

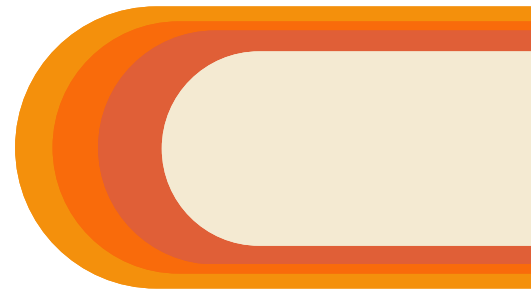
BRIGHTER BEGINNINGS

AUGUST NEWSLETTER



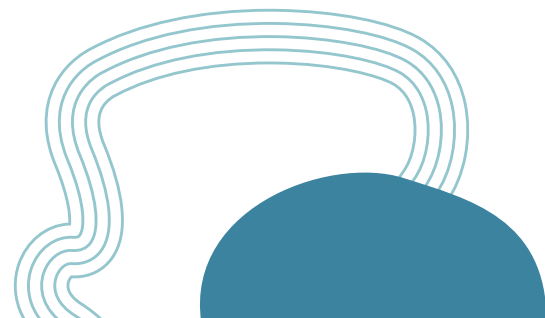
Welcome to Our August Newsletter!

As summer winds down, we at Brighter Beginnings are gearing up for the fall season and all the opportunities it brings. We can't wait to see what this new season has in store as we continue our mission to support every family's journey to a bright and healthy future.



In This Month's Issue:

- National Health Center Week
- National Immunization Awareness Month
- Back to School Season
- Job Postings



National Health Center Week



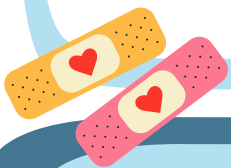
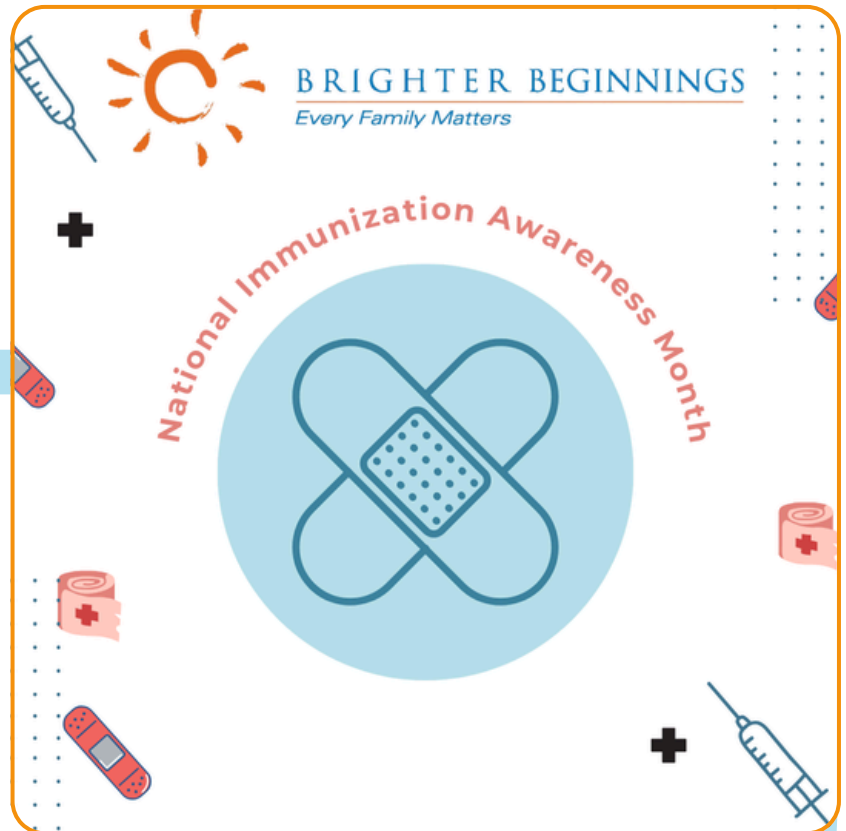
National Health Center Week is a vital opportunity to recognize and celebrate the essential role that community health centers play in providing accessible, high-quality healthcare to underserved populations.

For Brighter Beginnings, this week underscores our commitment to ensuring that every family, regardless of background or income, has access to the resources and care they need for healthy births, successful child development, and strong, thriving communities. By highlighting the impact of health centers, we reinforce our dedication to equity and the well-being of the communities we serve.

National Immunization Awareness Month: Protecting Our Future

August is National Immunization Awareness Month, a time to emphasize the importance of vaccinations for people of all ages. Immunizations protect us from preventable diseases, keeping our families and communities healthy.

Let's work together to ensure that everyone stays up-to-date on their vaccinations, paving the way for a brighter, healthier future.



Your Health, Our Priority: Get Vaccinated

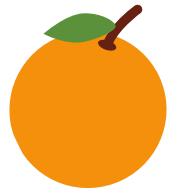
This August, during National Immunization Awareness Month, we encourage everyone to make their health a priority by staying up-to-date with vaccinations. Vaccines are a simple and effective way to prevent serious illnesses and protect those around us.

BACK TO SCHOOL SEASON



As summer draws to a close, it's time to gear up for a new school year! At Brighter Beginnings, we understand that this transition can be both exciting and challenging for families. That's why we're here to provide support every step of the way. From helpful health tips to educational resources, we're dedicated to ensuring every child in our community starts the year equipped and ready to succeed. Let's work together to make this school year the best one yet!

Health Tips for the New School Year



As kids head back to school, keeping their health in mind is important. Here are some tips to ensure your kids have the best school year possible!

- **Balanced Diet:** Ensure your child eats a balanced diet of fruits, vegetables, and whole grains.
- **Regular Exercise:** Encourage at least 60 minutes of physical activity each day.
- **Adequate Sleep:** Make sure your child gets enough sleep to stay alert and focused during the school day.



WE'RE HIRING



OPEN POSITIONS

- **Behavioral Health Therapist (LMFT/LCSW) - Antioch, CA**
- **Behavioral Health Therapist (LMFT/LCSW) - Brentwood, CA**
- **Call Center Associate - Antioch, CA**
- **Child Development Specialist - Oakland, CA**
- **Family Nurse Practitioner of Physicians Assistant Part Time - Antioch, CA**
- **Family Nurse Practitioner Full Time - Antioch, CA**
- **Family Nurse Practitioner Full Time - Richmond, CA**
- **Family Practice Physician - Richmond, CA**

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



BB VISION
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