

BAY Area children FIRST

Quality Counseling and Therapy Services
for Bay Area Children and their Families



Newsletter: December 1, 2009

Continuing Our Mission for 2010:

Empowering families and enhancing the emotional well-being of children.

Our mission is to promote the emotional well-being of children in the counties surrounding the San Francisco Bay. We do this to ensure these individuals grow into emotionally healthy adults who can make a positive contribution to their community. We focus on children from families stressed by poverty, addiction, mental illness, incarceration, and divorce. To realize this objective we:

- Counsel children directly in homes, schools, day care centers, and social service sites;
- Educate parents, foster parents, teachers, social workers, and family law practitioners to improve the care of children;
- Advocate at all levels of government to make the needs of children an institutional priority; and
- Train providers who work with children growing up in stressful conditions.

Goals and Funding for 2010

Due to various California and county agencies' budget cuts, Bay Area Children First (BACF) has not received renewed grant support to offer our free counseling and parenting classes

in Berkeley. Our continued services will rely almost solely on fundraising from private donors. For every \$500 donation we receive, we can continue to support one child and his or her parents throughout the rest of the school year. For anyone interested in providing a very helpful and tax-deductible donation, the home page of www.baychild.org has a [Donation](#) link, or please call 510.883.9312 or 415.922.2344.

With fundraising assistance for 2010, BACF plans to continue its parenting classes, along with our school, day care center, and social service sites' programs. (Classes listed at www.baychild.org.)

Current Articles at www.baychild.org

Please check our web site "[Resources & Articles](#)" page for online articles and tip listings for:

- [Back to School Stress](#)
- [Tips for Managing Preschool Separation Separation Anxiety \(English and Spanish\)](#)
- [Successful Co-Parenting](#)
- [Art Therapy for Expectant Moms](#)
- [Enjoying the Holidays with Your Children!](#)

Bay Area Children First Offices

1400 Shattuck Ave. #7, Berkeley, CA 94709
and 999 Sutter St., San Francisco, CA 94109
General Information: 510.883.9312

<http://www.baychild.org>

