

## Agency Mission Statement

It is the mission of Western Tidewater Community Services Board to provide a coordinated system of quality recovery oriented care in Mental Health, Intellectual Disability, and Substance Abuse Services to the citizens of the cities of Franklin and Suffolk and the counties of Isle of Wight and Southampton. We continually strive to value staff, support diversity, and promote excellence in the provision of consumer care.

## Department Mission Statement

The Children and Family Service Department of Western Tidewater Community Services Board is committed to providing evidenced based programs and services to young adolescents and their families by helping create healthy family relationships, improving long term goals, and avoiding negative barriers in the school & community.

## Strong African American Families Mission Statement

To advance the well-being of African American families by strengthening family relationships, parenting processes, and youth competencies.

## WTCSB Services Centers

### Suffolk Center

1000 Commercial Lane  
Suffolk, Virginia 23434  
(757) 942-1069

### Franklin/Southampton

200 E. Second Avenue  
Franklin, Virginia 23852  
(757) 562-2208

### Smithfield Center

1801 S. Church Street  
Smithfield, Virginia 23430  
(757) 357-7458

## WTCSB Primary Service Lines Mental Health (MH) Adult Services

757-942-1990

## VICAP/Children MH Services

757-942-1978

## Intellectual Disability Services

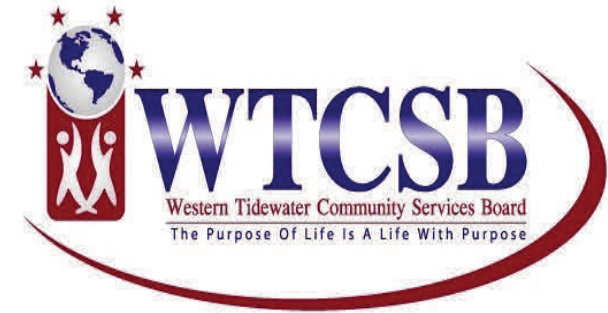
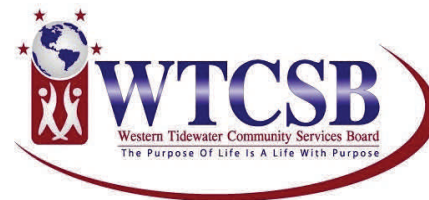
757-942-1069

## Substance Abuse Services

757-942-1988

## Emergency Services

757 925-2484



## Strong African American Families Breaking Bread Together



Child & Family Services Department  
135 South Saratoga Street  
Suffolk, Virginia 23434

757-942-1963  
(Fax) 757-925-2221  
[www.wtcsb.org](http://www.wtcsb.org)

Sponsorship Provided by:  
The Department of Criminal Justice  
Services  
Grant Number: 16-A3196AD14

## Breaking Bread Together

### Description of Strong African American Families Program

#### Parents

- Learn how to maintain firm boundaries while showing love.
- Learn new forms of communication to solidify the family unit.
- Learn to promote independence and goal setting with their child.

#### Children

- Learn to develop and implement short term as well as long term goals.
- Engage in positive activities that will enable the youth to develop a more positive outlook on life and the future.
- Refrain from engaging in negative behavior to increase overall quality of life.

The goal of SAAF is to engage in family interactions to: help adolescents avoid behavior problems, prepare parents for their child's adolescent years, and provide caregivers with tools to help youth set and reach positive goals.

### Referral Process

Any community partners and affiliates within the city of Franklin and Southampton County may submit referrals by completing the Breaking Bread Together Referral Form and submitting it to the contacts listed below. Families may also contact us directly to enroll in the next available session.

### Breaking Bread Together Contact Information

**Dametric Goodwyn**  
Site Coordinator  
757-942-1955  
[dgoodwyn@wtcsb.org](mailto:dgoodwyn@wtcsb.org)

**Latril Mariano**  
Youth & Young Adults Services  
Supervisor  
757-942-1963  
[lmariano@wtcsb.org](mailto:lmariano@wtcsb.org)



### Strong African American Families Program

The Strong African American Families (SAAF) was designed under the leadership of Dr. Gene Brody in partnership with The Center for Family Research (CFR) at the University of Georgia. SAAF is a seven week family-centered program that encourages the use of parenting and resiliency skills. The program targets African American families response to challenges they are face with: everyday parenting, staying connected to youth, peer pressure for substance/alcohol abuse, and early sexual activity. The sessions are designed to work closely with families, schools, and community leaders.