



St. Helena Family Center

Enhancing LIVES  
Strengthening COMMUNITY

October 2011

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## OUR MISSION

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*The St. Helena Family Center connects community members with the information, guidance and services they need to fully develop their own strengths and be productive members of their families and of our community.*

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## From the Executive Director

It is a great honor to be sending my first newsletter as Executive Director of the St. Helena Family Center. Now in my 6th week on the job, I am happy to report that the Center is still thriving and I am still standing.

As I continue up the learning curve of all that goes on inside our quaint little building on Spring Street, I want to recognize the fabulous staff—Blanca, Cristina, Joanna, Nadia and Norma—who have not missed a beat during this transition. Every day they give 110% or more to improve the lives of hundreds of families and individuals throughout the greater St. Helena area. As their Director, my goal is to lead our team forward as we address the growing and changing needs of our neighbors. I invite you to join us on this adventure.

I look forward to sharing the good work of the Center with you and as always, if you are interested in visiting or learning more about us, please don't hesitate to call 963-1919.

Thank you for your support!  
Sara Cakebread, Executive Director

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## Program Update

**Support Groups-** In what can only be described as a giant step forward in family relationships, our successful Latina Women's support group has evolved into a multi-session couples group focusing on the core issues of family dynamics.

**Teen Support-** Our Latino teen mentoring groups are in full swing at the RLS Middle School, the St. Helena High School and the Calistoga Junior/Senior High. Each week students work with our Program Managers to enhance their cultural identity as they balance the line between the Latino and American cultures in which they live.

We also offer therapeutic support to all RLS Middle and St. Helena High School students. Each week our professionals are available on both campuses to have a chat with and/or help students address their issues and concerns.

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## School Readiness Program

Through our *Preschool for all initiative*, the Center placed 14 four-year old children in St. Helena preschools this year in an effort to help all

students in our district enter kindergarten on a similar level. Based on last year's results, students are indeed on par with their peers when they begin their school careers. We also offer a twice weekly learning and playing group at the Center for anyone with preschool age children.

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## **Thank you Auction Napa Valley**

Although we thank many donors each year, It is fitting at this time to recognize the Napa Valley Vintners and Auction Napa Valley as they recently celebrated raising more than \$100 million for local charities. The Center is grateful as we have been recipients of their generosity since we opened our doors and we at the St. Helena Family Center salute their success.

## **Let's Zumba!**

On Friday October 21st, The St. Helena Family Center invites anyone looking to have fun and get fit to join them for their inaugural Zumbathon from 5:30-7:00 at the Native Sons Hall, 1313 Spring St. in St. Helena. The event is free to all. Zumba's high energy dance and aerobic workout incorporates a variety of dance styles and is today's fastest growing exercise craze. The Zumbathon is part of the Family Center's weekly rhythmic dance exercise program. For more information, contact the Family Center at 707-963-1919.

## **It's almost here - Our 5th Annual Día de los Muertos Celebration:**

On Sunday October 30 from 11:00-3:00 at the Napa Valley College Upper Valley Campus, the St. Helena Family Center and Nimbus Arts will present their 5<sup>th</sup> annual Día de los Muertos celebration recognizing this traditional Mexican holiday. Family fun for everyone abounds with food, music, dancing, arts and crafts and of course the spectacular altars built by individuals, families and groups from throughout the community in memory of loved ones. Admission is free and open to the public. For more information about the event or contributing an altar call at 707-963-1919.

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### **St. Helena Family Center**

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