

### **Welcome to the Shelter In-Place Edition**

2020 has taken a few truly unexpected turns in past months. In this shelter in-place edition of The Village Voice, you'll find a voice of reason in our exclusive interview with Alameda County Public Health Director Kimi Watkins-Tartt, crisis response and community empowerment through VC's Virtual African American Town Hall addressing COVID-19, revitalization for the Black family with the VC Fall symposium, and more.

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## An Afternoon with Kimi Watkins-Tartt, Alameda Public Health Director

This March, in the wake of the Bay Area shelter in-place order that preceded governor Gavin Newsom's state-wide advisory, health director for Alameda County Kimi Watkins-Tartt spent an afternoon with the senior editor of the Village Voice, Kwajo Opoku Ware. Mrs. Watkins-Tartt spoke on the economic, psychological and social aspects of the COVID-19 pandemic, and shared with The Village Voice some of the unintended ways she hopes that we can grow from this troubling time.

### VV: What are your responsibilities as Public Health Director for Alameda County?

A: As Public Health Director, I am essentially the administrator, so I set the direction and oversee all of the operations ... personnel, financing, programs... for the department. As a local public health department we also have a county health officer, which is a separate



Kimi Watkins-Tartt is a strong advocate for community health and wellness.

role, and in the state of California, the county health officer must be a medical doctor. Our Interim County Health Officer is Dr. Erica Pan. For all jurisdictions, the county health officer is the medical advisor for the county. So, for our shelter in-place order, that came from the county health officers for six of the Bay Area counties. County health officers have certain authorities that are given to them by statute in the state of California and issuing health officer orders is an example of that.

### VV: After the declaration of COVID-19 as a pandemic, a lot more people became concerned about their well-being. Can you describe what it means that COVID-19 is now a pandemic, and how that difference effects us?

**KW:** I mean, once the WHO (World Health Organization) determined that it was a pandemic, we were already experiencing it. Basically, an epidemic, affects a large number of people within a community, population or region, while a pandemic is an epidemic that affects several countries or is worldwide. Why this is important, is because we're a global community, and so many of us travel a lot. There's a lot of movement back and forth and so when we say something is a pandemic, it means that it

now is affecting all of us globally on some level, and that the decisions that one country makes are more likely to affect other countries. I think for me it means that really focusing on and remembering the interconnectedness of all of us is then critical at that point in time, and it's not about blame, or 'where did it start' and 'it's over here, not there' that's not the point. The point is that we're all connected to each other and to the degree possible it's good when we can share information and resources with each other. We can share best practices with each other, and we can work towards solutions...or a cure, work towards good treatment options as a global community. For many people I think that calling it a pandemic can feel scarier. We were already experiencing though, the impacts of that, before WHO determined that it was a pandemic, but again this now also means that we have scientists across the globe working on this issue. So I'm hopeful that we will then have access to the best science, the

best knowledge, and that there will be open sharing of that.

# VV: Is Alameda county taking any measures to protect the growing unhoused population, and if so, do you estimate the steps as adequate?

**KW:** On our website there's a link to healthcare for the homeless content, which you should be able to access. Our Health Care for the Homeless Program has developed several resources for homeless service providers, including outreach



Thousands of homeless are expected to be among the most adversely affected by the COVID-19 crisis, but the Public Health Department is developing a robust preparation program.

workers, emergency and transitional housing providers. There are regular conference calls with homeless service providers to provide updates and information so that all of the people who work directly with homeless people are all on the same page and have the best information and resources.

We've just launched a project to temporarily house people who are homeless and have either tested positive for COVID-19, been in contact with someone who has tested positive or who are on the street and want to come inside to shelter in place.

There is a definite recognition all across the country that we really have to step up in very different ways to protect our unsheltered residents as well as make provisions for them so that they can more easily comply with the directives or guidance that we've all been given. They're not going to easily be able to isolate and shelter in-place in the same way that we're able to. We still have a lot more work to do but I think we're well on our way.

### VV: Historically, in times of social peril, people of color tend to be the most adversely affected. Do you have any thoughts on steps to flatten the curve among Black and brown communities?

**KW:** I think that it's important for us to always keep in mind that no matter where an illness or health issue may start, the likelihood that it will end disproportionately impacting those same populations that always bear the disproportionate burden of disease and mortality are pretty high. So even though in the very beginning this illness centered around a certain population—people who were on cruise ships and traveling and that sort of thing—we have to be anticipating that the longer this lasts, the more likely it is that it's going to now hit more generally, hit a wider range of people without regard to race, ethnicity, income, whether you have insurance, housing status, immigration status, any of that. None of that will make a difference, but when we know that we have social inequality going into this pandemic, we have to then ask and demand for more resources to really support people in staying healthy. So, for individuals who are without health insurance or access to a usual source of medical care, making sure that we don't create any more barriers and we actually relax barriers, or restrictions, or criteria to accessing care is what we want. What we don't want, is we don't want people to stay sick, not ask for help, and not call to ask for help should they become symptomatic. Next, we know that this is going to have—it's already having—an economic impact and so all of us together have to ask for and continue to demand that all workers need to have paid leave, because

"I think that it's important for us to always keep in mind that no matter where an illness or health issue may start, the likelihood that it will end disproportionately impacting those same populations that always bear the disproportionate burden of disease and mortality are pretty high."

without paid leave, people can't comply with the shelter in place orders. We're asking people to choose between being able to feed their families, keep a roof over their head or shelter in place. What's also a big deal is ensuring that our cities and our other municipalities implement those moratoriums around evictions because people are going to be without income. We don't have universal paid leave for all workers. The State and Federal governments are implementing new programs or expanding upon existing programs to assist people in accessing unemployment, business loans and tax deferments to help ease some of the economic impacts.

If we don't have these and other resources in place, we'll see this hitting Black and brown communities even more. And many of us want to make sure that the provisions and orders that have been put in place to protect the health of the public are not now used as an additional hammer in the law enforcement community to target Black and brown communities disproportionately. We do want people to stay indoors, but we prefer a soft touch. I wouldn't want to see enforcement result in low income people being financially penalized in ways that are going harm them significantly down the road.

There's been so much conversation going on about the economics of this and we all know that it is real but it is unfortunate that something like this has really put a bright light on

the lack of a social safety net in the area of housing, in the area of income and wages, in the area of universal health care. I also have concerns about the interruption of education for children. For some children, online assignments won't work. This is not going to be possible for everyone. So even though the child may not be penalized in terms of absenteeism, they are going to lose out on instruction. Those families that do not have the capacity to homeschool—because that's what we're talking about – I worry. We're basically saying the schools are closed and now we want you to homeschool your kids, here's some resources—and each school district is different and I don't want to minimize the efforts that the school districts are making, this is a struggle for them. They know how much daily instruction means for so many children and particularly those children who are already struggling. I fear there will be impacts we're not going to see for a while. So I do worry about that a lot; how are we going to

make up this instruction, how are we going to do this? Oh, and there is one other area: the food issue. There are likely to be impacts on access to food for vulnerable communities such as older adults and low income communities that are in food deserts. For children who usually get their meals—two of their three meals—from school, this is a big deal now. Some communities are prepared to have supplemental meals in the Summertime, but this is several months early. I believe that provisions are being made in some districts but I worry many will fall through the cracks. So that's one group. Older adults who may have the income to get food, but you know, it's a whole task now getting food, in ways that are totally unfamiliar to us right now. I think we haven't probably seen anything similar to this since the Depression probably, in this country, and most of us are way too young to have any memory of that. Most of us are of a generation way past that and we don't know what it means to have to stand in line to get into the store only for there not to be what you came in there for because it's gone already. And when you're an older adult, what does that look like? Fortunately a lot of the stores have been setting

"We will get through this, and what I know to be true is that we are better when we all work together. We are better when we realize that we are all inextricably tied to each other and this is making that clear if it wasn't clear to us before."

aside carved out hours for seniors and other people who are vulnerable, so they can come in and get their items first and I applaud those grocery stores and businesses that have begun to limit the number of things that people can get including baby formula. In the very beginning of this we had extreme hoarding of baby formula and we had our WIC clients calling saying 'I can't find any formula and my child is 100% formula fed, what am I going to feed them?' It's not perfect, it is a step in the right direction. It's still very difficult for people. Everyone doesn't have the financial resources to just pay to have things delivered to our house. You have to have money for all of that.

## VV: Alongside the Corona panic, America seems to have grown a significant population of newfound hypochondriacs. Do you have any tips for detection or identification for those who suspect they may be infected?

**KW:** Really, what we are asking is for people to practice good personal hygiene, and by now I think everyone knows about the hand washing. They also know about really keeping their hands out of their face, and watching for certain symptoms: fever, cough, shortness of breath. And call the doctor if you have symptoms. Most medical providers request you call first unless it's an emergency. The medical community is really trying to make phone and technological access more available than ever, so that people don't come rushing into the emergency room.

#### VV: Any parting words for the citizens of Alameda to end this interview on a happy note?

**KW:** I want to say that I am confident that we are going to get to the other side of this. We will get through this, and what I know to be true is that we are better when we all work together. We are better when we realize that we are all inextricably tied to each other and this is making that clear if it wasn't clear to us before. We are now getting a really quick education in how connected we are to each other, and I'm hopeful that there will be benefits from this; that we might have after all is said and done, heightened awareness around the need for a stronger social safety net, heightened awareness of the need to be socially connected to each other and care about each other. I'm hoping that might be an unintended consequence of this, but a positive one.

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<sup>\*</sup>For a resource guide from Alameda County regarding how to stay safe during the COVID-19 shelter in-place, visit the <u>Alameda County Department of Public Health Website.</u> If you or anyone you know in Alameda county is unhoused and in need of support, click over to Healthcare for the Homeless.



This presentation by Dr. Tony Jackson covered the psycho-nutritional effects of food on hormones, mood, and immunity.

## COVID-19 Virtual African American Town Hall

On April 2nd of 2020, Village-Connect hosted its launch of the first Virtual African American Town Hall, a series of interactive online congregations where the Black community can find enlightenment, engage and embrace empowerment through the ongoing COVID-19 pandemic. The Bay Area Empowerment Committee (BAEC)—an association of Bay Area community

businesses, co-ops and entrepreneurs—organized the town hall, and recruited some of the most qualified community leaders, advocates and allies to lend their voices and expertise during this dire time for so many Black families.

The expert panel included Dr. Ammar Saheli, Director of Student Services for San Lorenzo Unified school district, Saundra Davis, financial coach and economic consultant at SAGE Financial Solutions, Adante Pointer, Associate Attorney at the Law Offices of John L. Burris, and Dr. Tony Jackson, President of the Bay Area chapter of the Association of Black Psychologists. The experts weighed in with customized presentations on the topics of education, economics, legal rights and health (both psychological and medical) followed by a vigorous and detailed question and answer segment.

The presentations on health and economics were among those considered the most beneficial by participants, covering important questions surrounding economic stimulus checks, tenant protections, the hormonal effects of stress and panic on the immune system, and the nutritional supplementation best suited to protect against COVID-19. Event registration peaked at 100 registered participants, making it the largest virtual chat in Village-Connect history to date.

That number was exceeded again on April 9th of the following week, when the second iteration of the Town Hall grew by several dozen community members. Word of mouth, social media presence, and a steady-growing panel of community pundits were largely responsible for the turnout. Families interested in finding the greatest possible avenues for information and resources can help to grow attendance for the April 16th Town Hall by spreading the date and links to friends and family.

While some panelists are expected to return in future sessions, in order to maintain a well-rounded treatment of the subjects, the BAEC is rotating expert advocates and presenters throughout the month. Others on the April roster include Kimi Watkins-

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Tartt, the Director of Public Health for Alameda County, Gregory Jackson, professional attorney with Repaired Nations and Dorsey Dunn, Executive Director at Legal Services for Prisoners with Children.

#### Takeaways from Dr. Tony Jackson's Presentation on Health

- The COVID-19 pandemic is an unprecedented crisis in world history. It's important not to be overly self-critical when we make mistakes in this time.
- History teaches us that challenges to public health and safety, fueled by lack of information and outright ignorance and bigotry ignite people's anxieties and fears of others, (particularly us) COVID-19 is not exempt from this peculiar response.
- We're inundated with information from the television, social media, and other forms of electronic communication. A digital detox, combined with mindfulness meditation can be beneficial in maintaining mental health and avoiding feelings of being overwhelmed.

### Key Takeaways from Dr. Ammar Saheli's Presentation on Education and Homeschooling

- When practical and safe, experience nature and outdoor exercise to punctuate academic engagement with children.
- Try to avoid making decisions based on hysteria and non-verified sources. Stay up to date with local COVID-19 updates through reputable avenues of information such as official school district websites.



Dr. Ammar Saheli warns parents to monitor kids' social media time during quarantine in his presentation on educational engagement.

- Be clear with education providers on expectations surrounding school assignments, grades, and credits.
- Be mentally and psychologically prepared for this status to remain through the end of the school year.

Although the premiere Virtual African American Town Hall was by most measures a success, the BAEC has been busy crunching data to maximize the effectiveness of the interactive meetings in future sessions. The current town hall schedules have been modified to afford more in-depth presentations, and robust Q&A segments, which have stayed in high demand from

attendants. Live streaming music, political humor and warm discussion of the topics closest to the community are still intact.

The four part series will come to an end on Thursday April 23rd, with an open discussion scheduled from 11:00am to 1:00pm.

\*The Village Voice, on behalf of VC invites you and your family to join us at the next Virtual African American Town Hall. For registration info, head over to the VC Eventbrite page. Also, join the Virtual African American Town Hall Facebook page.

## Dr. Quintin Robinson - On Fatherhood Research and the VC Fall Symposium at Santa Clara University



The upcoming VC Fall symposium centered on Black family healing, will be held on location at the beautiful Santa Clara University campus.

Dr. Quintin Robinson, Ph. D. Is a professor at the University of Santa Clara, specializing in Educational Leadership. His career has been dedicated to furthering the scholarship and growth of Black men and boys. This Winter, Dr. Robinson partnered with VC to recruit single Black fathers as participants in a qualitative study for his upcoming publication about the psychology of Black male mentorship. His close work with the fathers of VC inspired Dr. Robinson to collaborate with Executive Director Gaylon Logan Jr. to organize and facilitate a symposium aimed at redefining the Black family in 2020.

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### VV: Recently, you were introduced to the Village through a fatherhood study you conducted. Can you tell us about that?

**QR:** I am writing a research paper on exploring parental identities, conceptualizing how single fathers understand their role as fathers, and I have been working with Gaylon in terms of finding participants for that study. I ended up interviewing seven guys in your program, with a one-on-one, and then each of those guys also filled out a survey. It's a qualitative study, so naturally I'm looking for a voice for the participants, and I had been searching around Oakland but I was not having much success finding young men that fit the criteria I was looking for. They needed to be between 18-35, they needed to be single, they needed to be fathers, and they also needed to be raised in a home without a father, so the criteria window was very small, and I got connected to VC through another person, hence the relationship.

### VV: Were there any factors surrounding Village-Connect that you thought made it a particularly good site to recruit participants for your study?

**QR:** Yeah, what made it effective was the fact that young Black males come in and out your front door, and therein lies the nature of my success. I was looking for guys, and I'm purposefully looking for certain guys that fit a certain criteria, and instead of me roaming around Oakland lost, it was better for me to come to a place where young men and women were coming out of the door, so that made VC an ideal place for grabbing participants. It took a while for them to meet my needs. It was almost two months before I got participants, but luckily I got seven and it worked out very well. Yeah.

### VV: Does any of your experience with your own father and your upbringing have anything to do with your research?

**QR:** It's interesting because I end up doing a lot of my work based on who I am as an individual, and to try to raise awareness in this arena. I did my dissertation on ways in which mothers—single mothers—infl uence the academic success of their sons in failing schools, and I did that particular study because my father died when I was 10, and it was my mother who infl uenced my educational success, so I wanted to honor her through my work, so I ended up writing my dissertation around that issue. Now, I end up doing a lot of my writing and a lot of my work around Black boys growing up without a father, because I grew up without a father, you see. My father died when I was very young, my mother didn't remarry until like 30 years later and so I like to explore this arena because I think there are a lot of successes that can happen for Black males if the proper policies and procedures are put into place, so I do a lot of my writing talking about ways that they can be successful, and one way that I've sort of ventured into over the past three or four years is looking at Black males and mentoring. So I'm presently working on a book right now around mentoring and Black males.



Dr. Quintin L. Robinson, Ph. D.

"...a lot of the young men -the seven that I spoke with-are motivated to be good to their children, based on the fact that their fathers weren't good to them. That's their motivation; they don't want their children to go through the same things that they went through, so they're trying to make a difference, which is highly significant, because the literature speaks of Black men not being caring or loving towards their children."

#### VV: When's that gonna drop?

**QR:** It's not gonna drop anytime soon. I got the first hundred pages done, and I've sent it off to two different companies to see if they'll pick me up and if they have some interest in it.

#### VV: What were some of the key findings of your most recent study?

**QR:** I'll just share two of those with you—or three. One was that Black males are performing their roles as fathers through trial and error. They don't have the education or guidance from their fathers, so what they do now is all based around trial and error, there's no structure around it. They'll either be successful or unsuccessful, and it's all based on trial and error. The second thing I discovered is, a lot of the young men-the seven that I spoke with-are motivated to be good to their children, based on the fact that their fathers weren't good to them. That's their motivation; they don't want their children to go through the same things that they went through, so they're trying to make a difference, which is highly significant, because the literature speaks of Black men not being caring or loving towards their children, but the work in this study—and a small study but—it shows that these guys are very concerned with making certain that their children don't suffer some of the pain and same pitfalls that they went through. And the last part of what I discovered was that they simply love their children, and the literature again talks about Black fathers not loving or caring about their children. And so those are three of the main things that came out of this piece that I did.

### VV: There's a symposium going on at the University of Santa Clara very soon, featuring VC, and you're involved?

**QR:** Yes, 100%. I'm gonna be the voice of the University. So, my involvement is 100%

#### VV: To you, what will a successful symposium look like?

**QR:** A successful symposium is going to be exposure. A lot of times when I do my research, my work is all qualitative work, and qualitative work is not quantifiable, that's just understood. But what you're doing with that work is, you're adding to the literature; you're adding to the conversation, and those conversations can start to change directions, change trajectories, and

move things in a new direction. So with VC in this symposium, all I'm looking to do is to expand the conversation and to expose again VC in a new arena.

### VV: If you had something to say to potential attendants of the symposium, what would you want them to come to the symposium with in their minds and hearts?

**QR:** I would like them to come to the symposium with a purpose and an idea and a thought of building relationships. I think that's where all of our success lies: in our ability to build healthy and meaningful relationships, so when we come, there should be an openness, a willingness to communicate, a willingness to be criticized and not take it personally, a willingness to expand our horizons, but more importantly, to connect with new people for the reason of moving our efforts forward. Those are the efforts of the Black community, really recognizing really how valuable we are to the universe as a whole. And I think making those connections is what I'm looking for, and what I hope everyone gets from the symposium at the end of the day

#### VV: Do you have any parting thoughts you'd like to share about your work, or yourself, anything?

**QR:** I'm just trying to make a difference, and I think every step, every small step, what people may say is insignificant, every step is really a significant step towards change, and that's all I'm trying to do with this relationship that I now have with VC.

### **SES - Family Spotlight - Victor Cervantes Quarantining with Family**

Victor Cervantes is a 14 year-old 8th grader enrolled in VC's African American Empowerment Project. He loves Hip-Hop music and his favorite shooter is Modern Warfare. Ms. Malikah Whittley is his mom. She has a thing for baking cookies and reading romance novels, like the Dirty Divorce, by Miss KP. In the midst of the national shelter in-place order, The Village Voice conducted an interview with the two to get a clearer picture of how Village families are adapting to the changes in the economy, school system, and household.

#### VV: How has the disease COVID 19 been affecting you?

**VIC:** It's kind of just, making my socialization less and less because there's only two people in the house, and before COVID19 I used to go to school and hang out at the school, and see all my friends, and stuff like that.

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<sup>\*</sup>To learn more about the Fall Symposium at UC Santa Clara, visit us on Facebook.

**MW:** It's very difficult at first, you know. As a medical assistant, my doctor's office, we were still operating and then two of our providers did become infected with the COVID19 so they ended up shutting down our specific facility. It's just very different being at home everyday when you've worked all of your adult life. And as a parent, it's extremely difficult, at least the first few weeks were, because although I'm very involved in both of my children's education, it's different being a mom and helping out with homework every evening, and being a full-blown teacher, checking e-mails, trying to explain stuff that I haven't had any use for since I was in the eighth grade. And my patience, you know like Victor said: it's not having many people to socialize with except the people you live with. I have barely any other adult interaction other than talking on the phone and just checking on people. It's been a really big adjustment as of right now, and I'm extremely concerned about the future because Victor is in the eighth grade, and in the Fall he's supposed to transition into high school. I'm extremely worried about him and other students falling behind the learning curve because—yes, they're doing the best they can with the online work and studies, but—it's certainly not the equivalent of being in class 5 days a week, seeing all his teachers, quizzes, and hands on work. I'm really afraid that when he starts high school he's going to be extremely behind because he's not getting what he needs from a computer as he would from a desk in a classroom.

I have a daughter too, and she just started junior high, she's in the sixth grade. She got to go to school for a few months and then she didn't get that full experience transitioning from being a kid in elementary school to learning how to be a bit more responsible, and getting used to having six classes and upping her workload. I feel like it's gonna be difficult for all students, no matter what grade you are when things do get back to some sense of normalcy.

#### VV: What do you miss about life before this quarantine, and what don't you miss?

**VIC:** The main thing that I miss is like, talking to other people. Just talking to them and seeing them in general, because we can't go outside the house at all... They're starting to close down parks and so, that's the main thing that I miss really.

What I don't miss is... I don't think I have anything I don't miss. Yeah.

VV: A lot of people in are feeling stressed without a lot of room at home to take a breather from their family members. Have you found any tools to help you keep a healthy relationship with Victor and his little sister while quarantining together?

**MW:** Like you said, it is stressful, especially in the beginning. I'm not going to lie, at first it was like 'Oh my God I turn around and there you guys are' I have nowhere to go, but you know, it's like you said, as humans we do all need our space, but we just try and balance it out. We're doing a lot of board games and having a lot more conversations and you know, we're also having alone time, [sometimes] you want to go read a book, or just zone out and have some personal space. We're just trying to make the best of it and have an even balance of family time and personal space.

VV: If you could use one word to describe how you feel about the virus, what word would it be?

**VIC:** I would probably say sad.

I pick sad, because I feel like the infection is killing a lot of people. The numbers are increasing more and more.

VV: How are you adapting to challenges surrounding Victor's education right now?

**MW:** It's very difficult. I try and brush up and read posts from other parents, and try to stay in communication with the teachers at least 3-4 times a week, but it's very challenging because I'm not a teacher, that's not what I went to school for. It's difficult because as parents we all want the best for our children...

I know that right now he's not getting the best and it concerns me very much, but I just try and push a lot of reading. I know that we're literally sheltering in place and it's not even like I can tell him to go outside, but at the same time, aside from doing his online work, he does need a little bit of freedom, you know. He should be able to relax a little bit and watch TV, but I don't want it to turn into a 'Because you can't go anywhere you're just sitting in front of the TV all day', so it's like 'Okay you need to go read a book, let's play some board games', you know, breaking out flash cards, just anything to keep his mind going. Even as simple as us playing Concentration or I Spy, like everything doesn't need to be you know, surrounded by electronics.

VV: Do you have any parting words to share with readers?

**VIC:** I just really hope that this infection goes soon, and everybody who has the infection would stay quarantined.

**MW:** I just want to say it's a difficult time right now. A lot of emotions going on, a lot of uncertainty still, even though we have people that are working hard daily trying to get things back to normal. But just stay patient, stay sane, you know. Spend and enjoy this time with your family and just pray for a better outcome and be patient.

And you know, wash your hands, wash your hands, wash your hands and just stay in-place because the more we go out for miscellaneous things the more in contact we're coming with something that is just taking so many lives already. Just stay home and this too shall pass.

\*VC is rolling out weekly AAEP process calls and Zoom group chats for Village students, aiming to help contextualize and manage their emotions through this troubling time. Weekly process calls and meetings with parents are soon to follow. For more info on the AAEP Virtual Chat series visit us on Facebook.

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### **Upcoming VC Projects & Events**

Project / Event	Date	Time	Location	Cost
Fathering from Within Virtual Fatherhood Group (4-Part Series)	Every Monday April 20th - May 11th	6:30pm - 8:30pm	Zoom Video Conference <u>CLICK TO REGISTER</u> <u>VISIT BANANAS WEBSITE</u>	Free (Sponsored by Bananas)
Parent & Caregiver Chat Session Parent/Guardian Process Group	Every Tuesday Starting April 28th	8:00pm - 9:30pm	Zoom Video Conference CLICK TO REGISTER	Free (Suggested Donation \$10)
The Brothas! Virtual Process Group for Men & Boys (The Sistas coming soon)	Every Wednesday Starting April 29th	7:00pm - 8:30pm	Zoom Video Conference CLICK TO REGISTER	Free (Suggested Donation \$10)
Virtual African American Town Hall	Thursday April 23rd	11:00am - 1:00pm	Zoom Video Conference CLICK TO REGISTER	Free

For more info about projects and events, call (510) 564-4240 or inbox VC on Facebook.

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