



**Alameda Alliance for Health**

1240 South Loop Road  
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments  
(CRS/TTY): **711/1.800.735.2929**

**livehealthy@alamedaalliance.org**

**www.alamedaalliance.org**

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **parenting** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

**Classes**

**Bananas Inc.**

Workshops, support groups, child care referrals, and other resources for families in Northern Alameda County. Visit the website to sign up for a workshop. (English, Spanish.)

5232 Claremont Ave., Oakland (In-person, online)

Phone Number: **1.510.658.7353**

**bananasbunch.org/workshops-for-parents-families**

**Boot Camp for New Dads**

**Alameda County Fatherhood Initiative**

Taught by fathers, this class builds confidence and prepares dads to meet the challenges of having a new baby. For fathers who are expecting or have a child under age two (2). (Interpreters offered.)

Phone Number (Reggie Bridges, Administrative Assistant): **1.510.667.4342**

**acphd.org/fatherhood-initiative**

**Community Child Care Council (4Cs) of Alameda County**

Workshops, car seat checks, child care referrals, and other resources for families in Central and Southern Alameda County. Visit the website to sign up for a workshop. (English, Spanish, Chinese.)

22351 City Center Dr., Hayward (In-person, online)

Phone Number: **1.510.582.2182**

**4calameda.org/events-trainings**

## **Fatherhood & Co-parenting: Beyond Conflict**

### **Family Paths**

This class series is designed to build confidence and enhance the co-parenting experience for dads and father figures. It will benefit dads who live with or apart from their children. Call the toll-free helpline to sign up for the class. (English, Spanish, and interpreters offered.)

Various cities (Online)

6-week series

Toll-Free: **1.800.829.3777**

**[familypaths.org/parenting/parenting-classes](http://familypaths.org/parenting/parenting-classes)**

### **Hively**

Workshops, car seat checks, child care referrals, and other resources for families in Eastern Alameda County. Visit the website to sign up for a workshop. (English, Spanish.)

7901 Stoneridge Dr., Suite 150, Pleasanton (Online)

Phone Number: **1.925.417.8733**

**[behively.org/events](http://behively.org/events)**

### **Positive Parenting**

#### **Family Paths**

This class series provides parents with the tools to create healthy, safe, and nurturing family environments for children of all ages. Learn about child development, communication, self-care, and other positive parenting skills. Call the toll-free helpline to sign up for the class. (English, Spanish, and interpreters offered.)

Various cities (Online)

6-week, 10-week, or 12-week series

Toll-Free: **1.800.829.3777**

**[familypaths.org/parenting/parenting-classes](http://familypaths.org/parenting/parenting-classes)**

### **Support Groups**

#### **Café Dad**

#### **Alameda County Fatherhood Initiative**

Café Dad is a father-centered support group for all fathers and father figures in Alameda County. (English, Spanish, and interpreters offered.)

English Group: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 5 pm – 7 pm (Online)

Spanish Group: 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 5 pm – 7 pm (Online)

Phone Number (Reggie Bridges, Administrative Assistant): **1.510.667.4342**

**[acphd.org/fatherhood-initiative](http://acphd.org/fatherhood-initiative)**

### **Phone Support**

#### **Family Paths Parenting Stress Helpline**

Parents and caregivers can call at any time for parenting support and resources. (Interpreters offered.)

Toll-Free: **1.800.829.3777**

**[familypaths.org](http://familypaths.org)**

## **Help Me Grow**

Call with any questions about the growth and development of your children five (5) years of age or younger. Learn about local programs and resources. You can also visit the website to learn more and find fun things to do with your children. (Interpreters offered.)

Toll-Free: **1.888.510.1211**  
**alamedakids.org**

## **Car Seat Inspections**

### **Alameda County EMS Car Seat Inspection Station**

Learn how to properly install your car seat into your vehicle to ensure safe travel for your child on every ride. (English, Spanish.)

1000 San Leandro Blvd. (parking lot), San Leandro  
Phone Number: **1.510.618.2050**  
**ems.acgov.org/CommttyResources/CIP**

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department  
Phone Number: **1.510.747.4567**  
Toll-Free: **1.877.932.2738**  
People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,  
Alliance Health Programs

### **Enclosed:**

- Notice of Nondiscrimination
- Language Assistance Services

---

[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]