

Supporting our community...

888-99ALDEA



**The essential
community partner
for children and
families in crisis**



We are so proud to offer a variety of opportunities for better mental health through Aldea's Counseling Services! Services offered include:

- Individual, family and group psychotherapy
- Behavioral support services
- Psychiatry including medication management
- Specialty mental health services for children ages 0-5 supported by First 5 Napa County
- Youth Diversion Services, in partnership with the Napa Police Department, to prevent delinquency among at-risk youth (City of Napa only)

To learn more about eligibility requirements, please visit our website at:

<https://www.aldeainc.org/services/behavioral-health>

For service inquiries in English or Spanish, please contact:

Bertha Serna, Compliance Associate
at (707) 255-1855 or BSerna@aldeainc.org

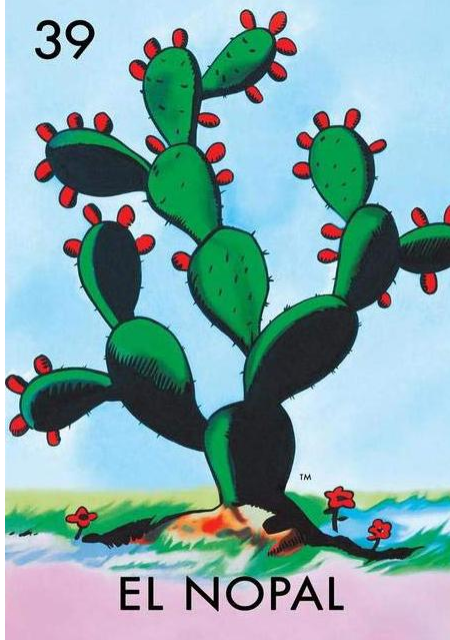
Saturday, January 16, 2021

3pm to 5pm via ZOOM

****Spanish* Noche de Arte Familiar***

¡Acompañenos para tener una divertida noche en casa! Les enseñaremos paso a paso como pintar esta bella pintura. Instrucciones para esta clase seran en Español, y es perfecta para todas las familias. Seran dos horas de risas y aprendizaje – se sorprenderan de los buenos resultados.

Registrarse antes del final del día martes 12 de Enero. Todos los materiales seran proveídos por Aldea.



Centros de distribución: Wolfe Center y Upvalley Family Resource Centers.

Register here: <https://aldea.pub/16Enero>

Saturday February 13, 2021

3pm to 5pm via ZOOM

**Bilingual* Family Paint Night*

Join together for this guided step by step painting event offered in both Spanish and English, no experience needed.

Register by February 6th. All art materials will be provided by Aldea. Pick up locations: Wolfe Center and Upvalley Family Resource Centers.



Register here: <http://aldea.pub/Feb13>



Virtual Parent Support Groups

Want to learn more about triggers and stressors that lead to substance use? Want to get more information about mental health in youth? Join our free and virtual meetings lead by Dulce Murillo, *Prevention and Treatment Counselor*

Spanish Sessions - Feb. 4, March 4, April 1, May 6

English Sessions - Jan. 21, Feb. 18, March 18, April 15, May 20

No registration required! Join online at: <https://aldea.pub/BHS>



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 or call 707-224-8266.

Make a donation today!

ALDEA CHILDREN & FAMILY SERVICES

Administration Office

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www.aldeainc.org

Stay Connected!

