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Feature Stories



Our feature stories explore various ways to improve our mental health and nurture our emotions and those of our children.

Enjoy our stories (pages 10-15).

Lincoln's Birthday

HOLIDAY

February 13



Presidents' Day

HOLIDAY

February 20

January

26 Computers for Life & Work
Email Class begins--Thursdays 12:15-2:45

February

21 Tutor & Paraprofessional
Course Orientation
Room Square 3 from 12:30-2:45

Student Council Meetings

22 Room S-1 at 7 PM

28 Room S-1 at 10 AM

23 Preschool Information Night
Room P-3 at 6 PM

Great Things Are Happening!



Ride Bus 46 Natividad to Our School

The city bus (MST) is coming to our school now for only \$2 from any location in the county. Ask for a free transfer from the driver if you need to take more than one bus. Get help to plan your trip in Room Square 3 in the morning or afternoon. See the schedule and MST information on page 7 of this newsletter.

Bús 46 Natividad viaje a la escuela

El camión de la ciudad (MST) llega a nuestra escuela ahora por solo \$2 desde cualquier parte del condado. Solicite un traslado (transfer) gratuito al conductor si necesita llevar más de un camión. Obtenga ayuda para planificar su viaje en Room Square 3 por la mañana o por mediodía. Vea el horario e información de MST en página 7 de este periódico estudiantil.

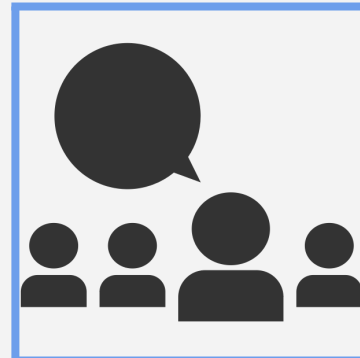


Facebook, Instagram & TikTok

Our school newsletter is a wonderful place to learn about school and community events. Let us also introduce our "Welcome to the Salinas Adult School" social media accounts. Regular posts on Facebook, Instagram and TikTok will give you an opportunity to learn and enjoy more. Share us with your friends and family too.

Facebook, Instagram & TikTok

Nuestro periódico estudiantil es un lugar maravilloso para aprender sobre eventos escolares y comunitarios. Permítanos presentarle también nuestras cuentas de redes sociales "Welcome to the Salinas Adult School". Las publicaciones regulares en Facebook, Instagram y TikTok te darán la oportunidad de aprender y disfrutar más. Compártenos con tus amigos y familiares también.



Student Council News

Our student council is a group of students from our morning and evening classes who represent the students and bring our ideas and necessities to the attention of the school.

We are having an election for officers soon and you will be receiving information in person and online about the candidates so that you can vote.

Noticias del Concilio Estudiantil

Nuestro concilio estudiantil es un grupo de estudiantes de nuestras clases de la mañana y de la tarde que representan a los estudiantes y comparten nuestras ideas y necesidades a la escuela.

Pronto tendremos una elección de oficiales y recibirá información en persona y en línea sobre los candidatos para que pueda votar.

School News



Tutor Recommended



Improve Your English

"Because of my English, I thought that this course was difficult at first, but I stayed in the class and I'm glad. Now I am studying at the university to be a teacher."

"I never thought of helping people learn while I was learning. I thought that you had to be an expert to help anyone. I have learned a lot from helping the students."

Orientation

February 21 12:30-2:45
Rm. Square 3

Register Now! Contact yvonne.petersen@salinasuhsd.org

SALINAS ADULT SCHOOL Tutor & Paraprofessional Program

Classes Tuesdays
12:15-2:45 in Rm Square 3

Join Us & Learn

- Motivation & Self-Esteem
- Tutor Techniques
- How Students Learn
- Communication Skills
- Resumes
- Test-taking Skills
- And much more

Personal Benefits

Tutors Say:

- "I am not the same person I was before this course. Now I am confident to help my child with school and use my English."
- "I increased my self-esteem and feel better speaking in front of people."
- "I couldn't have gotten my job without this course"--teacher, instructional aide, personnel manager, cashier, principal, county inspector, trainer.

Join Us on February 21

SALINAS ADULT SCHOOL

COMPUTER CLASSES

COMPUTERS FOR LIFE & WORK

THIS CLASS COVERS GOOGLE DOCS & SLIDES, WINDOWS, GMAIL, COMPUTER SAFETY, KEYBOARDING, AND BASIC COMPUTER SKILLS. STUDENTS LEARN TO MAKE DOCUMENTS FOR PERSONAL, SCHOOL, AND WORK NEEDS.

THURSDAYS 12:15-2:45 PM
SIGN UP IN ROOM SQUARE 3



COMPUTER SKILLS ESL

THIS IS A VOCATIONAL CLASS. THERE IS SUPPORT FOR THE ENGLISH LEARNER. THE CLASS COVERS MICROSOFT OFFICE, INTERNET, COMPUTER HARDWARE, AND EMAIL.

MONDAYS & WEDNESDAYS 6:00-9:00 PM
CONTACT 831.796.6900 X 1413 FOR AN APPOINTMENT.

Improve Your English or Math

Do you want help with your English?
Do you need better basic math skills?
Would you like help with algebra?
Are you interested in practicing conversation?
Would you like help with science?
We are student tutors and can help you.

¿Quiere ayuda con su inglés?
¿Necesita mejorar sus habilidades en matemáticas básicas?
¿Quiere ayuda con álgebra?
¿Le interesa practicar conversación?
¿Quiere ayuda con ciencias naturales?
Somos estudiantes y tutores y podemos ayudar.



Come to Room Square 3 in the morning or afternoon for more information.
Ven a Salon Square 3 por la mañana o por la tarde para más información.


Our News
Salinas Adult School Student Publication

January 2023
Edition 53

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Feature Stories




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Enjoy our stories (pages 5-12).

Lincoln's Birthday
HOLIDAY
February 13



Presidents' Day
HOLIDAY
February 20



January

- 19 Computers for Life & Work Class begins
Room Square 3 Thursdays 12:15-2:45
- 24 Student Council Meetings
10 AM and 7 PM in Rm. S-1

February


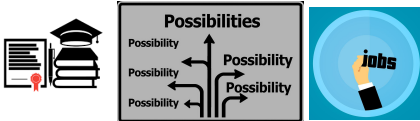

- 21 Tutor & Paraprofessional Course Orientation
Room Square 3 from 12:30-2:45
- 28 Student Council Meetings
10 AM and 7 PM in Rm. S-1

You Are Invited

Write stories for our student newsletter. It is a good way to practice your English (o español si está estudiando GED/HiSET en español) or share what you are learning in your parenting classes. You are welcome to be part of the editing team too.

Get information in Room Square 3 or ask your teacher how to contact us.

Specialized Classes

		
Parent Activity Classes	College & Career Prep	Study on Computer
<p>These fun, supportive, and educational parent classes (children attend too) focus on topics related to babies, toddlers, and preschoolers; raising healthy, thriving children; and connection.</p> <p>Classes include:</p> <p>Baby's First Year of Life</p> <p>Movers & Shakers (12-24 mos)</p> <p>Exploring Times (24-36 mos.)</p> <p>Partners in Play (3-5 year olds)</p> <p>Garden Class (2-5 year olds)</p> <p>For class details, times, and cost, go to www.salinasparentcenter.org</p> <p>Registration is happening now.</p>	<p>Adult Basic Education (ABE) Classes</p> <p>College--Learn about college majors, financial aid, local colleges and the school system, do preparation activities, and learn English, math and other skills to successfully enter college & continue to succeed.</p> <p>Career--Determine careers for you, make a career education plan or search for jobs & learn English & math to prepare for them.</p> <p>Tutor & Paraprofessional Training Improve your English, speaking in front of groups, and teaching skills; practice working with students; and prepare for the paraprofessional exam.</p>	<p>Hybrid Classes</p> <p>Do you need to study online or could you attend class more if you could attend online sometimes? Participate.</p> <p>Int Hi & Advanced ESL (AM) See Ana for more information.</p> <p>Adult Basic Education English & Math (AM/AFT) See Yvonne for information.</p> <hr/> <p>Online Courses</p> <p>Would you like to study online courses at home at any time?</p> <p>We have ESL, English, math, career, and high school diploma subjects. Ask your teacher for more information.</p>

New Student Orientations/ Orientaciones para Estudiantes Nuevos

Do you have friends or family who would like to learn more English, math, or computer skills, or complete their high school diploma or GED/HiSET?

We have regular orientations so that they can start soon. Contact the Welcome Center for more information in person or at 796-6900 X1372 or 1373.

¿Tiene amigos o familiares a quienes les gustaría aprender más inglés, matemáticas o habilidades informáticas, o completar su diploma de escuela secundaria o GED/HiSET?

Tenemos orientaciones periódicas para que puedan comenzar pronto. Póngase en contacto con el Welcome Center para obtener más información en persona o por teléfono a 796-6900 X 1372 o 1373.

Salinas Union High School District Courses for Adults



Forklift Operations and License



Class Meeting Dates:
 Session A: August 22 - September 1, 2022
 Session B: September 12 - 22, 2022
 Session C: October 17 - 27, 2022
 Session D: November 7 - 17, 2022
 Session E: December 5 - 15, 2022
 Session F: January 23 - February 2, 2023
 Session G: March 6 - 16, 2023
 Session H: April 17 - 27, 2023
 Session I: May 8 - 18, 2023

Mon. - Thurs. 3:30-5:00 pm

First day of class starts at 2:30 pm to take an English test.

LATE ARRIVALS WILL NOT BE ACCEPTED

This 12 hour course is designed to give students 18 years or older the opportunity to learn how to safely operate a counter lift, stand up forklift and electric jack pallet, complete a safety inspection and earn a forklift certification. A copy of a photo ID is needed as a proof of age at the time of registration.

The fee for this course is due at registration and it is non-refundable. Enrollment is limited to 6 adults per cohort; register as soon as possible.


Originals Registration Fee: \$75 (payment due at registration)
OSHA 10 Certification Fee: \$35 (10 hour online course - optional)

--- All fees are subject to change ---

Registration is currently open at: Mission Trails Regional Occupational Program
 867 East Laurel Drive, Salinas, CA 93905 (831) 753-4209
 Monday-Friday from 8:00 am - 4:30 pm

***If you are a current 12th grade student of the Salinas Union High School District (Class of 2023), and you obtained the Forklift certification at the end of the course, the registration fees will be reimbursed by**





FALL 2023

SPECIFIC DATES TBA

CERTIFIED NURSE ASSISTANT PROGRAM

Mandatory Orientation (must attend one)
 2/3 [click here for 2/3](#) 3/3 [click here for 3/3](#) 4/7 [click here for 4/7](#)
 Times for the above dates are 9:00am-11:30pm at the ROP Campus Room 22
Please sign-in at the main office on arrival

Registration
Registration is on a first-come-first-served basis and only for those who complete the required documents. No appointments accepted.
 Friday, May 5, 2023 10:00am - 2:00pm ROP Campus Room 14B

FALL SCHEDULE

Session 1 Tuesdays & Thursdays Clinical: Tues. 7:30am - 1:30pm Theory: Thurs. 10:00am - 2:00pm	Session 2 Tuesdays & Thursdays Clinical: Thurs. 7:30am - 1:30pm Theory: Tues. 10:00am - 2:00pm
Session 3 Mondays & Wednesdays Clinical: Mon. 7:30am - 1:30pm Theory: Weds. 10:00am - 2:00pm	Session 4 Mondays & Wednesdays Clinical: Weds. 7:30am - 1:30pm Theory: Mon. 10:00am - 2:00pm

The Salinas Union High School District complies with the following federal and state regulations: Title V and VII of the Civil Rights Act of 1964; California State Equal Opportunity Act: Chapter IV (starting with Section 30) of the 1st Division of Title V, Administrative Code of California, Title IX (does not discriminate on the basis of sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, mental disability, or physical disability) the Education Amendments of 1972. English language skills will not be a barrier to admission and participation in vocational education programs. Parents and students who feel they are not being treated fairly in the light of the regulations may contact the Asst Director, Mission Trails ROP, 867 E. Laurel Dr., Salinas, Telephone 831-753-4209.

QUESTIONS?



CONTACT
 Katrina Garcia
 Mission Trails ROP
 867 E. Laurel Dr.
 Salinas, CA 93905
 831.753.4209 x 1203

TTY-based Telecommunications Relay available. Dial 711 to be automatically connected to a TRS communications assistant. It's fast, functional and free.


To sign up for an Orientation session click the desired date, complete the questionnaire, then submit.


Registration fee for the CNA Program:
 \$1,200.00 (Subject to Change)
 Fees due at Registration Payable by check or credit card

CNA Student Advisors
 Brenda K. Bower, LVN
 brenda.bower@salinasuhsd.org
 Rachel M. Failano, RN
 rachel.failano@salinasuhsd.org

rev1.7.23





2023-2024 SCHOOL YEAR

DENTAL CAREERS PROGRAM

Mandatory Dental Careers Orientation
 Friday, 4/14/23 [click here for 4/14](#) 10-11:00am ROP Campus
 Additional dates scheduled as needed

Registration
 Fall registration begins 6/24/2023
 (Registration is on a first come-first serve basis for those who have completed the required documents.)

CLASS SCHEDULE
 Classes Begin Monday 8/7/23
 Monday - Friday 8:30am - 12:35pm

IMPORTANT INFORMATION
 In order to register for the Dental Careers Program students must have a laptop and a gmail account

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QUESTIONS?

CONTACT
 Maria Esquivel at
 Mission Trails ROP
 867 E. Laurel Dr.
 Salinas, CA 93905
 831-753-4209 x 1231

TTY-based Telecommunications Relay available. Dial 711 to be automatically connected to a TRS communications assistant. It's fast, functional and free.

To sign up for an Orientation session click the desired date, complete the questionnaire, then submit.

Registration fees for the Dental Careers Program:
 \$2400.00 per year
 (\$200.00 per semester)
 Initial fee is due at Registration
 Second installment: Mid December

Student Advisor
 Leslie Ochianang, RDA
 leslie.ochianang@salinasuhsd.org
 831-753-4209 ext 1220

9/22/2022

Would You Like to Take These Health Career Classes in the Fall?

**Certified Nursing Assistant
 Mandatory Orientation Dates and Sign up
 9:00-11:30 AM**

March 3 [March Orientation](#)

April 7 [April Orientation](#)

Registration is May 5 (See the flyer).

**Dental Careers
 Mandatory Orientation Date and Sign up
 10:00-11:00 AM**

April 14 [April Orientation](#)

Registration is June 24 (See the flyer).

Ride the MST Bus to School

You can ride the MST bus from anywhere in the county to take Bus 46 Natividad to the Salinas Adult School for only \$2. **Ask for a free transfer when you get on the bus.**

Get help to plan your trip in Room Square 3 or with MST at mst.org or 1-888-678-2871 .

Bus 46 Natividad-Natividad Schedule

Get on Bus 46 Natividad-Natividad at the Salinas Transit Center at Gate 3.

The bus leaves 15 minutes after each hour.

To ride back to the Salinas Transit Center, get on Bus 46 Natividad at the school at 23 minutes after each hour and ride to Natividad Hospital. Stay on the bus and return to the Transit Center.



Leaves	Arrives at
Transit Center	adult school
7:15 AM	7:23 AM
8:15 AM	8:23 AM
9:15 AM	9:23 AM
10:15 AM	10:23 AM
11:15 AM	11:23 AM
12:15 PM	12:23 PM
1:15 PM	1:23 PM
2:15 PM	2:23 PM
3:15 PM	3:23 PM
4:15 PM	4:23 PM
5:15 PM	5:23 PM
6:15 PM	6:23 PM

Tome el camión MST a la escuela

Puede viajar en el camión MST desde cualquier parte del condado para tomar el Bus 46 Natividad a la Escuela para Adultos de Salinas por solo \$2. Pide un transbordo gratis cuando suba al camión. Obtenga ayuda para planificar su viaje en Room Square 3 o con MST en mst.org o llamar al 1-888-678-2871.

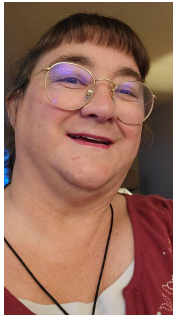
Horario de Bus 46 Natividad: Tome el camión 46 Natividad-Natividad en el Centro de Tránsito de Salinas en Gate 3. El camión sale 15 minutos después de cada hora.

Para viajar de regreso al Centro de Tránsito de Salinas, tome el Bus 46 Natividad en la escuela 23 minutos después de cada hora y viaje hasta el Hospital Natividad. Quédese en el camión y regrese al Centro de Tránsito.

Welcome New ESL Teacher

Rebecca Rodick

By Yohana Ferreyra and
Francisco Solano



This is an interview with a new teacher in our school. Her name is Rebecca Rodick and she has over three decades of experience working with

students from many academic levels including children, teens, and adults.

Ms. Rodick, as she prefers to be referred to, teaches beginning ESL classes in the mornings at Saint Mary's Church and intermediate ESL at night for our school. She considers herself an advocate for English language students and she's committed to helping every one of her students.

As a young adult residing in Salinas, although both of her parents were teachers, she wasn't interested in a teaching career at the beginning. She liked painting, singing, dancing, and acting. However, after doing a college assessment test, she decided to become a teacher because she had the talent for it. She loves her teaching career.

Ms. Rodick began as a substitute teacher in Los Angeles and later got involved with an adult school in Burbank, California teaching ESL classes. She found ways to introduce her artistic talents into her classroom making her ESL classes fun and exciting.

While living in the Los Angeles area, she also taught computer, acting, and distance learning classes. Since moving back to the Salinas, she has taught drama to kindergarten, 3rd, 5th, and 6th graders. Now she is teaching ESL here.

She likes interacting with students. "I like watching when their light bulb turns on and they

understand. I enjoy finding the right way to teach students to be successful and watching them develop and learn". For student success, she recommends good attendance, paying attention in class, and reviewing the material from class.

When not at work, she enjoys acting, screenwriting, learning languages, playing the piano and guitar, learning new dishes, watching ballet, analyzing movies from an actor's perspective, and reading.

Ms. Rodick is also writing the story of her family and plans to share it with everyone, perhaps as a play. Her story involves the journey of her grandfather crossing the Atlantic Ocean coming to the U.S. as a 12-year-old boy in a boat full of sailors. We look forward to knowing more about this amazing story.



SALINAS Adult School
Learning for Life

FREE ADULT EDUCATION CLASSES!

- ENGLISH AS A SECOND LANGUAGE (ESL)**
Basic, Intermediate and Advanced English classes. Improve English Language skills in Reading, Writing, Listening and Speaking.
- HSD/HISET/GED**
Strengthen your reading, writing and math skills. Earn your high school diploma. Prepare for GED and HISET classes.
- COMPUTER LITERACY**
Computer classes include Microsoft Office: Word, Excel, PowerPoint, Access, Northstar Digital Literacy Assessment and basic computer use.
- CITIZENSHIP**
This course will prepare you to pass your citizenship interview. You will practice 100 Civic Questions, Citizenship Vocabulary, N-400 questions.
- PARENT CENTER** FREE DAILY!
Offers parents and caregivers information to nurture children in a positive, healthy, and loving environment. From pregnancy until your child goes to kindergarten, we have a class to support you along the way.

Visit our website!  **CALL US TODAY AT 831-796-6900 EXT. 1372 / 1373 OR 831-287-9577**

Scan me 

Participate in Your Community Participar en tu Comunidad

Help the School

Be a Student Council Member

Two students from each class are invited to participate on the council to represent their class and share important information with the school and their classmates.

Están invitados dos alumnos de cada clase para representar a su clase en el concilio estudiantil y compartir información con la escuela y compañeros de clase.

Next meetings/las proximas juntas:
February 22 at 7 PM and February 28 at 10 AM.
See your teacher for more information.

Hable con su maestro para más información.



Be a Student Tutor

Learn skills to help other students in our school and become a tutor.

Training and opportunities to participate will be

explained on February 21 at the Tutor/Paraprofessional Training Orientation in Room Square 3 from 12:30-2:45. Join us.

Write for the School Newsletter

Every student is invited to write stories for our school newsletter. See the AM teacher in Room Square 3 for more information.

Todos los estudiantes están invitados a escribir para nuestro periodico estudiantil. Informarse con la maestra matutina del salón Square 3.

Help Our Community

Salinas Budget Survey Encuesta del Presupuesto de Salinas Early February



Share your ideas for how the city of Salinas should spend its money.

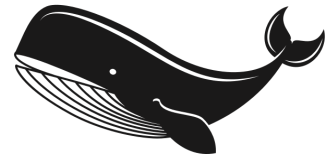
Comparta sus ideas sobre cómo la ciudad de Salinas debería gastar su dinero.

Complete the survey. Llena la encuesta.
Use/Usa bit.ly/salinas23

Volunteers Needed

Volunteer for Whalefest in Monterey on March 18 or 19. For more

information about this event go to page 24 of this newsletter or www.whalefest.org . To volunteer, contact info@montereywharf.com or call 831.238.0777.



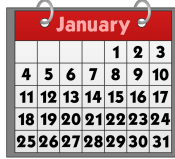
California State University Monterey Bay Habitat Stewardship Project Monterey Bay Big Sur Land Trust Planting Day at Carr Lake Salinas

Día de plantación en Carr Lake April 8 from 10 AM-1 PM

Native plant planting at the future park next to our school off Las Positas Way near the Rodeo Market. Bring garden gloves and water if possible.

Día de plantación de plantas nativas en el parque del futuro a lado de nuestra escuela por Las Positas Way cerca del Rodeo Market. Traer sus propios guantes de jardín y agua si es posible. Registration/Inscripciones <https://bigsurlandtrust.org/event/community-planting-day-at-carr-lake-january-28/>

New Year's Resolutions May Actually Be Harmful to Mental Health



By Francisco Solano

Everyone everywhere experiences a new year every year. We think that with a fresh new year, we get a fresh new start. We feel motivated to set a few New Year's resolutions, although we often forget about them in a few weeks or months. Only one or two people out of ten see through their New Year's resolutions. So, why is it so hard to stick to our resolutions for the New Year? Well, setting them might be doing more harm than good to our mental health.

When we create our New Year's resolutions, we focus on "what is wrong" instead of focusing on the positive. This often leads to stress, anxiety, or other harmful feelings. If we want to create lasting changes or improvements in our lives, we first need to see what's right about us. By accepting ourselves and our current circumstances, we set ourselves up for meaningful success. Concentrating on what's bad or wrong takes energy, but by focusing on the positive, we release our grasp on the negative, giving us energy which makes change easier.

One way we can focus on the positive is by practicing gratefulness. Being grateful for all the good things we have in our lives helps us to focus on the positive side of things. Being okay with ourselves, we can look for ways to improve and move forward.

One characteristic of creating New Year's resolutions that harms our mental health is that we want to make significant or extreme behavior changes which adds a lot of pressure and stress. Usually, our resolutions are unrealistic and too broad.

Fortunately, we can learn from people who are successful at fulfilling their resolutions. These

are a few strategies that are hallmarks of people who attain their goals: **Focus on what's right!** As mentioned previously, learn to see the qualities, skills, and strengths that are unique to you. **See how far you've come.** Only you know what you're capable of. Seeing that you've overcome many obstacles, you will continue to do so. **Set smaller, more attainable goals.** Take one day at a time, so they say. Start small and work from there. Take short walks with friends, eat one or two fruits per day, or practice speaking or reading in English for 10 min every day. Whatever it is, start small and just start. **Remember, occasional slips are part of the process.** Try not to beat yourself up if you fail to be disciplined. Being imperfect is what defines humans. Just get back to working on your goals.

Emotions Starting in a New School

By Magaly Martinez

Starting a new school is a challenge for toddlers, kids, and others. On the first day, everyone is nervous. Nobody will know what's going to happen on the first day, and it's completely normal to feel like that.



Attending school for the first time for toddlers between 3 and 5 years old, I think, is the most difficult part of a toddler's life. They have been with their moms since they were born. Parents need to talk to them a lot about what they are going to expect, do, and find at school. In that way, they will feel more comfortable starting school. Some of what we can share is that maybe they will meet new kids that in the future will be their friends.

The emotions that they feel may be strong, but as the time goes by, those emotions will disappear; however it will take some days for them to feel comfortable in school. Parents should be preparing their kids at home before the school year starts.

Emotions starting kindergarten are different from preschool because those children have been at school for a year or two. They are more excited, ready to learn, and make new friends.

Those who have not been attending preschool will feel more scared, nervous, and confused, and will miss their moms and home. Those kids need more help from their parents who should be telling them every day what to expect.

Some kids at the age of 5 will be very curious how the teacher will be or what the classroom will look like. Kindergarten kids will adapt to school sooner than preschoolers. In my own experience, I think that is because they are a little bigger.

Moving from elementary to middle school is a big change and all students will be nervous, anxious, scared and excited at the same time. They have been for six or seven years in the same school, and now they are leaving their “home” and will start in a new school.

Everything will change including their teachers, classrooms, and friends. They don't know what to expect in middle school and will have a lot of emotions at this age. Parents should speak with them to prepare for this big challenge.

Eventually, they will make new friends, and teachers will help them to get adapted to this new stage.

Emotions in youth are completely different. They are waiting anxiously for high school to start. Even though they are nervous, they want to meet new friends, maybe have a boyfriend, and definitely want to have new teachers. They do not need so much help from their parents.

Emotions in adults starting a new school are very different from kids' because they want to increase their knowledge, try to obtain a better job, or be prepared to help their kids with their homework. It is difficult for adults to start classes since they have more responsibilities than kids or teenagers.

Everybody in the world will feel different emotions in a new school, but with the support of parents and teachers, there will be success.



Importance of Children's Attachment to Parents

By Widji Setyani

The attachment between parents and children should start early because parents are the key to the development of a child's brain, and children will tend to be mentally and physically healthier if they have an attachment to their parents.

Naturally children need the sense of security, comfort, and protection that their parents provide. The interactions in childhood between children and parents will be an illustration for them on what they will do when they grow up and how these children can establish relationships with friends and other people.

If the child does not have an attachment to his parents, it will have a negative impact on the child's brain, psychological, and emotional development. When they grow up, children may find it difficult to respect relationships because they learned that other people cannot be trusted and this also affects the child's mental health.

What is attachment? Attachment can be interpreted as an emotional bond with other people, especially between parents and children. Children who grow up in a positive social environment can develop stable attachment patterns. Naturally children will seek a sense of security and comfort from their parents as a survival mechanism. The impact of attachment can make children feel that they can develop

their abilities independently, build positive relationships with others, and be motivated to do things.

Why Do People Get Depressed?

By Mayumi Furuichi



Why do people get depressed? I thought that I wanted to know that answer because I experienced depression when I was pregnant and after delivering my first baby. I felt that I had a personality that was not my own and my way of thinking became negative.

It's said there are various causes of depression, and it is a complicated illness. No one has a clear answer yet of why, but it's said that some neurotransmitters in the brain are related to the person's mood. The main causes so far are:

- Genetic problems
- Hormone imbalances
- Age
- Life changes, such as starting a new job, graduating, or getting married
- Stress
- The death of a loved one
- Isolation and lack of support

Everyone feels sadness, down, or anxious at times, but what is the difference between feeling down and clinical depression?

If you have been experiencing some of the following signs and symptoms most of the day, for at least two weeks, you may be suffering from depression.

- Feeling of sadness
- Loss of interest
- Feelings of irritability and frustration even over small things
- Difficulty sleeping or sleeping too much
- Feelings of hopelessness
- Tiredness and lack of energy
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

The answer is not only one because there are many causes and it is different for each person, but there are some ways to reduce the symptoms of depression.

- Get some exercise - Exercise can improve mood and provide multiple positive benefits and help with depression symptoms.
- Be with other people - It can be a great help to reduce feelings of isolation. You can also encourage each other with people who have the same problem and share experiences.
- Manage your stress - Figure out all the things in your life that stress you out, such as work overload and money problems
- Try to change negative thinking - Depression makes us have a negative view of everything. It is important to avoid negative thinking and think positively
- Sleep well: Get plenty of rest every night. It is important for your mood and improves your health and energy level.

In my case, I suffered from depression due to lack of sleep. Also I felt that it was caused by a combination of things such as anxiety about raising a baby for the first time, and moving after marriage. I think it is a possibility for everyone to get depressed. I hope these tips will help you in such a case.

Support

Are you experiencing a mental health crisis? You can call 988 anywhere in the U.S. at any time to talk with a mental health professional.

¿Está experimentando una crisis de salud mental? Puede llamar al 988 en cualquier lugar de los EE. UU. en cualquier momento para hablar con un profesional de la salud mental.

More Support:

Would you like to find help for yourself or someone else who is experiencing mental or substance abuse issues? You can contact SAMHSA's National Helpline at 1-800-662-HELP (4357) It's 24 hours a day every day, TTY 1-800-487-4889, text 435748 (HELP4U)

Postpartum Depression & Emotions

By **Marcela Martinez**



Although having a baby should be a happy event, many women in their postpartum feel depressive symptoms. Pregnancy and postpartum are periods when women have not only physical, but also emotional

changes such as postpartum blues and postpartum depression.

To begin with, 40% of women during the postpartum period have postpartum blues. Though the cause is unknown, postnatal hormonal changes is the most major factor. The postpartum blues is characterized by mood lability, irritability, anxiety, insomnia, exhaustion, sadness, crying and decreased concentration. These symptoms begin within two or three days after delivery, resolve within the next two weeks, and can be self-managed.

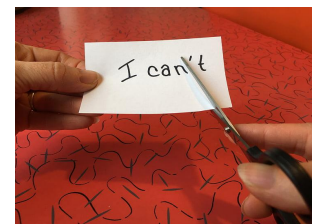
If these blues continue, they can lead to postpartum depression which needs immediate medical attention because it can result in maternal problems and suicide thoughts. Furthermore, newborns are also affected. Research shows that children whose mothers have postpartum depression tend to have a higher risk of abnormal development and cognitive impairment, as well as bad health and poor nutrition.

In conclusion, emotional changes during the postpartum period are very common, but when they worsen or do not improve, women should talk with their prenatal doctor about this.

Why Is Psychotherapy Good?

By **Yohana Ferreyra**

It is important to take care of your mental health because it is as important as physical health. Therapy helps you and every part of your life not only if you have a problem or struggles. This helps you to have better interpersonal and societal relationships at the same time while improving aspects of your life including changing habits, quitting addictions, and controlling anxiety, eating disorders and depression. Therapy also allows us to improve relationships with our environment, feel more positive, happy, and motivated.



What is psychological therapy?

The professionals in charge of this area are psychologists.

Psychological therapy is talking with a mental health professional (psychologist) in which you communicate the part of your life in which you feel bad or makes you feel stuck.

History of Mental Health in America

By Servando Carrasco

Mental Health in the United States has a long history. First, in 1843 after the Civil War, William Sweetzer used the term mental hygiene to describe soldiers who had mental disorders. Then, Isaac Ray, a founder of American Psychiatric Association gave us a definition of the term “the art of preserving the mind against all traumatic incidents and troubles of body movements, all these come within the province of mental hygiene.” In 1948, the World Health Organization was established and the concept of “Mental Health” appeared.

At the beginning of the 1900s, the psychiatric hospitals were in deplorable condition, over capacity, and there was stigma from the society over people who had mental disorders. It was difficult for doctors to work against this horrible disease and try to reintegrate sick people back into the community, but some physicians and psychologists were convinced that early treatment might reduce the extremity and recurrence of mental illness. One of these doctors was G. Stanley Hall.

Adolph Meyer, one of the founders of the Mental Hygiene movement in the United States, combining his training as a physician, and the studies of the social reform ideology of the 1900s said, “What the sick needed was a biologically sound idealism”. His concept sprang from experience with a child study in each life period. Meyer proposed studying the patient and his life history including family and community factors.

Clifford Beers, another founder of the mental Hygiene Movement in the United States, contributed to mental health when he wrote a book and shared his experiences working inside the mental hospitals. That book helped to improve the care of people with mental disorders, humanizing the care of mental

patients, and reducing the abuses and brutalities that they had.

Finally a big change in mental health was in 1963 when President John F. Kennedy signed the Community Mental Health Act, where the foundation for a community-based mental health system was created. Beers changed the system in the United States and brought to our society new ways to work in mental health. He reformed the rooms and the processes inside of state hospitals, and developed child guidance centers where the patients began treatment in childhood. Also he developed community programs where families, community and government institutes were involved. All those elements were designed for treating mental illness. Then in 1999, the Olmstead Act brought hope to all people for recovery and getting back to normal life as soon as possible.



Mental Health Services

There are several places in our community to go when you have mental health needs.

Wellness Centers in local schools.

Monterey County Behavioral Health

Their website has many resources.

[Behavioral Health](#) or contact them about their services at 888-258-6029.

Suicide Prevention Help

Help yourself or someone else. See <https://www.mentalhealthfirstaid.org/news-and-updates/> for resources.

www.suicidepreventionlifeline.org

Mental Health from the Community Hospital of the Monterey Peninsula

By Esmeralda Meza

The hospital in Monterey, California (the Community Hospital of the Monterey Peninsula--CHOMP) helps adult patients with therapy for mental illnesses. CHOMP offers counseling for adults with special needs. There are doctors that help with coping strategies, and mental, emotional, or behavioral health disorders.

The psychiatric doctors help patients make healthy life changes. CHOMP offers the emergency department for mental health for people that need it. The emergency department offers treatment from the psychiatric doctor who is on call or mental health specialists. The conditions or mental disorders they treat are anxiety, ADD, bipolar disorder, depression, and other mental illnesses.

The hospital in Monterey gives five suggestions for mental health. One of the suggestions is to value yourself. It also advises patients to take care of their health by doing things like exercise. CHOMP also speaks of taking care of your body and surrounding yourself with positive people like groups, church, and programs. Other suggestions from their mental health program is to set realistic goals for yourself and to get help when you need it.



More Mental Health Resources

Substance Abuse Resources

<https://www.mentalhealthfirstaid.org/2022/05/national-prevention-week-a-resource-guide/>

County of Monterey Health Department Prevention & Early Intervention (PEI) Resources & Supports

Here you can find information about resources, support groups, suicide prevention, and help for many different groups of people in different areas of the county.

Este sitio web contiene información sobre recursos, grupos de apoyo, prevención de suicidio y otros tipos de ayuda para prevenir y ayudar personas con condiciones de salud mental (algunos ofrecidos en español).
<https://www.co.monterey.ca.us/home/showpublisheddocument?id=71525>

2-1-1

You can call this number for help for many different family or personal needs.

Puede llamar a este número para obtener ayuda para varias necesidades familiares o personales.

Suicide Prevention & Mental Health Crisis Support

Are you or someone else experiencing emotional distress or considering suicide? The National Suicide Prevention Lifeline at 988 is available 24 hours a day and provides free, confidential support. Service provided for the deaf and hard of hearing and English and Spanish-speaking communities. For more information about their services see www.suicidepreventionlifeline.org

¿Está usted o alguien más experimentando malestar emocional o considerando el suicidio? La Línea Nacional de Prevención del Suicidio en el 988 está disponible las 24 horas del día y le ofrece apoyo gratuito y confidencial. Sus servicios están disponibles en inglés y español y para personas sordas. Para obtener más información sobre sus servicios, vea www.suicidepreventionlifeline.org

Mental Health First Aid

Read more about how you can help yourself and others. See

<https://www.mentalhealthfirstaid.org/news-and-updates/> for stories such as “How to Set and Keep Wellbeing Intentions in the New Year”, “How Employers Can Support Staff Experiencing Seasonal Depression”, and “Student Mental Health is Top Concern of School Board Members”.



Effect of Rain on the
People's Lives
By Hyejung Jung

All life on the earth must have water to survive. In order to get enough water for life, we need to have rain. Rain is a great source of drinking water, clean hygiene, agriculture, and energy sources.

Droughts can have big effects on humans, animals, plants, and crops. Due to droughts, millions of people and living creatures have been killed throughout history.

In the last few weeks, we had a lot of rain. When the rain started, it was great to have it, but as it continued for a few weeks continuously, some areas had tremendous problems.

I hope we can somehow manage the rain water saved for possible droughts in the future.

We hope that the flood resources provided by our school were helpful to anyone who experienced a rain-related problem. We wish you the best.

Effects of Rain and Drought on Agriculture

By Eduardo Lucas

For a long time, California has experienced significant droughts throughout the entire state. A drought is a period of abnormally dry weather that persists long enough to produce hydrological imbalance, causing crop damage



and shortage in water supply. However, this winter things changed for California residents. As multiple atmospheric rivers

came to the state dropping inches of rainfall, the agriculture industry was concerned about this.

California has experienced four years of drought. This affects residents, livestock, farmers, and agricultural industries. Residents must take water-saving measures while in a drought, ensuring water is available for essential services such as medical care, fire protection, and general health and sanitation. Livestock farmers suffer losses of their animals due to lack of water. Vegetable farmers have reduced their plantings. For example, they used to plant a whole acre of garlic, but now they sow only half of an acre to reduce water usage. Drought causes significant impact on industries that use water or depend on water for their business.

This winter atmospheric rivers have been slamming one after another dropping numerous inches of water. It's been years since California faced several storms combined together. About 24,500,000,000,000 gallons of water have pelted California amid relentless storms, student scientists estimated. This has caused rivers such as the Salinas River, San Lorenzo River, and

Carmel River to overflow, and Highway 99 towards Sacramento was underwater. Snow in the Sierras measured at 153.7 inches which is nearly three times the average amount for mid-December. The views of snow at Big Bear Lake, Lake Arrowhead, and Lake Tahoe are breathtaking.

The impact of atmospheric rivers has agriculture industries worried. Although livestock and vegetable farms needed rainfall for their



business to prosper, excessive soaking after rain can ruin plant roots, which in turn affects the growth of the vegetation. If crops are too wet, they can begin to collect bacteria. Tom Barcellos, a third-generation dairy farmer and operator of a family farm said that

“water run-off and wet grounds can increase the risk for low grade infection in cows”. Also, the agriculture industry's major concern is that farm workers aren't working. There is a whole spectrum of people not working right now as a result of these rains.

Ironically, at the same time we're dealing with major droughts and mega flooding as well, all this rain won't fix the Golden State's problems with droughts; though it could help water supply. It's a fact that prices of crops, livestock and agriculture will increase due to these weather events. All this can cause consequences in our economy as well.

Salinas Adult School

Quarter 3 Course List

Call 796-6900 X 1372 or X 1373 for information.

Classes are at the main campus on Sherwood Place and the Salinas Adult School Parent Center, and off campus at the One Stop Center, St. Mary's Church, Sherwood Elementary, Rancho San Juan High School, Santa Rita Elementary, Alisal High School, and McKinnon Elementary.

English Skills

ESL (AM/PM)

Beginning, Intermediate, Advanced

ESL Computers (PM)

Developing English (AM)

Pronunciation (AFT)

Tutor Training (AFT)

Writing (AFT)

Citizenship

Citizenship (AM/PM)

ESL (AM/PM)

Beginning, Intermediate, Advanced

College & Career Preparation

Developing English (AM)

High School Diploma (AM/AFT/PM)

HiSET/GED English (AM/PM)

HiSET/GED español (AM/PM)

Tutor Training & Paraprofessional Exam Preparation (AFT)

Counseling 1 Dual Enrollment (PM)



Computer Skills

Computer Skills for Life & Work (AFT)

ESL Computers (PM)

High School Completion

High School Diploma (AM/AFT/PM)

HiSET/GED English (AM/AFT/PM)

HiSET/GED español (AM/PM)

Math Skills

Developing English (AM)

High School Diploma (AM/AFT/PM)

HiSET/GED English (AM/AFT/PM)

HiSET/GED español (AM/PM)

Parenting

Go to www.salinasparentcenter.org for more information or contact the Welcome Center.

Parenting

Parent/Child Activity
Classes (AM/AFT)

Preschool (AM)

Skills & Exam Preparation

Citizenship Classes & Citizenship Exam Preparation

Fridays 8:45-12:15

Tuesdays & Thursdays 6-9 PM

Register at the Welcome Center.

Developing English & College & Career Preparation

Monday-Friday 8:30-12:00

Improve your English & math skills to get prepared for a GED/HiSET or to enter college or a job training or certificate program. Ask Ana, Araceli, or the AM teacher in Room Square 3 for more information.

Computer Classes & Northstar Certificate Preparation

Various computer topics taught throughout the school year.

Thursdays 12:15-2:45

Start class in Room Square 3

Mondays & Wednesdays 6-9 PM

Ask the Welcome Center for information.

HiSET or GED Certificates (English)

Monday-Thursday 8:45-12:45

Monday & Wednesday 5-9 PM

Register at the Welcome Center.

Learn math, reading, writing, social studies, and science to prepare for the HiSET or GED exams to earn your high school equivalency.

Certificados de HiSET/GED (español)

lunes a jueves 8:45-12:45 o 5:30-9:00

Información del Welcome Center

Aprenda matemáticas, lectura, escritura, estudios sociales y ciencias naturales para prepararse para los exámenes HiSET o GED y obtener su equivalencia de preparatoria.

Tutor Training &

Paraprofessional Exam Preparation

Tutor Training Tuesdays 12:15-2:45

See teacher in Room Square 3 for information and registration.

Increase your confidence in speaking and writing English and learn communication, leadership, and teaching skills to be a better student, help your children with homework, train workers, or prepare to be an instructional aide and pass the Paraeducator NCLB exam.





¡GRATIS!

CLASES PARA ADULTOS



- INGLÉS COMO SEGUNDO IDIOMA (ESL)**
Clases de inglés básico, intermedio y avanzado. Mejore sus habilidades del idioma inglés en lectura, escritura, comprensión auditiva y expresión oral.
- HSD/HISET/GED**
Perfeccione sus habilidades de lectura, escritura y matemáticas. Obtenga su diploma de preparatoria. Prepárese para las clases de GED y HISET.
- COMPUTACIÓN**
Las clases de computación incluyen Microsoft Word, Excel, PowerPoint, Access; Habilidades para la evaluación de alfabetización digital de Northstar y uso básico de computación.
- CIUDADANÍA**
Este curso lo preparará para pasar su entrevista de ciudadanía. Practicará las 100 preguntas de educación cívica, vocabulario de ciudadanía y preguntas N-400.
- CENTRO DE PADRES** clases de pago
Ofrece a los padres y cuidadores información para nutrir a los niños en un entorno positivo, saludable y amoroso. Desde el embarazo hasta que su hijo/hija entre al kinder, tenemos una clase para apoyar a los padres en el camino.

¡Visite nuestro sitio web!

LLÁMENOS HOY 831-796-6900
EXT. 1372 / 1373, 831-287-9577

Scan me

SalinasAdultSchool Salinasadultschool1 @SalinasAdultSch SalinasAdultSchool

<p>Mondays 12:15PM - 2:45PM</p> <p>Writing & Grammar</p> <p>Sentence, paragraph, and essay structures. Individual and group grammar and writing practice activities.</p>	<p>Tuesdays 12:15PM - 2:45PM</p> <p>Tutor Class</p> <p>Increase confidence in speaking, writing, leadership & teaching skills to be a better student, parent, or worker or prepare for an instructional aide job.</p>
<p>Wednesdays 1:00PM - 2:45PM</p> <p>Fridays 12:15-2:45</p> <p>Pronunciation</p> <p>Pronunciation of letters, sounds, syllables and words plus reading fluency.</p>	<p>Thursday 12:15PM - 2:45PM</p> <p>Digital Communication & Conversation</p> <p>Keyboarding and basic computer skills, office communication & vocabulary, certificate preparation.</p>

Scan me

To start class go to Square 3

SalinasAdultSchool Salinasadultschool1 @SalinasAdultSch SalinasAdultSchool

Salinas Adult School Supportive Services

Transcripts & Student Records

For transcripts or other student records, contact Allison at 796-6900 X 1340 or allison.hulden@salinasuhdsd.org.

OSY Migrant Services

If you are a migrant youth 18 or over, contact 796-6900 X1342 or 1344 for more information.

Si usted es un joven migrante mayor de 18 años, comuníquese al 796-6900 X 1342 o 1344 para más información.

Career Center

College & career advising, job search, skills assessment, financial aid assistance, and community referrals. Room A-2 or call 796-6900 X 1414 or 1413 or cell number 831-583-7755.

Citizenship Application Assistance

Our school has a special relationship with an organization to help people complete citizenship applications. See Ana for more information.

Nuestra escuela tiene una relación especial con una organización para ayudar personas con solicitudes de la ciudadanía. Comuníquese con Ana para más información.

English Peer Tutoring

See the AM teacher in Room Square 3 to get help from a student tutor. Tutoring available for Beginning, Intermediate, and Advanced ESL students.

Hable con la maestra matutina en el salón Square 3 para recibir información sobre tutoría ofrecida a los alumnos de los niveles de inglés principiante, intermedio y avanzado.

Testing Center Dates

Paraeducator Test

Mondays, February 27; March 6 at 2 PM

HiSET Testing

Tuesdays, February 21; March 7
at 8:30 AM & 12:30 PM

Thursdays, February 23; March 9 at 5:30
PM

Fridays, February 24; March 10 at 8:30 AM

Pearson Vue Testing

Tuesdays, February 14 & 28
at 8:30 AM & 12:45 PM

Thursdays, February 16 & March 2 at 5:15
PM

Fridays, February 17 & March 3 at 8:30 AM.

Welcome Center

You can ask questions about the school, make orientation appointments, and register for some classes at this center. Visit or call 796-6900 X 1372 or 1373.

Information

If you would like more information about our school, check this newsletter and our website at <https://www.salinasuhsd.org/Domain/19>. or our Facebook, Instagram or TikTok pages. For information about the school district see <https://www.salinasuhsd.org> .



THE PARENT CENTER

PARENT-CHILD ACTIVITY CLASSES

You and your child can join other parents and children to learn about a variety of parenting topics while playing, singing, and connecting with others. These groups meet once a week and are divided up according to your child's age. Children can attend with a parent, grandparent, or any other care provider. Teachers have fun and engaging activities, including art and music, planned each week. Join at any time!

	Your Baby's First Year • Wednesday 9:00 am • Age: Birth- 1 year	<p>You may register in person at the Salinas Adult School or online at www.SalinasParentCenter.org 20 Sherwood Place, Salinas, CA 93906 Questions call 796-6900 ext 1366</p> 
	Movers and Shakers Tuesdays 9:00am Age: 12-24 months	
	Exploring Times • Thursdays 9am • Age: 24-36 months	
	Partners in Play • Thursdays at 9am • Age: 3 -5 years	
	The Family Garden • Fridays 10am • Age: 2-5 years	



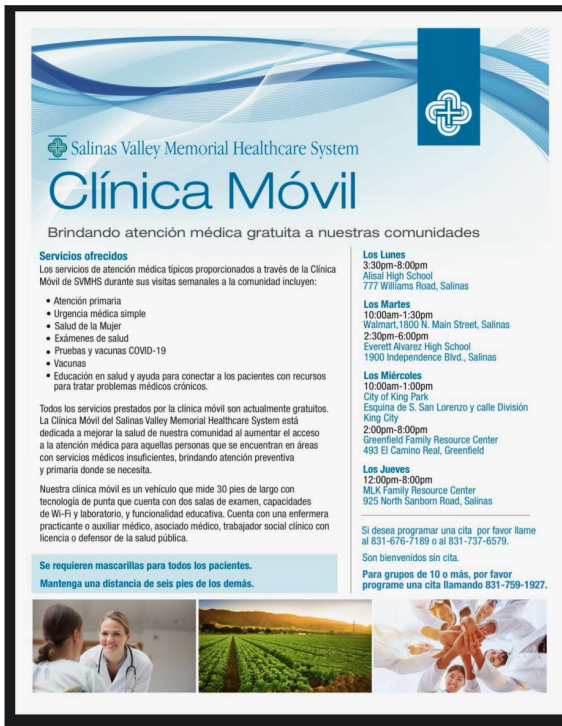
Go to the Parent Center's website for more information about all that the center offers and to register for classes. www.salinasparentcenter.org

COMMUNITY RESOURCES

2-1-1

You can call this number for help for many different family or personal needs.

Puede llamar a este número para obtener ayuda para varias necesidades familiares o personales.



Salinas Valley Memorial Healthcare System
Clíника Móvil

Brindando atención médica gratuita a nuestras comunidades

Servicios ofrecidos
Los servicios de atención médica típicos proporcionados a través de la Clínica Móvil de SVMHS durante sus visitas semanales a la comunidad incluyen:

- Atención primaria
- Urgencia médica simple
- Salud de la Mujer
- Exámenes de salud
- Pruebas y vacunas COVID-19
- Vacunas
- Educación en salud y ayuda para conectar a los pacientes con recursos para tratar problemas médicos crónicos.

Todos los servicios prestados por la clínica móvil son actualmente gratuitos. La Clínica Móvil del Salinas Valley Memorial Healthcare System está dedicada a mejorar la salud de nuestra comunidad al aumentar el acceso a la atención médica para aquellas personas que se encuentran en áreas con servicios médicos insuficientes, brindando atención preventiva y primaria donde se necesita.

Nuestra clínica móvil es un vehículo que mide 30 pies de largo con tecnología de punta que cuenta con dos salas de examen, capacidades de Wi-Fi y laboratorio, y funcionalidad educativa. Cuenta con una enfermera practicante o auxiliar médico, asociado médico, trabajador social clínico con licencia o defensor de la salud pública.

Se requieren mascarillas para todos los pacientes.
Mantenga una distancia de seis pies de los demás.

Los Lunes
3:30pm-8:00pm
Alisal High School
777 Williams Road, Salinas

Los Martes
10:00am-1:30pm
Walmart, 1800 N. Main Street, Salinas
2:30pm-6:00pm
Everett Alvarez High School
1900 Independence Blvd., Salinas

Los Miércoles
10:00am-1:00pm
City of King Park
Esquina de S. San Lorenzo y calle División
King City
2:00pm-8:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Los Jueves
12:00pm-8:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas

Si desea programar una cita, por favor llame al 831-676-7189 o al 831-737-6579.
Son bienvenidos sin cita.
Para grupos de 10 o más, por favor programe una cita llamando 831-759-1927.

COVID-19 Vaccines & Test Vacunas y pruebas

www.montereycountyvaccines.com

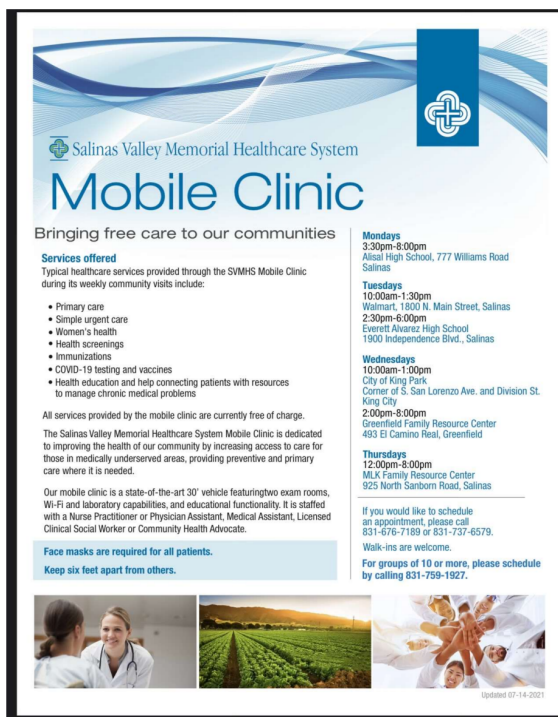
Monkeypox Information

www.co.monterey.ca.us/government/departments-a-h/health/diseases/monkeypox

Legal Help/Asistencia Legal California Rural Legal Assistance (CRLA) Asistencia Legal Rural de California) 3 Williams Rd., Salinas 757-5221 or 800-337-0690 for other locations (por mas locales) <https://crla.org>

For help with legal issues related to education, employment, housing, health, or COVID-19.

Para recibir ayuda con asuntos legales de educación, empleo, vivienda, salud o COVID-19.



Salinas Valley Memorial Healthcare System
Mobile Clinic

Bringing free care to our communities

Services offered
Typical healthcare services provided through the SVMHS Mobile Clinic during its weekly community visits include:

- Primary care
- Simple urgent care
- Women's health
- Health screenings
- Immunizations
- COVID-19 testing and vaccines
- Health education and help connecting patients with resources to manage chronic medical problems

All services provided by the mobile clinic are currently free of charge.

The Salinas Valley Memorial Healthcare System Mobile Clinic is dedicated to improving the health of our community by increasing access to care for those in medically underserved areas, providing preventive and primary care where it is needed.

Our mobile clinic is a state-of-the-art 30' vehicle featuring two exam rooms, Wi-Fi and laboratory capabilities, and educational functionality. It is staffed with a Nurse Practitioner or Physician Assistant, Medical Assistant, Licensed Clinical Social Worker or Community Health Advocate.

Face masks are required for all patients.
Keep six feet apart from others.

Mondays
3:30pm-8:00pm
Alisal High School, 777 Williams Road
Salinas

Tuesdays
10:00am-1:30pm
Walmart, 1800 N. Main Street, Salinas
2:30pm-6:00pm
Everett Alvarez High School
1900 Independence Blvd., Salinas

Wednesdays
10:00am-1:00pm
City of King Park
Corner of S. San Lorenzo Ave. and Division St.
King City
2:00pm-8:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays
12:00pm-8:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas

If you would like to schedule an appointment, please call 831-676-7189 or 831-737-6579.
Walk-ins are welcome.
For groups of 10 or more, please schedule by calling 831-759-1927.

Funeral Assistance Program for COVID-19 related funeral expenses. Catholic Charities of Monterey

Minimum requirements: The death was in Monterey County and the death certificate states the death was because of COVID-19. For more information contact 831-393-3110.

Programa de Asistencia Fúnebres relacionado con COVID-19.

Catholic Charities of Monterey

Para ser elegible: La muerte debe haber ocurrido en el condado de Monterey, y el certificado de defunción tiene que indicar que la muerte fue relacionada con el COVID-19. Para más información, ponerse en contacto al 831-393-3110.

The Food Bank for Monterey County 353 W. Rossi St., Salinas Call 831-758-1523 to volunteer

Do you qualify for free food? ¿Calificas para comida gratis?

<https://foodbankformontereycounty.org/food-assistance/emergency-food-assistance-program/>

MoCo Health Department Flu Information
<https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/influenza-flu>

CATHOLIC CHARITIES DIOCESE OF MONTEREY
SERVICES DURING COVID-19

FAMILY SUPPORT SERVICES

IMMIGRATION

OUR SERVICES
(ASSISTANCE VIA PHONE OR EMAIL)

NUTRITION CLASSES AND PHYSICAL ACTIVITY
(FOR MORE INFORMATION CALL OR TEXT 831-233-3303)

CALFRESH (FOOD STAMPS)

MEDI-CAL

FIRE RELIEF PROGRAM
(FOR MORE INFORMATION CALL 831-920-4764)

RENTAL ASSISTANCE (LIMITED FUNDING)
• LIMIT ONE TIME ASSISTANCE PER HOUSEHOLD

FUNERAL ASSISTANCE (COVID-19 Related)
Monterey County

OUR SERVICES

- CONSULTATIONS
- DACA
- N-400 (CITIZENSHIP)
- I-90 (LPR RENEWAL APP)
- U-VISA (VICTIM OF CRIME)
- I-130 (FAMILY PETITION)
- WAIVERS (PARDONS)

CONSULTATIONS

- APPOINTMENTS VIA ZOOM OR TELEPHONE WITH LAWYER JERALNE EDWARDS OR WITH IMMIGRATION SPECIALIST.

LOCATIONS		
SALINAS 1705 SECOND AVE. SALINAS, CA. 93905 831-422-0602	SEASIDE 922 HILBY AVE. SEASIDE, CA. 93955 831-393-3110	WATSONVILLE 656 MAIN ST. WATSONVILLE, CA. 95076 831-722-2675



CARIDADES CATOLICAS DIOCESIS DE MONTEREY
SERVICIOS DURANTE COVID-19

APOYO A LA FAMILIA

INMIGRACION

NUESTROS SERVICIOS
(CITAS VIA TELEFONO O CORREO ELECTRONICO)

CLASES DE NUTRICION Y ACTIVIDAD FISICA
(PARA MAS INFORMACION LLAME O TEXTEE AL 831-233-3303)

CALFRESH (ESTAMPILLAS)

MEDI-CAL

ASISTENCIA DE ALIVIO DE FUEGO
(PARA MAS INFORMACION LLAME 831-920-4764)

ASISTENCIA DE RENTA (FONDOS LIMITADOS)
• Asistencia de solo una vez (por hogar)

ASISTENCIA DE FUNERES (Atribuyo a COVID-19)
• Condado de Monterey

NUESTROS SERVICIOS

- CONSULTAS
- DACA
- N-400 (CUIDADANIA)
- I-90 (RENOVAR MICA)
- U-VISA (VICTMA DE UN CRIMEN)
- I-130 (PETICION FAMILIAR)
- WAIVERS (PERDON)

CONSULTAS

- CITAS VIA ZOOM O POR TELEFONO CON LA ABOGADA JERALNE EDWARDS O CON ESPECIALISTAS DE CASOS DE INMIGRACION

UBICACIONES		
SALINAS 1705 SECOND AVE. SALINAS, CA. 93905 831-422-0602	SEASIDE 922 HILBY AVE SEASIDE, CA. 93955 831-393-3110	WATSONVILLE 656 MAIN ST. WATSONVILLE, CA. 95076 831-722-2675



INTERNET/COMPUTERS

Loaves, Fishes and Computers

938 S. Main St., Salinas 831.393.9260
Low Cost Computers & Internet service for qualified people. Computadoras y servicio de Internet de bajo costo para personas calificadas.

Federal Stimulus Package

The federal stimulus package covers a temporary \$50 discount per month on Internet service and \$100 off computers for people who qualify.

El paquete de estímulo federal cubre un descuento temporal de \$50 cada mes por el servicio de Internet y \$100 de descuento en computadoras para las personas que califican.

Their site is/Este es el sitio web getemergencybroadband.org

Federal Affordable Connectivity Program

This program gives qualified low income telephone customers a discount on data for their phones. Ask your phone company if you qualify.

Este programa ofrece un descuento por data de teléfonos a los clientes de bajos ingresos que cumplan los requisitos. Pida información sobre esto de su compañía de teléfono.

DISCOUNTED USED BOOKS

Friends' Community Bookstore

330 Reservation Rd. Suite F, Marina
Across from the Ramada Inn
Tuesdays, Thursdays 12-4 PM
Saturdays 10 AM-4 PM
Books, DVDs and CDs. Sales benefit the Marina Library. For information contact friendscommunitybookstore@gmail.com

Alliance on Aging

Call 831-758-4011 for more information.

www.allianceonaging.org

This site shows many services for seniors in our area related to transportation, taxes, medical, counseling, and more and has a COVID-19 link updated every week to help the whole community.

Este sitio tiene detalles sobre varios servicios para ancianos (algunos en español) y un enlace para información reciente de COVID-19 para toda la comunidad y recursos para campesinos.

Monterey Bay Aquarium

Free passes for low income families. Information at Salinas Public Libraries.

CALIFORNIA STATE PARKS

Free & Discounted Day Passes

Do you receive CalWORKS or SSI, have a permanent disability, have a fourth grade child, or are a veteran or a senior 62 years old or older? You may qualify for a free or reduced price pass to enter our state parks. See https://www.parks.ca.gov/?page_id=1049 for information on the qualifications.



Go to the Parks Free

Anyone can check out a California State Parks day use pass from your local library.

CAREER PREPARATION Salinas Adult School

Classes

See page 17 for information

Tests

See page 20 for information

Career Advising

Career advising and job search.
Room A-2 or call 796-6900 X 1414 or 1413
or cell number 831-583-7755.

Online Manufacturing Classes

Bay Area Community Colleges

Sign up for their newsletter & get information about career fairs, jobs, online manufacturing classes, scholarships, community college job training programs & manufacturing careers. Go to

<https://bayareamanufacturingcareers.com/newsletters.html>

Monterey Peninsula College-MPC

Law Enforcement

PELLETB Exam \$12 + fees

South Bay Regional at MPC
2642 Colonel Durham Street,
Seaside, CA

March 20 8:30-11:30 AM

Entry-level Law Enforcement test. This is a reading-writing test with multiple choice and fill-in questions. Maximum of one test each 30 days. Government-issued ID is required.

For more information, go to

<https://www.eventbrite.com/o/post-written-tests-12025272767>

Phlebotomy Tech Training \$3,100

Monterey Peninsula College (MPC)
Marina Education Center

289 12th Street, Marina at Imjin Parkway & 3rd Ave

For more information, contact Continuing Education at MPC ContinuingEd@mpc.edu or (831) 646-4058.

COLLEGE PREPARATION

Salinas Adult School

College Preparation Classes

Developing English M-F 8:30-12:00

Improve your English & math skills and learn about college requirements, select schools & majors, and begin to prepare for your future.

HiSET Preparation M-Th 8:45-12:45

Prepare for taking these exams for high school equivalency.

Equivalencia de Preparatoria (HiSET)

Lunes a jueves 8:45-12:45

Prepárense para tomar los exámenes de equivalencia de preparatoria.

College Advising

College advising and registration & financial aid assistance. Room A-2 or call 796-6900 X 1414 or 1413 or cell number 831-583-7755.

Money Mondays

Hartnell College Building B, Room

B-110 Mondays 3-4:30 PM

Drop-in help for FAFSA or Dream Act applications for 2022-2023 school year.

COMMUNITY EVENTS

Science Workshop Games & Puzzles

John Steinbeck Library

Every Tuesday in February from 4-5:30

Special Kids Connect Events

Eventos para familias con niños especiales

Registration for all events

inscripciones para todos los eventos

<https://specialkidsconnect.org/events.html> or 831-372-2730.

Transition from Early Start to Preschool for Special Kids

February 27 from 5-6 PM on Zoom

Transición de inicio temprano a preescolar para niños con necesidades especiales de Special Kids Connect

el 1 de marzo 5-6 PM por Zoom

Una guía rápida para el IEP y el proceso de educación especial

El 21 de marzo 7-8:30 PM por Zoom

Kids Eat Right

Cesar Chavez Library February 22 from 2:30-4:00

Community Hospital of the Monterey Hospital provides family resources about healthy foods and physical activities you can do every day.

Bilingual Cooking Demonstration

Aprende a Preparar una Receta

Blue Zones Project

Cesar Chavez Library

February 23 from 4-5 PM

Learn to prepare a healthy, delicious plant-based meal.

Aprende a preparar una receta simple a base de plantas en esta demostración bilingüe.

Register /Inscribase <https://bit.ly/bzpcooking>

Whalefest Monterey

Custom House Plaza, Old Fisherman's Wharf, and Heritage Harbor

March 18-19 from 11 AM- 5PM

Free festival

Activities include a symposium (presentations & research) by well-known marine experts, live music, interactive exhibits, ocean photography, boat displays, a whale model (on Sunday), family games and activities, learning about whales, sea otters, dolphins, and sea birds, and wharf tours (1:00 and 2:30). For specific schedules of the festival events go to

www.whalefest.org or www.montereywharf.com .

You can also pay to take whale watching tours or other boat trips (some discounts available during the festival).

ONGOING EVENTS

Monarch Butterfly Viewing Monarch Butterfly Habitat Sanctuary 250 Ridge Rd., Pacific Grove Open sunrise to sunset every day

The best times to see butterflies are from November-February. For viewing clusters, go before 11 AM or on cloudy days. To watch them fly, go on sunny days or after 11 AM. To learn more about the butterflies, take a tour with a docent between 11 AM-3 PM.

Free

First Friday Art Walk

March 3 from 5-9 PM

Free

Downtown Salinas

Visit downtown galleries, coffeehouses, CSUMB Salinas City Center and other locations to enjoy art, music, and more.

Open House at Railroad Museum

March 4 & 5 from 10 AM-4 PM Free

Near Salinas Amtrak Station

Railroad dioramas of Monterey County railroads. You must wear a mask.

West Coast Songwriters Competition

Downtown Book & Sound

213 Main St., Salinas

March 16 from 7-9:00 PM

Local musical professionals judge best performance and best song from those in the competition. Public welcome.

Preschool Curiosity Club

Pacific Grove Natural History Museum

165 Forest Ave., Pacific Grove

One month of Saturdays 9-10 AM

This club is for ages 3-5 and their caregivers. Children will explore nature with various activities and learn skills to help them to prepare for school and their caregivers will learn ways to explore nature with their families. Club is in English and Spanish. Register or get more information at education@PGMuseum.org

Monterey Peninsula Regional Parks Activities Guide

Nature activities, hikes, photography, volunteer opportunities, events and other activities for

children, youth, adults, and families from fall 2022 through winter 2023.

https://www.mprpd.org/files/25e0a2f1a/FINAL_LGO2-2-23+Fall-Winter-R14.pdf

Elkhorn Slough Tours

1700 Elkhorn Rd., Watsonville

Go to Highway 1 North. Right on Dolan Rd. & Left on Elkhorn Rd.

Free Tours on Saturdays at 10 & 11 AM

Only small groups are accepted at this time. Reservations required. Call 831-728-2822 to make your reservation.

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Thank You for reading the Newsletter!

Every student in the Contributors Box has put in a lot of effort completing this issue. Look forward to our next issue!

