



**PRESS RELEASE  
FOR IMMEDIATE RELEASE**

**April 19, 2012**

Contact: Robert Freiri,  
Executive Director

831 636-212, ext. 123

**Chamberlain's Children Center offers unique approach to health and wellness.**

Chamberlain's Children Center has always been focused on the wellbeing of the youth in their care but their newly completed Health, Wellness, and Nutrition Center has allowed the therapeutic treatment center to begin taking a more holistic approach. Childhood obesity and the prevalence of sedentary lifestyles have become major issues in this country, and the children that the center cares for are even more susceptible to these problems. Chamberlain's staff took note of these issues and in 2010 began taking steps to create a healthier lifestyle for their kids.

The Wellness Center, which includes a rock climbing wall, gym equipment, and a fully equipped learning lab kitchen, is a unique approach for group homes to take on. Typically, group homes like Chamberlain's are so focused on the therapeutic needs, treatment plans, and academic needs that they are unable to address other needs that would set a child up for a successful future. In 2010, Chamberlain's Executive Director, Robert Freiri, with the support of Chamberlain's Staff began the project and by the end of that year, a flat screen TV and exercise equipment were installed in what used to be the home of the agency's founder, Clara Chamberlain. The concept was viewed as a way to honor the people who recognized the needs of foster youth and created the organization. The next phase of the project, which included the kitchen remodel, was completed in 2011 and celebrated with an open house event hosted by a team of Leadership San Benito County contributors. The third phase the organization hopes to complete will be a music and movement center.

Now that the Wellness Center is up and running, it is being utilized everyday by Chamberlain's children and staff. Chamberlain's Program Director, Patrick Ellis noted, "In the beginning, the children were resistant to the idea of going to the center to get active. As time has passed, the children have learned to enjoy exercising and found joy in cooking healthy meals there. The values being instilled in the children through the use of the Wellness Center are ones that will serve them well throughout their lives." Additionally, the space has been used for a variety of other activities. The functions of the Wellness Center include a partnership with the local YMCA to offer structured fitness and cooking activities, volunteer mentors use the space to spend time with their mentees, children and their families use the space for visitation, and the staff uses it for stress relief. Freiri states "The Wellness Center has improved the morale of everyone who has been able to utilize it".

Chamberlain's is grateful for the generous financial support received from Leadership San Benito County, United Way San Benito County, The Health Trust Santa Clara County, Bank of America, Rabobank, Teknova, Hollister Rotary, Catholic Women's Auxiliary, and the Aromas Eagles. Freiri notes "we especially appreciate the support of the Community Foundation for San Benito. Their continued support allows us to be edgy and innovative with new projects that support the needs of the children in our care!"

Chamberlain's Children Center will be hosting its annual Mari's FUNd Day BBQ on Saturday, May 19, 2012 which will include opportunities to tour the new center. All proceeds will benefit the continued health and wellness of the children in Chamberlain's care. If you are interested in attending, or would like additional information about supporting this organization or the next phase of the project, you can contact Robert Freiri at [Robert@chamberlaincc.org](mailto:Robert@chamberlaincc.org) or by calling 831-636-2121, ext. 123.