreach Spotlight
- Important Dates This Month

## OUTREACH SPOTLIGHT

Outreach stands as a cornerstone of our mission here at Brighter Beginnings, embodying our commitment to engaging with and supporting our communities. Fernando Hidalgo and Yesenia Baretto are integral members of our dedicated community outreach team. This month, we proudly spotlight their outstanding and unwavering efforts in reaching out to and positively impacting our communities.



## WHY IS OUTREACH IMPORTANT TO YOU?

“I believe outreach is important because people don't know what resources are available. Our communities need to know that there is accessible healthcare in the area.”

-Fernando Hidalgo

“Establishing connections with other organizations is vital due to the demographics of our population. The more information and people we know the more we can help our patients.”

- Yesenia Barreto

# IMPORTANT HOLIDAYS THIS MONTH



## BLACK HISTORY MONTH

February honors black history month as an opportunity to raise awareness and learn more while also supporting the Black community's history, customs, and culture. February is also a time to envision and continuously work toward a world free of prejudice and discrimination.

## LUNAR NEW YEAR

Lunar New Year is one of the most important holidays in East and Southeast Asian cultures, including Chinese, Vietnamese, and Korean people, among others. The year 2024 is set to be the year of the dragon, a fortunate symbol of power, knowledge, and fortune.



FOR MORE INFO VISIT: <https://www.brighter-beginnings.org/>

# HEALTH OBSERVANCES THIS MONTH



## AMERICAN HEART MONTH

American Heart Month also takes place this month, encouraging everyone to pay close attention to their cardiovascular health. You can take steps to protect yourself from heart disease. Small heart-healthy measures, such as increasing our daily exercise or eating healthier meals, can have a significant impact on protecting our heart health.

## NATIONAL ORGAN DONOR DAY

National Donor Day, observed annually on February 14th, is dedicated to raising awareness and education about organ, eye, and tissue donation.



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## OUR SITES

### **Richmond**

#### **Family Health Clinic**

2727 Macdonald Ave

Richmond 94804

Monday-Friday, 8:00am -  
6:30pm

(510) 236-6990

### **Antioch**

#### **Family Health Clinic**

3505 Lone Tree Way, Suite 1

Antioch 94509

Monday-Friday, 8:00am -  
6:30pm

(925) 303-4780

### **Downtown Antioch**

#### **Family Health Clinic**

512 West 5th Street

Antioch 94509

Opened Mondays and  
Wednesdays

### **Oakland**

#### **Family Support Center**

2744 East 11th Street Suite H01

Oakland, CA 94601

(510) 437-8950



IF YOU WOULD LIKE TO  
DONATE:

[CLICK HERE](#) 



## OUR SERVICES

### **Primary Care Services (Richmond & Antioch):**

Primary Health Care

Immunizations

Behavioral Health Services

Gynecological Care

Prenatal and Postpartum  
Care

### **Childhood and Family Programs**

Early Head Start/ Head Start

Young Family Support

CalWorks Family Support

Mental Health Services (Ages  
0-21)

Brilliant Baby (College  
Savings and Financial  
Coaching)

### **Financial Education and Coaching Sparkpoint**

Richmond Community

Foundation (BayPoint &

Richmond)Financial

Services