



FamilyPaths

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## Family Paths Along The Way eNewsletter

*Family Paths promotes the development of nurturing, responsible and resilient families within our diverse communities by providing comprehensive services that foster positive change, empowering parents and children*

### Greetings From Our Executive Director

Quick Links  
Our Website  
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We are truly living in unprecedented times. This past year has been a roller coaster of emotions. On the one hand, we are excited about our new leadership and the hope that a new President brings, and on the other we are watching as this recession is hitting our community hard. The need for our services has grown, while funding streams are drying up.



The next year will bring continued challenges as economists predict the recession will continue into late 2010. Like many organizations we will have a difficult time during this recession, but we know that we will be able to pull together our resources and overcome this obstacle.

I want to thank all of our supporters who donate not only their money but their time to help us. It is with your continued assistance that we will endure these tough times. It is because of you that we will not be scaling back our services but rather continuing to grow to meet the high demand for our programs. Our community needs us and together we will answer their call. As a Family Paths' supporter, you help us serve over 6,000 families a year in Alameda County. Every dollar you donate, and every hour of your time helps us directly serve clients. To you, I say once again *thank you.*

### Yoga For Parents



We would like to announce our new Yoga For Parents classes held in our Oakland Office each Wednesday from 11am-noon. We are currently enrolling. For more info. call our Support Line at 800.829.3777.

### Join eScrip To Support Family Paths



#### What is the eScrip program?

Participating merchants contribute each time your families make a purchase using their grocery club or registered cards.

There are no receipts to collect, no vouchers or certificates to buy, no hassles for you, and every purchase counts.

#### **How Does it Work?**

eScrip has created a system that rewards customer loyalty by contributing a percentage of purchases made by participants. Parents, friends and families are encouraged to register their grocery club cards, and existing credit/debit cards as supporters. A percentage of all purchases made at eScrip merchants will be given back to Family Paths.

#### **Sign up online. It's quick and easy!**

eScrip works with merchant partners to contribute to organizations like ours each time you shop at no cost to you!

1. Go to [www.escrip.com](http://www.escrip.com), or call Tara at 510-893-9230 x. 231 for details.
2. Click on "sign-up". Designate our group to receive contributions. Our Group ID is **#500021672**.
3. Follow the instructions to register your grocery cards and your existing credit/debit cards.

It's Easy! It's Free! It's Powerful! That's it! Visit eScrip merchants to shop. It's automatic! We can potentially receive hundreds of dollars from your participation alone!

## Helping Children Heal

Sofia is a four year old girl who has lived in East Oakland since birth. She currently lives with her father, who makes barely enough money to support his family, but brings home just a hair too much to qualify for Alameda County Medi-Cal. Sofia was born with an organ defect, and requires ongoing monitoring by physicians and specialists. Dad is up to his ears in debt for his daughter's outstanding medical bills and for the loans he took out so that he could attend vocational school.



Sofia's parents have had quite a tumultuous relationship, and she has witnessed physical, verbal, and emotional violence between the two of them. As a result, Sofia has learned to compartmentalize her emotions and to often deny that she has any feelings at all. She becomes overwhelmed easily and shuts down when anything in her environment reminds her of any of the terror that she has felt inside. Because she lives in a neighborhood where she hears sirens and shouting constantly, this means that Sofia lives in a constant state of fear.

Because of the Measure Y grant for residents of the city of Oakland, Sofia has been able to work with a Family Paths' therapist who helps her navigate rocky emotional terrain and supports both of her parents in understanding how to respond to her with consistency, attentiveness,

understanding, and curiosity. As Sofia's parents have learned new skills for relating to her, she has found ways of taking down some of the walls that had previously barricaded her strong emotions and kept her isolated and afraid. She has become able to play and to talk about the scary and difficult things that she has seen and heard, and to ask her dad and mom for support as she integrates the troubling events in her life. Her parents have helped her find ways to feel safe, even when the environment outside her window is often anything but.

Without this funding source, it would not have been possible for this family to afford mental health services for Sofia. The Measure Y grant makes hope and healing possible for children and families who might otherwise be denied access to ongoing mental health services due to financial limitations. Measure Y is a safety net for clients who without it would not otherwise receive much needed services. When young children are encouraged to address their feelings, thoughts, and worries, they are gaining the tools to grow into capable and confident adolescents and adults, thereby reducing the need for more costly interventions down the road. We hope this opportunity continues to exist for our most vulnerable community members.

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