



# Brighter Beginnings'

## Richmond Family Strengthening Center

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[www.brighter-beginnings.org](http://www.brighter-beginnings.org)



## Success Story:

"I have been with EHS (Early Head Start) since I was six months pregnant. I can only imagine how different our lives would've been without the support of EHS and our PCE (Parent Child Educator). Things haven't always been easy for my family and I; and while some days are better than others – it is that constant and individualized support that EHS offers, that has made a world of difference in our family". - Mother of a 3 year old.

"I have learned to have more patience with my son by learning about the process of growth for a child. I have also learned how good of a father I am compared to my own father. No matter how hard it is, you should be there for your child. I feel like the first year is the most important part to build the bond between a parent and a child". Alex, a young father

## Programs & Services:

**Teen Family Support** a case management program which helps teens learn to care for themselves and their babies

**Black Infant Health** a group empowerment model, designed to encourage and support African American mothers to have healthy pregnancies and positive birth outcomes.

**Early Head Start Home Based Services** support families by strengthening the parent-child bond and helping families move toward self-sufficiency.

**Hello Baby** a home visiting program, sponsored by First 5 Contra Costa, which offers family prioritized case management; pregnancy/parenting support; child development education; and advocacy until the child is two years old.

**Mental Health Services** whole family to participate in the therapeutic process toward improving functioning and decreasing symptoms of stress for parents and their children.

**Fatherhood/Male Involvement** addresses barriers to responsible fatherhood affecting low-income adolescent and adult men; improves parent-child relationships, communications and parenting skills.

## Mission Statement:

To support healthy births and successful development of children by partnering with parents and helping to build strong communities.

## Vision Statement:

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

**RotaCare Richmond Free Medical Clinic** offers care for relief of pain and suffering to uninsured adults and children with acute and/or chronic medical conditions

**Antioch First 5 Center** is sponsored by First 5 Contra Costa and provides a nurturing and rich environment for pregnant women and families with children under 5, **Financial Asset Building** is included in every family strengthening program as we believe that financial literacy is an essential tool for good decision-making.

