

**Yoga at Family Paths** began in 2000, as a free or low-cost weekly Yoga for Parents class held in the Family Paths' Oakland office conference room. The idea was created and classes lead by **Vincenza J. Baldino, MFT, Family Support Program Manager**, certified Integral Hatha yoga instructor, and yogi of many years. Since then, it has expanded into the **Family Yoga Project**, taught by our multi-talented (including some bilingual) clinical staff who are also certified yoga instructors. **Alexis Azzam, MFT, Misty Finney, MA and Claudia Hein, LCSW**, will continue to hold classes throughout Oakland and at **Weeke's Public Library in Hayward**.

*"Over the phone I thought I understood what "fostering attachment" through yoga meant, but it was an entirely different thing to be in a session and see how the movements and songs do that."*

~ East Bay librarian complimenting Family Paths' Family Yoga Project teachers

**Visit our website for details about Family Yoga Project classes!**



**Family Paths' Annual Holiday Toy Drive** was an outstanding success thanks to the overwhelming support by community members, staff and friends of the agency. Special thanks to **Rene DValery, LMFT, Manager in the Families in Transition Program** and supervisor for Spanish speaking clinicians for the idea and coordinating the event for the last 8 years!

#### 2015 Toy Drive highlights:

**\$2,405** collected to purchase hundreds of toys, games, sports and art supplies.

**98** Family Paths families served.

The parents of **217** children received new, unwrapped gifts ready for distribution.

## ----- SAVE THE DATE -----

**May 3, 2016**

**East Bay Gives**

**24 hours to #GiveLocal**

For the 2nd year in a row, Family Paths is excited to participate in **East Bay Gives**, a 24-hour online giving campaign from East Bay Community Foundation. Special incentives throughout the day can mean your dollars go farther to support the work we do.

Make sure we have your email address for alerts and follow us on Facebook and Twitter for updates. See you online!

**May 12, 2016 ~ 5-7 pm**

**Celebrating New Growth and Leadership Spring 2016 event!**

The Family Paths Board of Directors invite you to a reception at our Oakland office welcoming our new Executive Director, **Barbra Silver, MFT** and Clinical Director, **Misa Trotman, LCSW**. Come celebrate all things new, growing and branching out from the Family Paths family tree!

Kindly RSVP by May 1st  
to [kcohn@familypaths.org](mailto:kcohn@familypaths.org)

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Family Paths is committed to serving the needs of the Latino community and have recently expanded our capacity for services in Spanish.

Current highlights of our Spanish Language Services include:

- 40% Bilingual staffing on our Families in Transition (FIT) team
- 70% Bilingual staffing on our 24-Hour Parent Support Hotline
- TEMAS: Our quarterly group welcomes all of our Spanish speaking staff to discuss themes pertaining to the Spanish speaking community.
- Spanish Supervision Group: Meeting monthly, this specialized group provides a culturally and linguistically responsive environment for our bilingual clinicians.

And in the news... Telemundo, an American Spanish-language broadcast television network, approached Family Paths to get our perspective on the increasing number of unaccompanied minors that have been psychologically affected by the journey leaving their home countries. In this report, Family Paths' staff clinician, **Kaitlin Cruz, MFT Intern**, discussed how these children can be better understood and supported. This report was broadcast in February and can be viewed online:

<https://www.facebook.com/NoticiasTelemundo/posts/10153607891453005>

#### NEW HAYWARD OFFICE

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