




BRIGHTER BEGINNINGS
Every Family Matters

May Newsletter

As we step into May, a month that celebrates renewal, resilience, and recognition, we're reminded of the powerful role our community plays in uplifting families. From honoring Mental Health Professionals Week to continuing our outreach efforts and preparing for a series of upcoming events, this month is full of meaningful moments that embody our mission.

Thanks to your continued support, we're not only meeting families where they are — we're walking alongside them toward healthier, brighter futures. In this issue, we're excited to share recent highlights and showcase the meaningful impact your generosity makes possible.



Did you know that May's birth flower is the Lily of the Valley — a symbol of hope and renewal?

It's a fitting tribute to Maia, the Greek goddess of growth and fertility. Just like the families we serve, May is truly one of a kind.

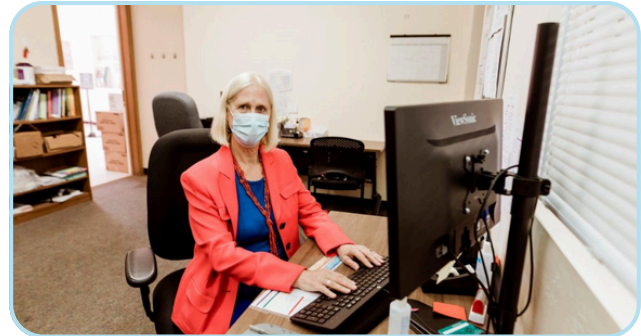
BB Mission

Every family matters, and every child deserves to have a happy, healthy future.



Honoring Dr. Barbara Bunn McCullough

April 22, 1951 - March 2, 2025



Brighter Beginnings mourns the passing of **Barbara McCullough**, who led our organization with unwavering dedication as CEO for nearly 28 years. Though she retired almost four years ago, Barbara remained deeply involved as a trusted consultant and mentor. Her visionary leadership transformed Brighter Beginnings, expanding access to comprehensive healthcare and essential social services—including behavioral health, dental care, financial wellness, and more—across Alameda and Contra Costa Counties. Barbara’s legacy of service, advocacy, and compassion will continue to inspire our work and the communities we serve for years to come.

A tireless advocate for children and families, Barbara devoted her life to uplifting vulnerable communities.

We will miss her deeply, but her legacy lives on in the countless lives she touched. Brighter Beginnings will honor her memory by continuing her passionate work—ensuring that every child, parent, and family has the support they need to thrive.

Mental Health Professionals Week

MAY 12TH - 18TH

This week, we honor the vital role mental health professionals play in building stronger, healthier communities. Their care, compassion, and commitment help individuals and families heal, grow, and thrive — often in the face of overwhelming challenges.

At Brighter Beginnings, we are especially proud of our dedicated providers, who show up every day with heart, skill, and deep empathy. Your work changes lives, and we are so grateful for the light you bring into our clinics and our community.

Thank you for being the steady support so many of our clients count on.

3 Tips to Support Mental Health Professionals (and Yourself!)



1 Prioritize Your Own Well-Being

You can't pour from an empty cup. Take time to rest, recharge, and care for your own mental, emotional, and physical health — just as you encourage your clients to do.

2 Connect with Your Community

Lean on your peers, share experiences, and celebrate each other. A strong support network can be a powerful reminder that you're not alone in this important work.

3 Celebrate the Wins — Big or Small

Whether it's a breakthrough session or just showing up on a tough day, your efforts matter. Take time to acknowledge the impact you're making.

Outreach Spotlight



Pictured here: Amy Ortiz, our Sr. Clinic Program Manager



Pictured here: Fernando Chinchilla, our Community Health Coordinator

Outreach plays an indispensable role in our organization, fostering meaningful and lasting relationships with the communities we serve. Through their efforts, we can connect families to essential resources, build trust, and strengthen our impact.

THIS MONTH, SOME OF OUR OUTREACH EFFORTS INCLUDE PARTICIPATING IN SEVERAL COMMUNITY EVENTS:

- Resource Fair hosted by Monument Crisis Center on Thursday, May 8, from 2:00 PM to 4:00 PM at 1990 Market Street, Concord, CA.
- Community Resource Fair hosted by East Bay MUD and Lao Family on Saturday, May 17, from 9:00 AM to 12:00 PM at 3939 Bissell Ave, Richmond, CA 94805
- Mental Health Awareness Event at Todos Santos Plaza in Concord on Saturday, May 17, from 9:30 AM to 12:00 PM.

These events provide valuable opportunities for us to share information about our programs, strengthen partnerships, and continue supporting the well-being of our community.

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

OUR SERVICES:

Primary Care Services (Richmond & Antioch):

Primary Health Care

Immunizations

Behavioral Health Services

Gynecological Care

Prenatal and Postpartum

Care

Dental Services

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

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