

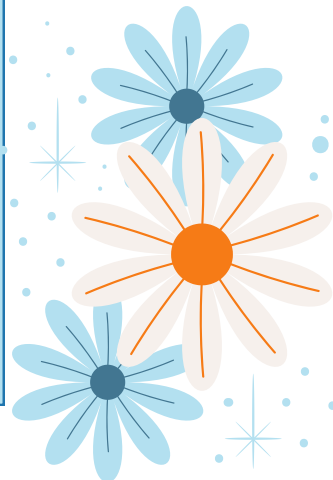
# May 2024 Newsletter



This month we're reminded of the significance of Mental Health Month and Mother's Day. This month, we're spotlighting the importance of mental well-being, advocating for open conversations, support systems, and self-care practices. Additionally, let's take a moment to honor the nurturing figures in our lives on Mother's Day, celebrating their love, strength, and guidance. unfolds, we're reminded of the significance of Mental Health Month and Mother's Day. This month, we're spotlighting the importance of mental well-being, advocating for open conversations, support systems, and self-care practices. Additionally, let's take a moment to honor the nurturing figures in our lives on Mother's Day, celebrating their love, strength, and guidance.

## In this month's issue

- **Mother's Day: What Mother's Day Means to Us**
- **Mental Health Awareness in the month of May**
- **Open Positions: We're Hiring!**





## MOTHERS DAY 2024

This month of May, we're reminded of the warmth and love that Mother's Day brings. Mothers Day is a near and dear holiday to us. It is a day to celebrate all of the mothers within our organization, including our staff, patients, and beyond. This special day serves as a heartfelt tribute to the remarkable women who nurture, guide, and inspire us every day. Whether they're biological mothers, adoptive mothers, grandmothers, or mother figures, their unwavering love and support shape our lives in profound ways. This Mother's Day, let's take a moment to express our gratitude and appreciation for the extraordinary mothers in our lives. Whether it's a simple gesture, a heartfelt message, or a cherished memory shared, let's make sure they feel loved and valued.

# MOTHERS DAY SPOTLIGHT

## MEET LESLIE

### SR. PROGRAM MANAGER – FAMILY SUPPORT SERVICES

For nine years, Leslie de la Torre has been an integral part of our team as our Senior Program Manager. In her role, she oversees our Family Support program, which is dedicated to assisting pregnant and parenting young adults. This program focuses on empowering them with essential skills for self-care and nurturing their babies, all while addressing their educational pursuits and preparing them for sustainable employment and self-reliance.



#### ● What does Mother's Day mean to you personally?

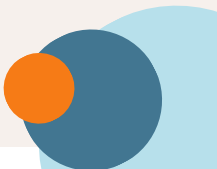
A lot of ups and downs, love, and sacrifice, but all worth it in the end

#### ● What are some of your favorite memories of past Mother's Day celebrations?

I have only celebrated one Mother's Day but I love taking professional pictures with my daughter to have for memories

#### ● How has your perspective on Mother's Day changed over the years?

It's a special day to celebrate not only the love but the hard work it takes to raise our children.



## MEET PAULA

### EXECUTIVE ASSISTANT

Paula has been part of our team for the last eight months, effortlessly blending in with our executive team and offering her support on a range of projects. This includes spearheading social media campaigns and overseeing our newsletters.



### What does Mother's Day mean to you personally?

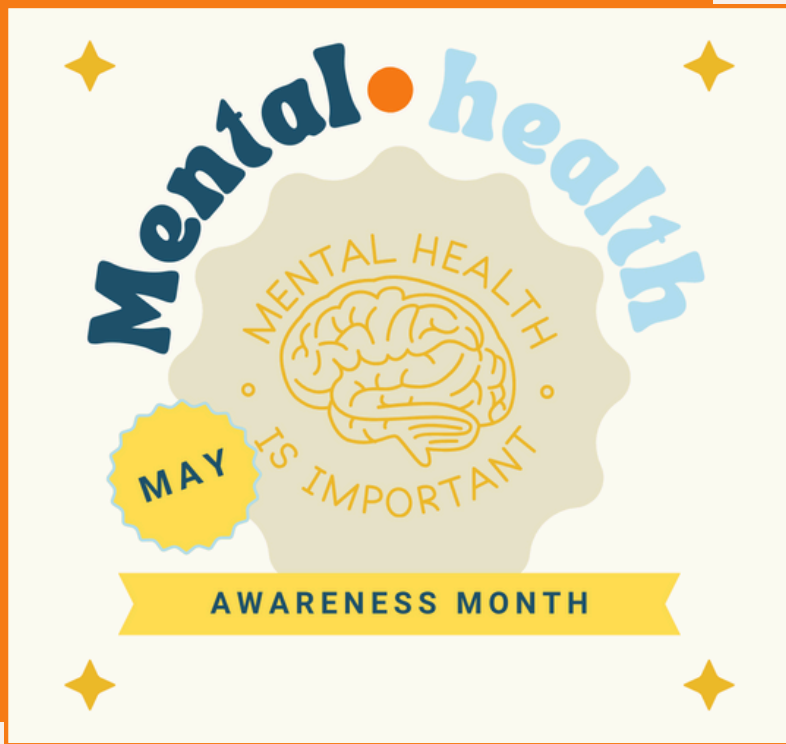
Mother's Day is a cherished occasion for me, a day to celebrate and honor the love, sacrifice, and unwavering support that mothers provide. It's a time to reflect on the profound impact my mother has had on my life and to express gratitude for her endless care and guidance.

### How Do you typically celebrate Mother's Day?

On Mother's Day, I like to make it special by dedicating quality time to my mom. This could mean cooking together, taking a walk, or simply enjoying the outdoors together.

# MENTAL HEALTH AWARENESS MONTH

As May unfolds, we embrace Mental Health Awareness Month with open hearts and minds. This month serves as a poignant reminder of the importance of mental well-being in our lives and communities. It's a time to advocate for understanding, compassion, and support for those facing mental health challenges. Together, let's break the stigma, foster empathy, and promote self-care practices. May is not just a month; it's a movement towards greater awareness, acceptance, and healing.



## Mental Health Tips

### ● Get Regular Exercise

Consistently engage in physical activity. Just 30 minutes of daily walking can uplift your mood and enhance your overall health. Remember, even short bursts of exercise accumulate benefits, so don't feel disheartened if you can't commit to a full 30 minutes at once.

### ● Prioritize Sleep

Prioritize adequate sleep by adhering to a routine and ensuring sufficient rest. Limit exposure to blue light emitted by devices and screens before bedtime, as it can disrupt your ability to fall asleep.

### ● Eat healthy and balanced meals

Adopt a nutritious diet, consuming regular meals and maintaining hydration levels. A well-balanced diet and ample water intake can bolster your energy and concentration throughout the day. Monitor your consumption of caffeine and alcohol, noting how they impact your mood and well-being—reducing intake may prove beneficial for some individuals.

# Follow Us On Social Media!

**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

**Richmond**  
**Family Health Clinic**  
2727 Macdonald Ave  
Richmond 94804  
Monday-Friday, 8:00am - 6:30pm  
(510) 236-6990

**Oakland**  
**Family Support Center**  
2744 East 11th Street Suite H01  
Oakland, CA 94601  
(510) 437-8950



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## 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