



## Growing Connections Together: A Community Conversation

At CECC, we believe that every child deserves one adult who is fully in their corner. We also know that for children to thrive, the adults who care for them must feel supported, heard, and seen. Caring for children is a journey of shared work, and no one should have to walk it alone. We are inviting you to **join us** for a warm, informal gathering where your experiences and voice take center stage.

### Why Your Voice Matters

We honor family and community knowledge as a core form of expertise. You know your children, your culture, and your neighborhood best. We want to listen first and learn from you to ensure our upcoming programs truly meet the needs of our community. We're planning for a nonjudgmental space for us to reflect together on how we can better support the emotional wellbeing of our children.

### What We'll Explore Together

We want to hear your thoughts on new initiatives and the types of support you actually want to see, such as:

- **Parenting and Provider Support Groups:** What topics matter most to you—managing big feelings, navigating transitions, or simply finding a space to breathe?
- **Family Services:** What kinds of resources would make your daily routines feel more connected and less stressful?
- **Community Belonging:** Tell us your ideas for co-created spaces for families where everyone experiences belonging and respect.

### What to Expect

- **Relationships First:** Our goal is to build collaborative partnerships, not to "fix" or judge.
- **A Safe Space:** We prioritize emotional safety and confidentiality, ensuring everyone feels comfortable.
- **Children Welcome:** Just let us know who'll be joining us and we'll have activities and snacks available for the kids during in person meetings.

- **Your Time is Valued:** we'll be offering food (at in person sessions), incentive gift cards and items for your efforts in sharing your expertise with us.

## **When and Where**

- **Albany- Friday 5/15;** 5-6pm: The CECC- 1009b Solano Ave
- **Online- Friday 5/22;** 12-1pm: Zoom Meeting ID- 925 658 5168
- **Berkeley/ Oakland** - Dates TBD

**Come share with us!** Your insights will help us build a healthy community where our children thrive. Together, we can ensure that mental health is seen as a normal part of growing up and all children can experience wellbeing.