



Dear CECC Supporter,

We invite you to join us in building spaces where every child has a caring adult their corner. Whether you or someone you know needs support, you feel called to make a volunteer service commitment or give a donation, **there is a place for you at the CECC.** Read the latest happenings and news from the Center, get great tips to support your relationships with the little ones in your life and learn more about how you can get involved!

Easing Back-to-school Stress

Conversations for Wellbeing

We all hope that the kids we love will experience positive emotions and learn healthy ways of coping... but it can feel hard to know how to start the conversations that build these skills!



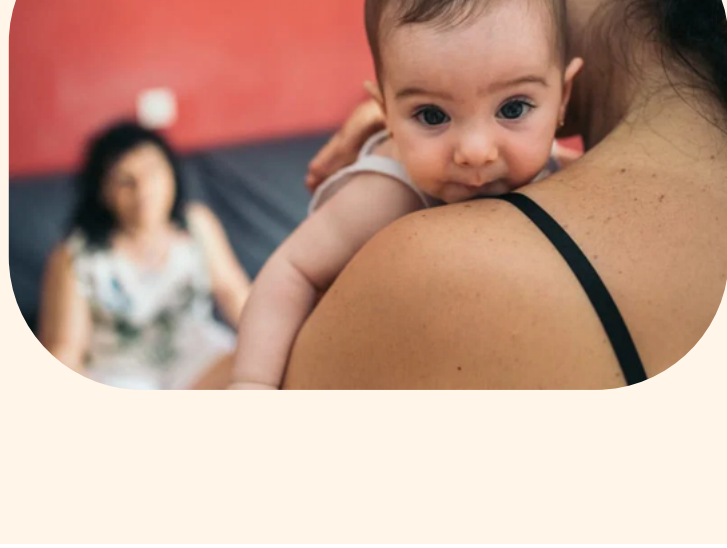
Print or take a screenshot of this tipsheet to help you in those challenging moments such as talking with your child about their "back-to-school" jitters.

You've got this!

Get the Tipsheet

Donation-Based Groups

Parent Support: Online and In-Person



Starts this Friday:

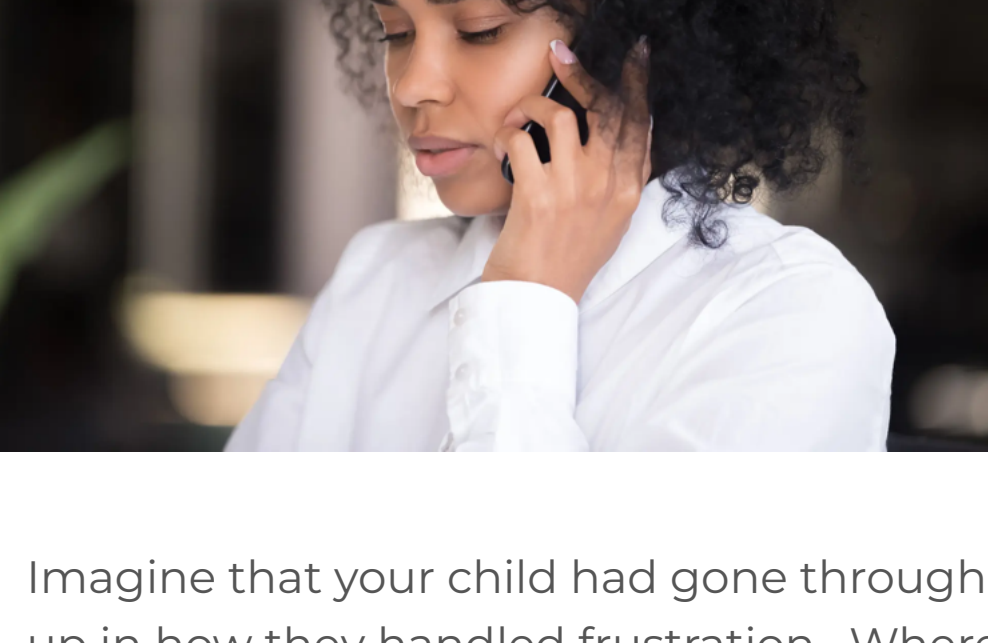
Join our Child and Family Therapists and other parents for **supportive, non-judgemental groups** to share and gain new perspective.

Attend for **free** or [donate](#) to "pay-it-forward" and ensure that supports continue to be available for families in our community.

Join a group

One Parent's Story

A Winding Road to Care



Imagine that your child had gone through a really difficult experience and it started to show up in how they handled frustration. Where would you turn for help?

A few months ago, **a mother called on the CECC to help** her four-year-old son who had started hitting other children at school. She felt isolated and was desperately trying to understand him and help him feel safe again after she got them away from a frightening domestic situation. Then came something she couldn't have predicted: After calling her health insurance for help, she was thrust into an exhausting maze of barriers. Every phone call yielded different answers, unreturned messages or offers of inadequate support.

A child's mental health cannot wait for bureaucratic fixes.

Without someone walking alongside her, the stamina and time required to get help would have forced most parents to give up. During the long month of insurance challenges, the CECC did not wait. **We stepped in as her guide and partner**, standing by her side, writing letters of support, and holding space for her when she broke down in tears, terrified that we would send them away because insurance wasn't yet paying. We told her we wouldn't: Our therapists don't just provide care, **we help families navigate the very real gaps in our social safety net.**

This parent worked hard, with the support of their CECC team, to get the insurance authorization she needed to pay for mental health care for her son and now the real work has begun. They are learning to trust their therapist to be there for them and to build the kind of strong family relationships that are [key to healing and long term health](#).

Small, early actions can bring lasting change and we hope to connect with you soon!

What is Child Therapy Like?

Board and Staff News

Welcome and Congrats!

We are overjoyed to have welcomed some great new clinical staff and board members this year! These new voices bring a wealth of knowledge and skills to our work and allow us to better serve the community.

Through her hard work and dedication, our staff member Juliet Small-Ernst has also been awarded a second licensure as a Marriage and Family Therapist. We are very proud of this significant achievement.

Meet the Team



Welcome to the CECC



Together we can bring...

Inclusive early arts to Oakland

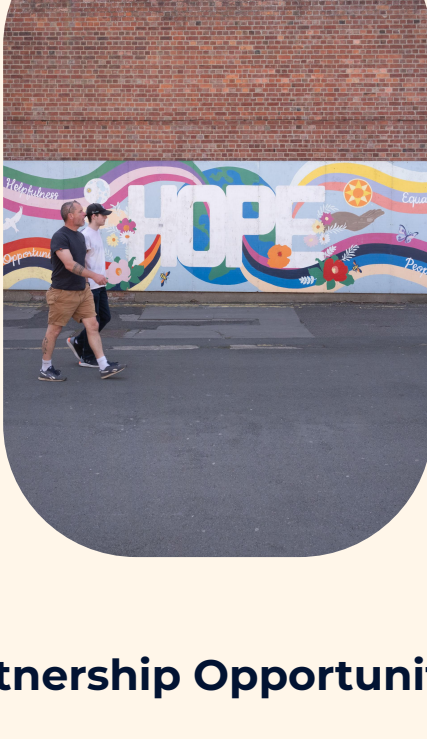
In June, with the help of local businesses, our supporters gathered at [The Junior Center of Art & Science](#) to share wine and food and to benefit the collaboration between the CECC & the JCAS and their new **innovative program for young children in Oakland**. Together we raised over \$4,000 to get the project started but still need your help to bring this program to life! **Learn more about how you can get involved.**

Co-Hosted by the Junior Center

Why this matters

Let's Connect

We have increased our capacity to offer support via remote (telehealth) and in-person adult and child therapy, groups as well as support and training opportunities. **We appreciate your time, feedback and welcome your ideas for CECC's participation** in our community!



Partnership Opportunities

If you would like to sponsor or participate in our work by sharing your story or skills, [joining our advisory board](#), offering an event venue, local products in-kind, or offer other types of collaborative partnership we welcome you to reach out.

Reach out



Join us

Check out the latest events for families, caregivers and CECC supporters! From Free Online Events and Community Gatherings, we've got something for everyone.

Visit the Center



Welcoming Families

The CECC offers therapeutic supports of all kinds, provided by our staff of [family-focused clinicians](#). Contact us to find the [best type of support](#) for your family, or a child you love today!

*We do our best to reply within 2 days, M-F.

Get support today

2026 Awards

Quality in Action

As the fiscal year comes to a close we are working to increase transparency and accountability across the organization. We're proud to announce that we have achieved a Gold Seal of Transparency from Candid and continue to work towards implementing non-profit best practices and broader field alignment to ensure the success of our mission and the highest quality support for our clients and community.

Transparency Report

Gold Transparency 2026

Candid.



Our Mission

Advancing mental health and wellbeing of young children children in the Bay Area.

Links

About Us

Donate

hello@thececc.org

501c3 EIN: 88-0559373

Facebook, LinkedIn, Instagram icons