



**888-99ALDEA**

The essential  
community partner  
for children and  
families in crisis



## May is Mental Health Awareness Month 2021



As an essential community partner that serves our communities every day providing mental health treatment, prevention, child welfare support and hope for a brighter day, we are excited to join the first Mental Health Action Day.

Aldea is taking action this month with several trainings, video testimonials on the need for mental health services, and bringing our community together on May 19

for our first Virtual Change A Life fundraiser to raise needed funds to continue our work in a manner that respects the dignity and individuality of each person.

#MentalHealthAction



In the year since COVID-19 upended daily life, mental health struggles have skyrocketed, accelerating an already dire health crisis that **some are calling a second pandemic.**

May  
20

MentalHealthActionDay.org

We need mass action.  
Media can use their  
platform, working together  
with experts, to educate the  
public about how to talk  
about and how to get help  
when it is needed,  
ultimately demonstrating  
that mental health is

health.

Often, the hardest action we can take on our mental health journey is the very first one—reaching out for the first time to a friend, walking into the first support group meeting, finding a therapist or calling a support line.

It is time we all take care of our emotional wellbeing in the same way we tend to our physical health, before we reach a moment of crisis.

**Mental Health Action Day will take place on May 20, during Mental Health Awareness Month, to drive the culture of mental health from awareness to action.**

On Mental Health Action Day, organizations, brands, government agencies, and cultural leaders are coming together to put a spotlight on mental health action.

Resources and tools will be made available for people to seek help in a myriad of ways from starting a meditation practice, learning how to support a friend, or advocating for change at the school, local, state or federal level.

Learn more <http://aldea.pub/toolkit>



Join us at our next

# Cultural Competency Series

**Power, Privilege &  
Interrupting the Cycle of  
Oppression**

May 25<sup>th</sup>-26<sup>th</sup>, 10am-12pm  
each day

This training will assist providers in reflecting on their own power and privilege within their personal identities, while also considering the intersectional context of their youth clients in out of home care. Through personal assessment, group discussion, and multimedia, participants will define microaggressions, bias, stereotypes, and prejudice and learn to recognize them in action.

**Zoom link: <http://aldea.pub/TrainingsMay25>**

For more information, please contact Guadalupe Aguayo at [gaguayo@aldeainc.org](mailto:gaguayo@aldeainc.org)

See all our trainings: <http://aldea.pub/TrainingCalendar>

Taking action to learn how to create inclusive communities that are welcoming to diverse groups of people will increase social inclusion impacting both the physical and mental health of community members.



**Change  
a  
Life**





Aldea highlights each year a client and their families who have taken action showing exceptional courage and devotion to improving their lives. **Aldea's Courage to Change a Life Award** to Sindel

**IN AN HOUR** Kegley, a client of the Transistional Housing Program, which was created by the Aldea Board to recognize the efforts of clients and their families who have demonstrated improving lives and creating bright futures in our community.

VIP tickets are \$125 and include the reception and main program and a gourmet three-course dinner prepared by Tre Posti and **delivered to guests' homes!** General admission tickets to the main program are \$55. For information on tickets, sponsorships, or the auction, visit Purchase tickets or make a donation: [Tickets!](#)  
Offer a Silent Auction item: [Silent Auction Form](#)  
To become a Sponsor: [Be A Sponsor!](#)

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**Aldea is the essential community partner for children and families in crisis.** We believe that in a family's most critical moments, the company of a trusted professional can mean the difference between strength and suffering.

Every day, our expert staff walks with young people on their journey to healing, providing the care that brings both short term comfort and long-term resilience. Because with a community of support, they discover their own ability to create a new life, one moment at a time.

For more information please go to our website at [www.aldeainc.org](http://www.aldeainc.org) or call 707-224-8266.

**ALDEA CHILDREN & FAMILY SERVICES**

**Administration Office**

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Napa, CA 94559

[www.aldeainc.org](http://www.aldeainc.org)

**Stay Connected!**



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