

community information program

Peninsula Library System

CIPResource Bulletin

August 2007

[Printer-friendly version](#)

CIP Community Calendar Highlights

For a complete listing of events, [click here](#).

August 4, 6:30 pm - 8:30 pm

Family Dance Event in Palo Alto

[>> details](#)

August 5, 8:30 am

Tour de Peninsula Bike Ride

[>> details](#)

August 10 - 19

San Mateo County Fair

[>> details](#)

August 13, 6:00 pm - 8:00 pm

Ice Cream Social - Grandma, Grandpa and Me!

[>> details](#)

August 14, 9:00 am - 11:00 am

Mandated Reporter Training

[>> details](#)

August 16 - 17, 8:30 am - 3:00 pm

Fifth Annual Library Summer Camp for Library Media Teachers and Library Media Staff for Grades K-12

[>> details](#)

Welcome to our e-newsletter!

The lazy days of August are here, although some children will be heading back to school soon. There are plenty of activities to do outside these days, such as the San Mateo County Fair, free concerts and Shakespeare in the Park.

[Click here](#) for a complete listing of events. Just remember the sunscreen!



Online

The Community Information Program publishes several flyers listing local resources on topical issues. The listing of Senior Centers in San Mateo County has recently been updated. [Click here](#) to access the flyer in PDF form.



Prepare Bay Area Disaster Preparedness Courses and Resources

Earthquakes. Pandemics. Tsunamis. Floods. Fires. Terrorist attacks. Residents of the Bay Area have to worry about all of these potential disasters. House fires and neighborhood flooding are also a threat. While we cannot control whether a catastrophe occurs in the Bay Area, we can choose to prepare in advance for such an event. For information on preparedness training, [click here...](#)

The Family Development Curriculum Empowerment Skills for Family Workers - Class Begins August 22

The College of San Mateo's Human Services Department is offering The Family Development Curriculum Empowerment Skills for Family Workers, an 18-week course designed to prepare and strengthen participants' skills and competencies needed to empower families to achieve self-reliance. For more information on the class, [click here...](#)



Family Law ADR Program Offers Alternatives

When faced with a major life event such as divorce, feelings of stress, frustration and concern can be overwhelming. The thought of going to court may seem daunting. The Family Law Appropriate Dispute

August 18, 8:30 am - 6:30 pm

Craigslit Foundation
Nonprofit Boot Camp
>> [details](#)

August 22, 8:30 am - 3:00 pm

Funding Your Special
Projects Workshop
>> [details](#)

August 30, 9:00 am - 4:00 am

Free Addiction Medicine
Training
>> [details](#)

For a calendar of children's health events sponsored by nonprofit organizations in San Mateo and Santa Clara counties, visit www.kidscal.org.

For a schedule of Child, Youth and Family Services Workshops offered through the San Mateo County Office of Education, [click here](#).

Email shulman@plsinfo.org anytime to submit your upcoming event for the CIP Community Calendar.

[Click here](#) for the complete **CIP Community Calendar**.

Resolution (ADR) Program offers another option, where you can have a say in determining the outcome of your case and communicate with the other party in a safe, secure setting. To learn more about this option, [click here...](#)

Children's Fund School Supply and Clothing Drive - through September 1

School days are coming soon and approximately 800 children of all ages, from kindergarten to high school seniors, in San Mateo County will need help with school supplies and clothing. The Children's Fund is holding its annual School Supply and Clothing Drive from now until Friday, September 1. To find out more about the drive [click here...](#)

Fatherhood Collaborative Partners in Service Program

The Fatherhood Collaborative has issued a Request for Proposals (RFP) from community based organizations, nonprofit agencies and service providers, to work with them as Partners In Service, the program formerly known as Mini-Grants. To learn more about this program [click here...](#)

Back-to-School Immunizations in Daly City - August 13, 14 and 17

The Daly City Youth Health Center, in partnership with the San Mateo County Health Department and Children's Health Initiative, will be holding free immunization clinics at Jefferson High School, 6996 Mission Street, Little Theatre, Daly City. For details [click here...](#)

National Alliance on Mental Illness Education Classes

National Alliance on Mental Illness (NAMI)-San Mateo County, is offering two classes this fall in San Mateo. To learn more about these classes [click here...](#)

City-Level Unemployment Data Now Available on kidsdata.org

[Kidsdata.org](http://kidsdata.org) now offers unemployment rates at the city, county and state levels. From 2002 to 2006, the local unemployment rate dropped, to 3.7 percent in San Mateo County and 4.5 percent in Santa Clara County. [Click here](#) for more details on the two counties. The 2006 unemployment rate for cities in San Mateo County ranged from 1.4 percent in Hillsborough to 9.2 percent in East Palo Alto. Among Santa Clara County cities, Los Altos had the lowest rate (2.2 percent) and Gilroy had the highest (6.9 percent). [Click here](#) for more information on San Mateo County cities and [here](#) for Santa Clara County.

Dental Benefits for Kids with Medi-Cal

Legal Aid Society of San Mateo County has produced fact sheets in several languages for children and young

people who have Medi-Cal, and their parents, explaining the dental benefits available to the children. The fact sheets were the result of a grant made to Legal Aid by the Lucile Packard Foundation for Children's Health. Click below for the fact sheet in the language desired.

[English](#) [Chinese](#) [Spanish](#) [Tagalog](#) [Vietnamese](#)

Latino Fathers Support Group in Spanish

Family Service Agency of San Mateo County is starting a group for Latino fathers to talk about the issues they face today. The group will be facilitated in Spanish and help participants create a healthier, more loving relationship with their children. It will also teach them how to become a better father, husband and member of the community. It will be especially valuable for fathers who have experienced limited access to their children at some point in their lives. For more information about the group [click here...](#)

Kids and Cars

Every week in the United States, at least 50 children are backed over in driveways and parking lots. At least two of these children die. Children are also injured or killed because they cannot be seen in front of larger vehicles. Many times the driver of the vehicle is a parent, relative or neighbor. Children also face dangers when left alone in a vehicle, even for a minute. They can suffer from heat stroke, knock a vehicle into motion, be strangled by a power window or abducted. For more information on how to prevent these tragedies, [visit **www.kidsandcars.org**](#). To download a brochure on keeping children safe in and around cars, [click here](#).

Prevention of Childhood Obesity Task Force Tip: Ruckus Nation

This fall, HopeLab, a nonprofit organization located in Redwood City, is sponsoring an online competition called Ruckus Nation designed to identify new ways to get kids moving. For more details [click here...](#)

Agency Updates

San Mateo County Human Services Agency has announced the appointment of two new directors. Renee Smylie, MSW, is the new Child Welfare Director, replacing Mark Lane. Deborah Torres, MSW, is the new Director of Prevention and Early Intervention, replacing Madelyn Martin. Both started their new positions on July 30.

Executive Director Tammy Moss has left **First Five**. The interim Executive Director for fiscal year 2007/2008 is Debby Armstrong.

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Article deadline for the September issue of the

Resource Bulletin is August 15. Email your submission to shulman@plsinfo.org.

Resource Highlight

August is a good time to remind family, friends, co-workers and those in the community to catch up on their vaccinations. Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on recommended vaccines, you can protect yourself, your family, your friends and your community from serious, life-threatening infections. Most vaccines are given during the first five to six years of life because children are particularly vulnerable to infection. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunizations are recommended throughout life. To learn more about the benefits of immunization, visit the Centers for Disease Control and Prevention (CDC) Web site www.cdc.gov or check out our local resources. To read the full records in the CIP database, click on the organization.

Colma RotaCare Clinic at Seton Medical Center

1900 Sullivan Avenue
Daly City, CA 94015
650-991-6046

Daly City Youth Health Center

2778-2780 Junipero Serra Blvd.
Daly City, CA 94015-1634
650-985-7000

El Concilio of San Mateo County, Nuestro Canto de Salud

1419 Burlingame Avenue, Suite N
Burlingame, CA 94010
650-373-1080

Mills-Peninsula Health Services, The Wellness Center

100 South San Mateo Drive
San Mateo, CA 94401
650-696-5600

Ravenswood Family Health Center, Primary Healthcare Services

1798-A Bay Road
East Palo Alto, CA 94303
650-330-7400

Sequoia Teen Wellness Center

200 James Avenue
Redwood City, CA 94063
650-366-2927

CIP maintains a database of more than 2,600 nonprofit agencies, government programs, community clubs and social, service, environmental and fraternal organizations that serve residents of San Mateo County. In each issue of the *Resource Bulletin*, we feature one or more resource to help familiarize readers with the depth and breadth of the database.

At CIP

cip.plsinfo.org

- To submit an article for the **CIP Resource Bulletin**, or to add your next event to the **CIP Community Calendar**, email **Amy Shulman** at shulman@plsinfo.org.
- Find our publications, including *Resource Bulletin* archives, at [CIP Publications](#).
- Search our database online at [CIP Database](#).
- Contact us: **650-802-7950** or cip@plsinfo.org.
- We're part of the Library!
[Link to Peninsula Library System](#).

Who we are:

- Linda Crowe
Executive Director, Peninsula Library System
- Gail McPartland
Services Director, Peninsula Library System
- Pat Michelin
CIP Program Manager
- John McDonald
CIP Database Manager
- Amy Shulman
CIP Publications Coordinator
- Susan Gaggero
CIP Program Assistant

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Community Calendar Highlights

Family Dance Event in Palo Alto

August 4, 6:30 pm - 8:30 pm. Spend time with your family during this musical evening. The dance will feature a kid-friendly DJ and plenty of fun to share with children and those of all ages who care about them. Refreshments will be served and there will be a play corner for children when they don't feel like dancing. Grandparents, neighbors and family friends are welcome.

Location: 555 Waverley, Church Hall, Palo Alto. \$1 admission fee. For more information,

[visit](#)

www.handinhandparenting.org/csArticles/articles/000005/000547.htm.

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Tour de Peninsula Bike Ride

August 5, 8:30 am. The Tour de Peninsula is the main fundraising event for the San Mateo County Parks and Recreation Foundation. This nonprofit funds special projects that preserve the native habitats or improve the visitors' experience in county parks. Participants choose to ride the entire 33-mile course, or opt for one of two shortcuts, either 17 or 21 miles. There are rest stops, free food, a band and post-ride expo. \$35 registration fee if registered by August 3; \$40 the day of the event.

Location: Start and finish at Sequoia High School, Brewster Avenue at El Camino Real, Redwood City. To sign up [visit www.rhodyco.com/touredp.htm](http://www.rhodyco.com/touredp.htm) or pick up an entry form at the Parks Department, 455 County Center, 4th Floor, Redwood City. For more information, [call 650-321-5812](tel:650-321-5812).

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San Mateo County Fair

August 10 – 19; 4:00 pm - midnight opening day; noon - 11:00 pm Sunday through Friday; noon - midnight Saturday and Sunday. This year's concerts include REO Speedwagon, Joan Jett and the Charlie Daniels Band. Grounds entertainment includes a giant bikes BMX show, pig races, a steel drum band, pony rides and a wizard's challenge. From food to rides, to horse racing, exhibits and more, this fair has it all!

Location: San Mateo County Event Center, 2495 South Delaware Street, San Mateo.

[Visit www.sanmateocountyfair.com/](http://www.sanmateocountyfair.com/) for more information.

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Ice Cream Social - Grandma, Grandpa and Me!

August 13, 6:00 pm - 8:00 pm. 4Cs (The Child Care Coordinating Council of San Mateo County) is hosting an ice cream social for grandparents caring for their grandchildren. There will be ice cream, games, prizes and free school supplies. Grandparent(s) attending must be the primary caretaker(s) of the children; at least one of the children in the house must be younger than the age of 5.

Location: 4Cs, 2121 South El Camino Real, Suite A-100, San Mateo. To register [call or email Peggy at 650-655-5078 or ptucker@sanmateo4cs.org](tel:650-655-5078).

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Mandated Reporter Training

August 14, 9:00 am - 11:00 am. San Mateo County Children and Family Services is

offering training for mandated reporters who are either living or working in San Mateo County. This training will cover Mandated Reporter Law, CWS Redesign/SIP, Child Abuse Indicators and an Overview of Differential Response. Two CEUs will be offered to LCSWs, MFTs and MFCCs.

Location: Notre Dame/Harvard Rooms, 400 Harbor Blvd., Building B, Belmont. There is no cost to attend this training. To register, [contact Hmcclain@smchsa.org](mailto:Hmcclain@smchsa.org).

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Fifth Annual Library Summer Camp for Library Media Teachers and Library Media Staff for Grades K-12

August 16 - 17, 8:30 am - 3:00 pm. The Offices of Education in Alameda, San Mateo and Santa Clara Counties present this workshop. Breakout session topics include Improving Students' Reading Comprehension, Public and School Library Collaboration in Action, Multilingual Readers, Hands-on Bookmaking for Kids, Holding Special Events in Your Library, Comics in the Classroom, Internet Safety for Kids and Science Resources in Your Library, among others. An all-day training option on August 16 will present basic knowledge and skills for new library paraprofessional staff.

Location: Santa Clara County Office of Education, 1290 Ridder Park Drive, San Jose. The fee for one day is \$50; \$100 for the full two-day conference. For more information [contact Peter Doering at 408-453-6800 or Judy Moomaugh at 650-802-5652](#). To download a flyer for the event [click here](#).

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Craigslist Foundation Nonprofit Boot Camp

August 18, 8:30 am - 6:30 pm. Join Craigslist Foundation and over 2000 nonprofit leaders, social entrepreneurs and supporters for a day of knowledge, resources and networking, focused on how to start and run a nonprofit. Choose from over 20 seminars, panels and interactive workshops encompassing seven education tracks, covering the essentials of starting and running a nonprofit or social enterprise. The exhibit hall will feature more than 60 organizations that support nonprofits and social entrepreneurs. One-on-one career counseling, Ask the Experts and Executive Coaching sessions will be available.

Location: University of California, Berkeley, MLK Student Union, Berkeley. \$50 registration includes access to all seminars, workshops and keynote speeches, the exhibit hall, breakfast, lunch and snacks. For more information and to register, [visit craigslistfoundation.org/index.php?page=2007_SF_Bay_Area_Nonprofit_Boot_Camp](http://craigslistfoundation.org/index.php?page=2007_SF_Bay_Area_Nonprofit_Boot_Camp).

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Funding Your Special Projects Workshop

August 22, 8:30 am - 3:00 pm. If you have a great idea, a student need, or a partnership project you would like to get funded; if you see grant requests for applications and feel too overwhelmed to respond or if there is an innovative idea that you believe can foster student learning that you would like to try out, then this

workshop is for you. Learn how to search for funding - both government and foundation grants; match funds and the needs of your school, district or organization; write a Letter of Inquiry (LOI) and align components of your grant to maximize chances of getting funded.

Review the "Anatomy of a Grant" and the basic do's and don'ts for writing a grant. The day will be interactive with multiple opportunities to work on constructing LOIs and various grant components. The presenters, Alicia Goldstein, Healthy Practices Coordinator, San Mateo County Office of Education (SMCOE); Maria Palante, Educational Data Analyst and Bill Baynes, Director, Pro-social Communications, have over 13 years of successful grant writing experience in both government and private foundation proposals.

Location: 101 Twin Dolphin Drive, Redwood City. The workshop fee of \$35 includes materials, continental breakfast and lunch. Make checks payable to County School Service Fund and mail to 101 Twin Dolphin Drive, Redwood City, CA 94065, attention Linda Lau. Registrations may also be faxed to [Linda at 650-802-5622](tel:650-802-5622). For questions [contact Alicia at 650-802-5342](tel:650-802-5342) or [Stephanie at 650-802-5317](tel:650-802-5317).

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Free Addiction Medicine Training

August 30, 9:00 am - 4:00 pm. This training will address the abuse of alcohol, amphetamines and pain medications, as well as the interviewing and treatment of difficult patients. Dr. Barry Rosen, Medical Director of the Sequoia Center, on staff at San Mateo County General Hospital and attending physician at Stanford University Medical Center, will present the morning session, from 9:00 am - noon, discussing the disease of addiction addressing detoxification and co-morbidity with psychiatric and pain conditions. The afternoon session, from 1:00 pm - 4:00 pm, focusing on treatment options and access to services, will be led by Robin Tomlinson, Outpatient Coordinator, and Anibal Blanco, Latino Services Coordinator for El Centro de Libertad. Participants can attend either session. CMEs and CEU are available only for the morning session.

The training is presented by El Centro de Libertad (The Freedom Center) with funding by The California Endowment, The Center for Substance Abuse Treatment (CSAT) and The Substance Abuse and Mental Health Services Administration (SAMHSA) as administered by The San Mateo County Department of Alcohol and Other Drug Services.

Location: Harbor House, Princeton by the Sea. Registration is required as space is limited. There is no charge for the training and lunch is provided. For more information [call 650-599-9955](tel:650-599-9955). To download the registration form, [click here](#).

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Complete Articles

Prepare Bay Area Disaster Preparedness Courses and Resources

Earthquakes. Pandemics. Tsunamis. Floods. Fires. Terrorist attacks. Residents of the Bay Area have to worry about all of these potential disasters. House fires and neighborhood flooding are also a threat. While we cannot control whether a catastrophe occurs in the Bay Area, we can choose to prepare in advance for such an event.

The goal of the American Red Cross Bay Area's *Prepare Bay Area* (PBA) program is to

guide one million residents through three steps of getting ready for various types of disasters: making a household emergency plan, building a personal disaster kit and being informed/getting preparedness training.

PBA teaches free Preparedness Courses for community, workplace and senior groups, as well as personal preparedness courses, for groups as small as 20 and as many as 500 participants. They also teach Youth Personal Preparedness courses including First Aid and Preparedness for grades K-12. Courses are taught in English, Cantonese, Mandarin, Spanish, Tagalog and Vietnamese. Participants will learn how to make a disaster plan, assemble a disaster supplies kit and get training on how to stay safe when disaster strikes. These courses can be tailored to a wide range of audiences with diverse cultural and ethnic backgrounds. Course material can be condensed to accommodate time constraints or expanded to meet the needs of audiences with specific concerns.

These preparedness courses are free, non-certificate classes and available at Red Cross Chapter offices or at your site. To host a class, notify The Red Cross three weeks in advance of the date, time and location. Host organizations receive a free copy of the Red Cross Guide to Business Continuity Planning CD-ROM while supplies last. Individuals can enroll in scheduled courses held at Red Cross Chapter offices. To register, **call 510-595-4459** or visit www.redcrossbayarea.org. Workshops are for community partners interested in providing Preparedness Courses for their community, workplace or schools. To download a flyer with more information [click here](#).

Classes are also available to volunteers interested in teaching these courses. Previous public speaking or teaching experience is required. You will learn:

- How to present Bay Area disaster risks and how to teach others to prepare for them
- How to select messages and materials for specific audiences
- Effective use of preparedness resource materials
- How to deliver quality preparedness presentations to the public

For more information about becoming a Preparedness Instructor, **contact Andrea Scharf at (650) 259-1771** ZussmanA@usa.redcross.org.

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The Family Development Curriculum Empowerment Skills for Family Workers - Class Begins August 22

The College of San Mateo's Human Services Department is offering The Family Development Curriculum Empowerment Skills for Family Workers, an 18-week course designed to prepare and strengthen participants' skills and competencies needed to empower families to achieve self-reliance.

Participants will earn up to ten units of college credit; receive a Certificate in Family Development from the College of San Mateo; learn how to consistently practice self care and strengths-based engagement strategies with clients; gain skills to help families become self-reliant and network with others in the field.

Class starts on Wednesday, August 22 and will be held from 6:00 pm - 9:00 pm on Mondays and Wednesdays at the College of San Mateo, 1700 West Hillsdale Blvd., Building 14, Room 100, San Mateo. Participants may enroll on the first day of class or pre-register at gocsm.net for HMSV 262 J1 (CRN# 89938) and HMSV 264 J2 (CRN# 90635). The instructor is Christina Llerena, MSW. If you are interested in the class,

contact Ms. Llerena at Christina@cilconsulting.net or 408-216-7599 for more information and to reserve a space. If you attend the class, make sure you obtain a parking permit. Student parking permits are available for \$30 each and \$20 for students with waivers from the CSM Security Office or Business Office. Daily parking permits (\$1) are available from machines in Lots 1, 2, 10 and 14.

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Family Law ADR Program Offers Alternatives

When faced with a major life event such as divorce, feelings of stress, frustration, and concern can be overwhelming. The thought of going to court may seem daunting. The Family Law Appropriate Dispute Resolution (ADR) Program offers another option, where you can have a say in determining the outcome of your case and communicate with the other party in a safe, secure setting.

Participation in the program is voluntary. A neutral third party (mediator) assists the couple in discussing their issues and reaching resolution. The mediator is selected from either the staff attorney-mediator, Monica Rands-Preuss, or from a panel of private attorneys. A forum is provided to discuss a variety of issues, including property division, financial and support matters and parenting plans. The process allows parties to focus on the issues most important to them, and settlement is reached only when both parties agree. Mediation can be used at any time, and is appropriate for both multi-issue, complex cases, as well as single-issue matters.

The Family Law ADR Program also offers arbitration. Similar to court, in arbitration, the neutral attorney (arbitrator) makes a decision regarding the case based on the information presented by both sides. Arbitration is binding, meaning the arbitrator's decision is final. However, unlike court, the session is private and much less formal than a trial.

To participate in either mediation or arbitration, the following steps must be completed:

- Complete and return the registration form, found online at www.sanmateocourt.org/adr/familylaw. Family Law ADR Program brochures and registration forms are also available at the Hall of Justice.
- A staff member contacts both parties to obtain case background, identify the issues and determine that the case is appropriate.
- The name, address and phone number of the neutral assigned to your case will be sent to you, along with a calendar for you to fill out to let the neutral know your availability.
- You send \$50 (\$100 per couple) to the neutral along with your calendar.
- The neutral contacts you to schedule your 90-minute session.
- At the end of the first meeting, you arrange for additional sessions, if necessary, or need help drafting an agreement.

For more information, **visit the court Web site at www.sanmateocourt.org/adr or contact the Family Law ADR Program at 400 County Center, Redwood City, 650-599-1070 or 650-599-1073, or 650-599-1238 for Family Law ADR Coordinator, Monica Rands-Preuss, Esq.**

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Children's Fund School Supply and Clothing Drive - through September 1

School days are coming soon and approximately 800 children of all ages, from kindergarten to high school seniors, in San Mateo County will need help with school supplies and clothing. The Children's Fund is holding its annual School Supply and Clothing Drive from now until Friday, September 1.

The Drive will accept brand new school supplies, including pens, pencils, crayons, markers, notebooks, backpacks, glue and others. In lieu of donating, you can sponsor a family or group of children by shopping for or with them. The Drive also welcomes gift cards from stores as well as cash and check donations. Send donations to: Al Teglia; School Drive; Peninsula Works-Daly City; 271 92nd Street; Daly City, CA 94015. Donations will be accepted until September 1.

If you have any questions about the drive, email the Children's Fund at childrensfund@smchsa.org or call **Al Teglia at 650-301-8444** or **Lyn Dayao at 650-301-8428**.

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Fatherhood Collaborative Partners in Service Program

The Fatherhood Collaborative has issued a Request for Proposals (RFP) from community based organizations, nonprofit agencies and service providers, to work with them as Partners In Service, the program formerly known as Mini-Grants. The program provides innovative and important father-friendly services in keeping with the mission of the Fatherhood Collaborative. They provide funds for these partners to perform services that cannot be offered by the Fatherhood Collaborative itself.

The RFP and application are available on their Web site at www.fatherhoodcollaborative.org or by contacting **Eve Agiewich at 650-655-5038** or eagiewich@fatherhoodcollaborative.org. Applications are due September 10; there will be a Question and Answer session with Ms. Agiewich on August 13.

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Back-to-School Immunizations in Daly City - August 13, 14 and 17

The Daly City Youth Health Center, in partnership with the San Mateo County Health Department and Children's Health Initiative, will be holding free immunization clinics at Jefferson High School, 6996 Mission Street, Little Theatre, Daly City.

In order to attend school in the Jefferson Union High School District, all incoming 9th grade students and newly transferring students must have an updated record of immunization, including proof of a tuberculosis skin test or chest x-ray in the last year. Students without a complete and up-to-date record could be excluded from school.

To receive immunizations at the free clinics, students must be accompanied by a parent or guardian, present a signed Health Center Consent Form and, if applicable, bring their Medi-Cal, Healthy Families or Healthy Kids card and their immunization records.

This service is for students whose families do not have medical insurance. Families with insurance should call their medical provider to schedule immunization appointments. The clinics will be held on August 13, 14 and 17 from noon to 4:00 pm. For more information **contact Barbara at 650-985-7000**.

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National Alliance on Mental Illness Education Classes

National Alliance on Mental Illness (NAMI)-San Mateo County, is offering two classes this fall in San Mateo. The first class is a Family to Family Education Class for parents, spouses, children and other family members of persons with a mental illness. The free class meets one night a week for 12 weeks. Advance registration is required, as class size is limited. The class will also be held in Spanish.

The second class is a Peer-to-Peer Education Class for people with mental health issues taught by people with mental health issues. There is no cost for this class, just a commitment to attend each class.

To register for either class **call the NAMI office at 650-638-0800. For the Family to Family Education Class in Spanish, call Claudia at 650-573-2189.**

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Latino Fathers Support Group in Spanish

Family Service Agency of San Mateo County is starting a group for Latino fathers to talk about the issues they face today. The group will be facilitated in Spanish and help participants create a healthier, more loving relationship with their children. It will also teach them how to become a better father, husband and member of the community. It will be especially valuable for fathers who have experienced limited access to their children at some point in their lives.

The group will meet on Tuesday evenings from 6:00 pm - 7:30 pm for six weeks. Refreshments will be provided and there will be a celebration dinner at the end of the class. The next group will start this month; call for the specific start date. It will be held at the Fair Oaks Community Center, 2600 Middlefield Road, Redwood City. For more details or to register, **contact Rachel Sorlien at 650-403-4300 ext. 4544 or rsorlien_fssm@yahoo.com or the Family Visitation Center general intake line at 650-403-4300 ext. 4500.**

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Prevention of Childhood Obesity Task Force Tip: Ruckus Nation

This fall, HopeLab, a nonprofit organization located in Redwood City, is sponsoring an online competition called Ruckus Nation designed to identify new ways to get kids moving.

Ruckus Nation challenges people to imagine fun, engaging products that will increase physical activity among kids ages 11 to 14. Those who participate in Ruckus Nation may have the opportunity to see their ideas come to life, as the best product ideas will be prototyped, tested and broadly distributed to young people. HopeLab will also be awarding up to \$300,000 in cash and prizes for the best product ideas. The competition opens in September 2007, and people of all ages are welcome to participate.

Join the effort by submitting an idea, serving as a judge or helping spread the word. To sign up for email updates on Ruckus Nation or to learn more, **visit**

www.ruckusnation.com/info or www.hopelab.org or contact Kate Lindeman at klindeman@hopelab.org.

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