



# July Newsletter



This month, as we celebrate July, we want to share some special photos of our June graduates. These moments capture the joy and achievements of our young learners, a testament to their hard work and the support they receive from our community. Special thanks to our Early Head Start/Head Start team for providing these wonderful, heartfelt images. Their dedication and effort are crucial in helping our children reach these important milestones.

## In this month's issue:

- Summer weather and how to stay cool
- Safe Kids Day Event Recap
- Early Head Start/ Head Start graduation Pictures





# Summer weather



We are well into the summer season, a time filled with fun activities and hot weather. As you enjoy the sunny days, staying safe and healthy is important. Remember to stay hydrated by drinking plenty of water and wearing sunscreen to protect your skin from harmful UV rays. Try to stay cool during heat waves by seeking shade or staying indoors during the hottest parts of the day. Enjoy the season, but make sure to take care of yourself and your loved ones.



## Cooling Centers in Contra Costa County

### Locations

**\*Be sure to check location hours\***

Concord Senior Center 2727 Parkside Cir, Concord

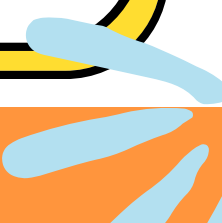
Nick Rodriguez Community Center 213 F St, Antioch

Antioch Community Center 4703 Lone Tree Way, Antioch

Contra Costa Regional Medical Center 2500 Alhambra Ave, Martinez

Brentwood Community Center 35 Oak St, Brentwood

Greater Richmond Interfaith Program (GRIP) 165 22nd Street, Richmond



# Cooling Centers in Alameda County

## Locations

**\*Be sure to check location hours\***

San Lorenzo Library 395 Paseo Grande, San Lorenzo, CA

Castro Valley Library 3600 Norbridge Ave, Castro Valley, CA

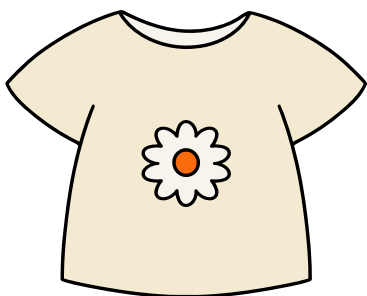
Cherryland Community Center 278 Hampton Rd, Hayward, CA

Alameda Free Library 1550 Oak St, Alameda, CA

César E. Chávez Branch Library 3301 E 12th St, Oakland, CA

Brookfield Branch Library 9255 Edes Ave, Oakland, CA

## Tips For Staying Cool



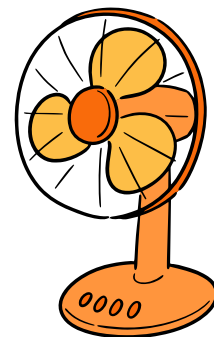
### **Dress For The Heat**

During the summer months, it's best to wear light-colored clothing to minimize heat absorption.



### **Hydrate**

Stay hydrated by drinking water throughout the day and evening. Limit your intake of alcohol and caffeine.



### **Stay in a cool environment**

Close the curtains to minimize heat entering the home. Reduce the use of electric lights throughout the day. When cooking, use the microwave instead of the oven to avoid generating excess heat.

# Safe Kids Day Event



In partnership with Safe Kids Alameda County, the AEG Oakland Community Foundation hosted the 10th annual Safe Kids Day at the Oakland Arena and Oakland-Alameda County Coliseum complex on Saturday, July 13th 2024.

During the event, 500 helmets were provided free of charge to residents of Oakland and the surrounding areas. This event supports families in Oakland and represents a way for Safe Kids Alameda County and the AEG Oakland Community Foundation to give back and address a critical need in the community. We are both happy and grateful to have been involved.



# EHS/HS Graduation



This past month, we celebrated the accomplishments of our young Head Start graduates. We are incredibly proud of their achievements and look forward to seeing what they pursue in the future.



Special thanks to our heartfelt, dedicated, and amazing team in Oakland for organizing the celebration and providing unwavering support to our graduates and their families.



## Our Sites

**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



**Every family  
matters and every  
child deserves a  
happy, healthy  
future**

## 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