

For a Mother of Two, Overcoming Struggles Leads To Success

By Gary P. Taylor, for SCTCA TANF



Editor's note: Eliana Tinajero has overcome many difficulties on her path to success. The following is her story, in her own words.

It is my great honor to express how much Southern California Tribal Chairmen's Association's Tribal-Temporary Assistance for Needy Families program (SCTCA Tribal TANF) has played in ensuring my success in personal and academic life.

This program truly allowed me to achieve goals with hardly any stress and insecurities. I came to Orange County Tribal TANF in 2020. During that time, I was homeless, nine months pregnant with my first child, and diagnosed with a critical mental disorder to the point of needing prescribed medications and therapy. First, SCTCA Tribal TANF provided me with Licensed Marriage & Family Therapist Specialist Cyndie Gilliam, whom I have been with four plus years now. Cyndie has been incredibly patient and efficient in her work by helping me navigate towards making better choices, understanding a healthy way of thinking and perspective, reconciling and saving relationships, introducing life-saving tools, and more. All of this has lowered the symptoms of my mental disorder and taken me off medications.

(Continued on page 2)

A Reading of Fire Story - And a Scavenger Hunt - Brings Children and Parents Together in Escondido

By Gary P. Taylor, for SCTCA TANF

In the far corner of the second floor conference room at Escondido TANF, a bright orange wall of paper flames rose toward the ceiling.

On the opposite corner, there was a scene of green, with trees and little paper leaves scattered on the floor.

And on all the walls were pieces of colored paper with words in the traditional Kumeyaay and Payomkawichum languages.

It was the setting for an Escondido TANF Family Engagement Evening that brought together children and parents for a book reading, scavenger hunt- and a prize at the end.

The two-hour event on the final Friday of May was created and

(Continued on page 4)





The Southern California Tribal Chairmen's Association (SCTCA) publishes the Tribal Temporary Assistance for Needy Families (TANF) Newsletter throughout the year at:

SCTCA / TANF
P.O. Box 1470
Valley Center, CA 92082
E-mail: gtaylor@sctca.net
(760) 746-0901 Ext. 118

The newsletter is designed and printed by Tribal Print Source, a division of SCTCA.

The purpose of the Tribal TANF Newsletter is to provide the tribal communities with information about services provided by the TANF Programs and other important issues concerning our rural/urban communities and families.

SCTCA provides services to San Diego, Orange and Santa Barbara counties and the following reservations:

Agua Caliente	Los Coyotes	Santa Rosa
Barona	Manzanita	Santa Ysabel
Cahuilla	Mesa Grande	Santa Ynez
Campo	Morongo	Soboba
Ewiiapaayp	Pala	Sycuan
Inaja/Cosmit	Pauma	Torres Martinez
Jamul	Rincon	Viejas
La Jolla	San Manuel	
La Posta	San Pasqual	

PLEASE NOTE:

No articles or pictures published in the SCTCA TANF Newsletter may be reprinted or used in any manner without the expressed written permission of SCTCA.

SCTCA is not responsible for any errors / mistakes on submissions added to our newsletter.

Publisher: SCTCA

Editor: Gary P. Taylor

Contributor: Colleen Turner, Editor and Contributor, 1998-2018

Printers: Tribal Print Source

Copyright ©2025

Escondido Tribal TANF:

(760) 746-0901 Toll-free: (866) 428-0901

San Diego Tribal TANF:

(619) 460-3400 Toll-free: (866) 913-3725

Manzanita Tribal TANF:

(619) 766-9039 Toll-free: (866) 931-1480

Pala Tribal TANF:

(760) 742-8690 Toll-free: (888) 806-8263

Santa Ynez Tribal TANF:

(805) 688-1756 Toll-free: (866) 855-8263

Orange County Tribal TANF:

(714) 450-9240



(Continued from page 1)

Second, SCTCA Tribal TANF provided me with a vehicle purchase through the emergency support services in which my now three children and I are proud owners of a Honda CRV that will last us many years. Helping us with transportation has made a significant difference in our daily lives. We can now make it to medical appointments on time and with certainty. Both my boys, ages four and three, started preschool together while I attend on campus courses at Santa Ana Community College (SAC). We can now be involved in community activities, visit parks, and much more.

"...SCTCA provided me with Licensed Marriage & Family Therapist Cyndie Gilliam, whom I have been with four plus years now. Cyndie has been incredibly patient and efficient in her work helping me navigate towards making better choices, understanding a healthy way of thinking and perspective, reconciling and saving relationships and introducing life-saving tools."

- Eliana Tinajero

Third, with the help of the vehicle purchase I was able to complete my last two classes (available only on campus) needed to graduate from SAC. I have obtained my Associates of Arts degree in Liberal Arts. Because of this, SCTCA Tribal TANF has rewarded me with an educational Incentive. I am in my last month with SCTCA Tribal TANF, so this educational incentive is helping me to feel proud. And it is providing me a couple of months to still continue with ease to figure out my next steps once my case closes.

To end this letter of gratitude, I also want to make a special shout-out to Orange County TANF Case Managers Salina Anderson and Laura De La Baeza. Through all the lows in my personal life while with SCTCA Tribal TANF, Salina and Laura stuck by my side, by ensuring I had all and proper support needed to become successful. Thank you so much Salina, Laura, and Cyndie. I couldn't have done it without you wonderful women! I'm sad to be leaving SCTCA Tribal TANF, but I know this agency has set me up for success. Thank you to all members of SCTCA TANF!

Two Directions Participant Prepares for Casino Dealing

By Gary P. Taylor, for SCTCA TANF



Bob Ingalls, left, Leila Jose, center, and Claudina Schroeder

Leila Jose knows what she wants to do - become a casino dealer.

In early June, she took a big step towards her goal.

Leila - a Two Directions Inc., participant - received her Certification from Audition Masters' Casino Dealing School in Escondido. She and others from Two Directions have been attending classes taught by Bob Ingalls, who is a former dealer who worked in Las Vegas and Southern California casinos before establishing Audition Masters two years ago.

Leila's certification came after she had been attending classes for a few months. In that time, she learned how to deal blackjack, Pai-Gow, Three-Card Poker, Spanish 21, Ultimate Texas Hold'em and Bacarrat.

Now that she's certified, Leila is planning on applying at the Pauma Casino, Ingalls said.

"I think that would be a good place for her to start," he said.

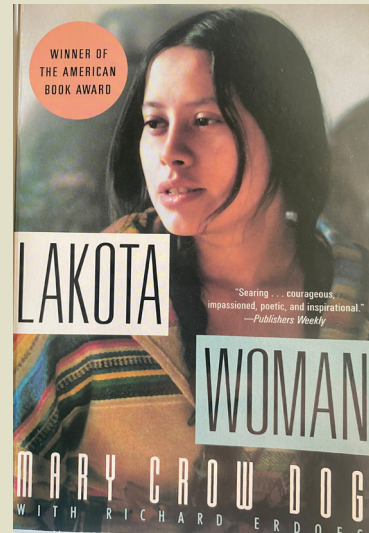
In a previous interview, Leila credited Ingalls with "taking the time to teach you how to deal and what to look for without putting all the pressure on you."

Leila received her certification from Ingalls, who presented it to her at Audition Masters' office. Claudina Schroeder, Two Directions Director, attended the brief ceremony and congratulated Leila. Two Directions has been offering the classes through Audition Masters for several months.

Classes are open to the general public but Ingalls also works with Two Directions, offering his courses to individuals who want to learn how to become certified Casino Dealers. His company is an exclusive training facility for Valley View Casino and Hotel, which is owned by the San Pasqual Band of Kumeyaay Indians.

As part of that arrangement, Valley View offers a 100 percent tuition reimbursement for qualified graduates of Audition Masters. The current tuition cost is \$1,500.

DISPATCHES South Dakota



"I had my first baby during a fire, with the bullets crashing through one wall and coming out through the other. When my newborn son was only a day old and the marshals really opened up upon us, I wrapped him up in a blanket and ran for it. We had to hit the dirt a couple of times, I shielding the baby with my body, praying, 'It's all right if I die, but please let him live.'"

Mary Crow Dog wrote those words in the opening

passage of her book *Lakota Woman*. The book- published in 1990- was filled with similar harrowing scenes from her life on the Pine Ridge Indian Reservation in South Dakota. Crow Dog's prose- simple, direct and at times heartbreaking- was a revelation. *Lakota Woman* won the American Book Award and was praised by critics as "stunningly honest."

The *Chicago Tribune* wrote that it was a "powerful autobiography." *"Feisty and determined, warm and even funny, sometimes given to outbursts of rage or sorrow or enthusiasm, always unpretentious and straightforward."* *Kirkus Reviews* declared Crow Dog's book *"a gritty, convincing document of one woman's struggle to overcome poverty and oppression in order to live in dignity as an American Indian."*

The chapter headings of the book tell her story in just a few words: Chapter 2, Invisible Fathers; Chapter 3, Civilize Them with a Stick; Chapter 4, Drinking and Fighting; Chapter 5, Aimlessness; Chapter 13, Two Cut-off Hands.

The reference to Two Cut-off Hands is Crow Dog's remembrance of her close friend Annie Mae Aquash, a Micmac Indian who grew up on a reservation in Nova Scotia. She ended up in America and became active in the American Indian Movement (AIM) in the early 70s. She disappeared in November of 1975 and was found dead in the snow near Pine Ridge. Crow Dog recounts what happened next:

"The FBI was there at once, swarming over her. They shipped her to Scotts Bluff for an autopsy. They cut her hands off to send to Washington for identification - a needless cruelty as they could have made fingerprints on the spot without mutilating her."

Lakota Woman is Crow Dog's story of her life- she was 37 when she wrote it. But it is also a story of death- the death of Aquash and other friends, including family, strangers, enemies, acquaintances, and the young and the old. Her story remains a remarkable piece of Native American literature.

hosted by Ashley Beck, Education Coordinator at Escondido TANF. She was joined by Mark Eugenio, Escondido TANF Case Worker, and Gary P. Taylor, Editor of the SCTCA TANF Newsletter.

Beck created the colorful scenes as a backdrop for the reading of the book, *'Aaw Aakwenaa, 'Aa'alvish Kūt: Fire Story*. The book, co-authored by Hunwut Turner and Theresa Gregor, tells the story of a Native American grandmother explaining the meaning of fire and wind to her two grandchildren. The grandmother, Gigi, also tells the children about the potential dangers of wildfires when the two forces of nature combine - *Ényekwik/Hungla (Santa Ana wind)* and *'Aaw/Kūt (fire)*. The 30-page book also features the illustrations of Dancy Dixon and Emelia A. Gregor.

The book was read by Taylor, who also held it up so both the children and parents could see the pictures as they sat in chairs and on the floor of leaves. The story also included passages on traditional Native American culture, including this one: "My Gigi told me that when she said hello to me every morning, it was because she saw the fire burning inside me. The word *Haawka*, has fire in the middle of it, and that is the Kumeyaay way of remembering that fire is central to life, so much so that we also have a fire, our spirit, burning within us."

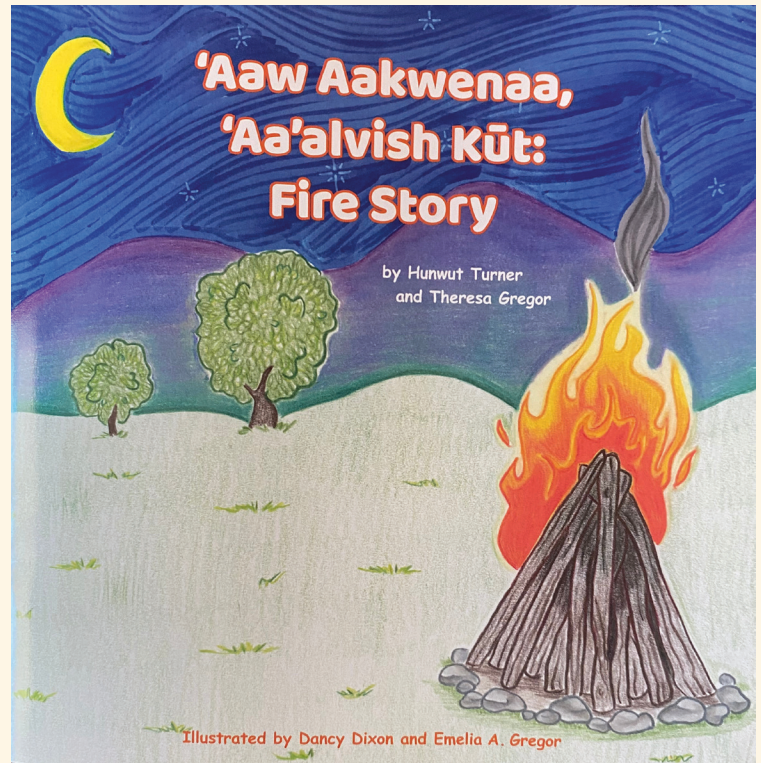
After the reading, Beck told the children there would be a scavenger hunt based on what they had just heard. "All around the room, there are clues," she said. "When you find them all, that will lead to something just for you."

When they got to the final clue, one of the children read it:
*Where 'Aaw/Kūt once danced with flames so bright
Now rests your treasure, hidden from sight
Dig carefully where 'Aaw/Kūt glows
Your surprise awaits in the earth below*

The children all immediately raced to the corner wall with the orange flames and, after a little search, found their surprise: a personal six-in-one hand-crank device that included among other things a charger, flashlight, and radio with antenna. All things that would be needed in the event of a real fire or emergency, Beck told the kids.

As the evening concluded, she and Eugenio handed out some books to the children before they left. One left with the *Fire Story*, which ends with this final passage:

*Just like 'Aaw/Kūt can bring a change to the weather,
Ényekwik/Hungla Kwimkungawish also reminds us of our
relations from the North, East, South and West. When 'Aaw/
Kūt and Ényekwik/Hungla Kwimkungawish meet, the children
understand the need to prepare for potential wildfires. Our
Ancestors gifted through oral traditions to prepare us for
whatever event or visitor comes out way and to always seek
harmony with ourselves and nature.*

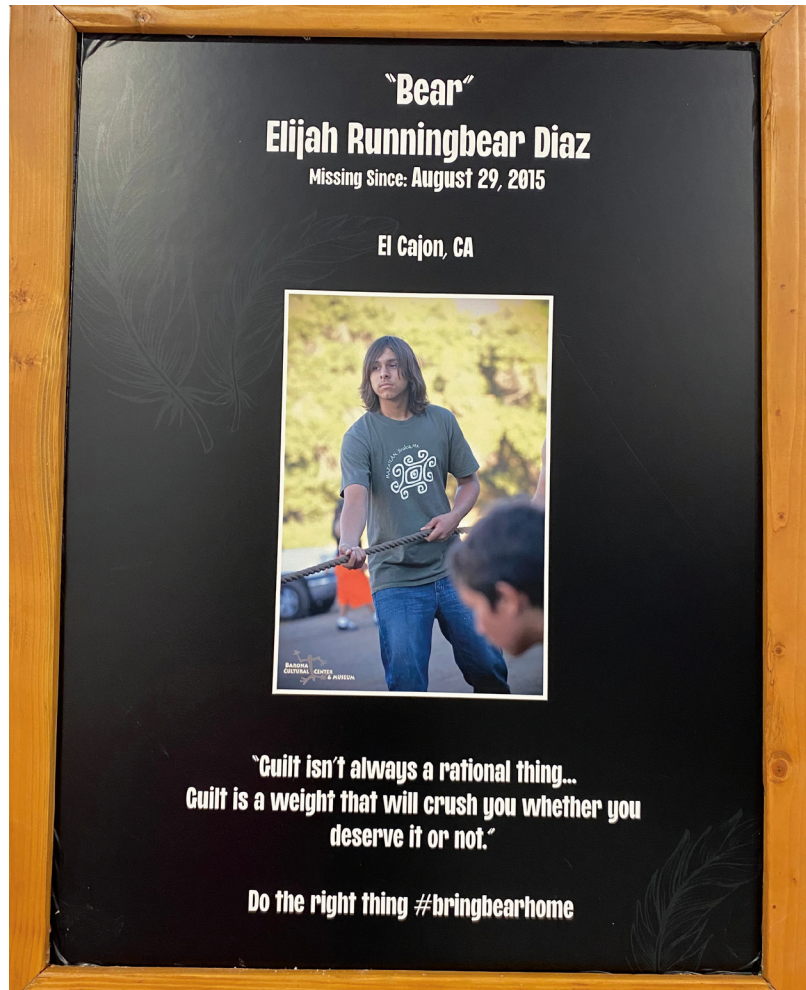




Top, Three children stand in front of Education Coordinator Ashley Beck during Scavenger hunt; bottom, one of the children adjusting flowers in front of the forest scene

At Santa Ysabel, MMIP Recounts Stories of Abuse and Violence

By Gary P. Taylor, for SCTCA TANF



One of the photos displayed on the wall at MMIP event in Santa Ysabel

The images on the screen flickered between color and black and white.

They were not real- they were animations, with the people and animals and roads and houses moving slowly and deliberately.

But the stories the images told were real. Stories of abuse and violence suffered by both Native American women and men, mostly young, many gone- but none forgotten.

The images were from the film, *Who She Is*. The 37-minute, 2022 documentary from Caldera Productions features the stories of four women who were abducted or beaten or who were found dead. They tell their stories as if they were alive, but at the end of the story they are actually recounting how they died.

Who She Is was shown in late May in Santa Ysabel at the Lipay Nation's second annual Missing and Murdered Indigenous Persons (MMIP) event. The three-hour evening meeting also included a ceremonial raising of the MMIP flag outside the tribal hall, which was witnessed by nearly 40 people. A Bird Singer sang traditional songs after the flag was raised as some family members stood holding posters of their missing loved ones from the Lipay Nation.

Year after year, hundreds of Native Americans across the country go missing and simply disappear, as was noted in *Who She Is*. Others are abducted, attacked or murdered- mostly young women, but increasingly young men as well, according to tribal leaders.

In the film, MMIP statistics are displayed at the bottom of the screen, including that Native American women are 10 times more likely to be murdered compared to all other women; that they are more likely to be victims of domestic violence; that they are five times as likely to be assaulted compared to other women; and that, until the past few years, there has been no federal tracking of MMIP.

In Santa Ysabel, there was acknowledgement of all of this. But there was also some hope that the chilling stories told in *Who She Is* could lead to something different: stories of Native American women and men, alive and coming home.



LET'S TALK ABOUT PARENTING AND STRESS



Let's face it, parenting is hard. In fact, it will probably be one of the hardest jobs you will ever have. It can often feel like you don't have enough time, money, sleep or help. Whether you are a stay at home parent, a working parent, a single parent, a married parent or a relative caregiver, remaining cool, calm and energetic can help to get you through the day. Below are some simple stress management tips that you can try. Take a moment to consider which stress management tools will work for you, and then try them out and see if you don't feel less stressed.



Don't Ignore your stress and take time outs

- Recognize your signs of stress. Some signs may include; moodiness, agitation, feeling like you are losing control, stomach/headaches, not able to sleep or sleeping too much, inability to focus, eating too much/little, negativity towards situations, procrastination or use of drugs or alcohol to numb yourself.
- When you are feeling overwhelmed it is okay to take a time out. Pause from the stress and try to decompress. The STOP technique and Box breathing are two ways to do this.



Try to look at your situation differently

Remember, you cannot control what other people think, say or feel. However, you do have control over what you think, say and feel. Therefore, you can choose how you look at a situation and how you will respond. For example, if your child has a meltdown, you can choose to yell at them or you can say to yourself, they don't usually act like this, maybe they are hungry because it is close to dinnertime and choose to hug them instead.



Reach out to friends and family for support

- Talking to someone you trust is one of the best ways to feel better when you're going through a tough time. You can feel more connected to the people around you, and realize that you are not alone in your experiences. Opening up can change your perspective and help you feel better.
- You can also reach out to ask for help when things are overwhelming. Sometimes having someone take out your trash or watch your kids for a little while can really help lower your stress level. You can also offer to help them when they are stressed. So it can be a win win for both of you.



Positive Self-Talk

Self-talk is your internal dialogue, and it can be both negative and positive. Positive self talk can help you to manage stress better. Some tips to help with this include, to treat yourself like you would a friend, practice gratitude and post positive affirmations where you can see them as a reminder: such as your bathroom mirror, your screen saver on your phone or computer, or on your car dashboard.



Eat Well, Sleep Exercise and Drink Plenty of Water

- Eating well is a very important part of combating stress. Food can give you the energy you need to do that. Try to eat more fruits and vegetables and eat less foods that have a lot of salt, sugar or caffeine.
- When you don't get enough sleep you may not have the energy required to combat life's stressors. Try to get to bed at a decent hour every night. If you have trouble falling asleep at night, practice some relaxation techniques like the progressive muscle relaxation.
- Exercise is an excellent way to combat stress. First of all, it works out tension that has built up in your body. Secondly, exercise keeps you more fit, which helps you deal more efficiently with stress. Finally, exercise helps clear the mind, making it easier to relax.
- Drinking plenty of water supports both mental and physical health by keeping the body and brain well-hydrated, which is essential when dealing with stress.



Get organized and work on a budget

- Being organized can help you make better use of your time and energy. Set realistic goals for yourself and stick to them. Getting organized also involves learning how to plan. Try to plan your activities in advance. Make lists and then rank each item on the list in order of priority. Using a desk calendar or one on your phone/computer can also help with this. The more you are organized the less likely you will procrastinate which in turn will reduce your stress.
- Budgeting provides clarity and control, two factors that are helpful in reducing financial stress. Knowing exactly how much you are spending can reduce the fear of how you will pay for things and can reduce your financial stress.



Try to Laugh and Incorporate something fun into your day

- A sense of humor can be helpful for you when trying to handle stress. It is important to try and not take things too seriously. When you can laugh at yourself you tend to be able to handle stress better. Try to look for humor in stressful situations if possible.
- Make sure you set aside time for fun in your schedule. Participating in fun activities is a great way to restore energy. Such activities could be something you do on your own like beading or reading a good book, or something with your family or friends like going to the beach or the park. The most important thing is that it is enjoyable to you.



If you have any questions or would like to discuss this further please contact Cyndie Gilliam LMFT TANF Therapist
@ 760-330-3913 or
cgilliam@sctca.net

Two Directions, Inc.

Honoring the past . . .

Preparing for the Future.



HOME CAREGIVING COURSE

We are putting the C.A.R.E. into Caregiving with Community Affordable and Relevant Education and addressing the need for more qualified direct-care health workers.

- ✓ Companionship and Social Engagement
- ✓ Meal Planning and Preparation

***OPEN TO PALA AND
ESCONDIDO TANF
PARTICIPANTS***



**TENTATIVE DATE
SEPT. 2025
TWO DIRECTIONS SP #8**

LIMITED SPACES SIGN UP NOW!



Call Us
760-749-1196

For More Information
staff@twodirections.com



Class Calendars

Two Directions, Inc.

July 1st—July 31st, 2025



2025 CLASS SCHEDULE

Monday 8:00am-4:30pm	Tuesday 8:00am-4:30pm	Wednesday 8:00am-4:30pm	Thursday 8:00am-4:30pm	Friday 8:00am-4:30pm
In Person / Virtual / Distance Learning classes offered daily				
Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... Culture and Beading Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more	Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... (In Person 9:00am-11:00am) Culture (In Person 11:15 am-1:15pm) Drivers Education / Behind the Wheel Training (In Person 11:15 am-1:15pm)	Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... Culture and Beading Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more	Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Second Language Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... (In Person 9:00am-11:00am) Beading (In Person 11:15 am-1:15pm) Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more	Computer Training offered but not limited to: Word, Excel, PPoint, QuickBooks, Job Search, Office Skills, Keyboarding (In Person 9:00am-12pm) ABE / Diploma / HiSet / GED Assessment Testing (In Person 9:00am-1:15pm) Second Language (In Person 9:00am-1:15pm) Life Skills offered but not limited to: Financial Literacy, Parenting, Soft Skills, Social Skills and more... Beading (In Person 9:00am-11:00am) Career Training offered but not limited to: Resume Building, Career Exploration, Classes per specific career goals like small business, or web design, and more
Two Directions, Inc. offers classes based on Assessment Testing, Educational, and Career Goals. *Additional Tutorial Assistance Available by appointment 7041 West Tribal Road, CA Sp# 8 and #39 Phone (760) 749-1196 Fax(760) 749-9152 Email : staff@twodirections.com				

Manzanita Tribal Training Program Class Schedule						July 2025
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Language Arts 1 to 2:30 pm Life Skills: Relationship Skills 2:30 to 4:30 pm Work Study	2 8 to 10 am Work Study 10 to 11:30 am GED Prep: Language Arts 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	3 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Life Skills: Resiliency/Team Building 2:30 to 4:30 pm Work Study	4 Closed— No Classes 4th of July Holiday	5
6	7 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	8 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Language Arts 1 to 2:30 pm Life Skills: Relationship Skills 2:30 to 4:30 pm Work Study	9 8 to 10 am Work Study 10 to 11:30 am GED Prep: Language Arts 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	10 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Life Skills: Resiliency/Team Building 2:30 to 4:30 pm Work Study	11 8 to 10 am Work Study 10 to 11:30 am Job Prep: Project Management 101 11:30 to 4:30 pm Work Study	12
13	14 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	15 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Language Arts 1 to 2:30 pm Life Skills: Relationship Skills 2:30 to 4:30 pm Work Study	16 8 to 10 am Work Study 10 to 11:30 am GED Prep: Language Arts 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	17 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Life Skills: Resiliency/Team Building 2:30 to 4:30 pm Work Study	18 8 to 10 am Work Study 10 to 11:30 am Job Prep: Project Management 101 11:30 to 4:30 pm Work Study	19
20	21 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	22 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Language Arts 1 to 2:30 pm Life Skills: Relationship Skills 2:30 to 4:30 pm Work Study	23 8 to 10 am Work Study 10 to 11:30 am GED Prep: Language Arts 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	24 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Life Skills: Resiliency/Team Building 2:30 to 4:30 pm Work Study	25 8 to 10 am Work Study 10 to 11:30 am Job Prep: Project Management 101 11:30 to 4:30 pm Work Study	26
27	28 8 to 10 am Work Study 10 to 1:00 pm Life Skills: Cultural Entrepreneurship 1 to 2:30 pm Life Skills: Communication/Emotional Skills 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	29 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Language Arts 1 to 2:30 pm Life Skills: Relationship Skills 2:30 to 4:30 pm Work Study	30 8 to 10 am Work Study 10 to 11:30 am GED Prep: Language Arts 10 to 11:30 am Life Skills: Gardening for Self-Sustainability 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Job Prep: Applying for a Job 2:30 to 4:30 pm Work Study	31 8 to 10 am Work Study 10 to 11:30 am Computer/Technology Literacy: Word MO 100 11:30 to 1 pm GED Prep: Math 1 to 2:30 pm Life Skills: Resiliency/Team Building 2:30 to 4:30 pm Work Study		

OFFICE CLOSURES:

**Friday, July 4, 2025 for
Independence Day.**

JULY 2025 CALENDAR

BG ASSOCIATES INC.
210 S. JUNIPER ST., SUITE 212
ESCONDIDO, CA 92025

PH: (760) 737-0113
FX: (760) 737-0581

WWW.BGASSOCIATESINC.COM

MONDAY-FRIDAY
8:30AM-4:00PM

BG ASSOCIATES INC. PROVIDES
INDIVIDUALIZED LEARNING TO
ACCOMMODATE THE SCHEDULE &
NEEDS OF PARTICIPANTS.

CLASSES & TIMES ARE SUBJECT TO
CHANGE.



FOR CLASS INFORMATION, CONTACT KAYLEIGH at
KGUACHENA@BGASSOCIATESINC.COM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES IN PERSON AND VIRTUAL ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) SPANISH 9AM-11AM (available online/app & can be tracked by instructor) PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES IN PERSON AND VIRTUAL ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) SPANISH 9AM-11AM (available online/app & can be tracked by instructor) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL LIFE SKILLS: (via Zoom, Google Meet, or other form of virtual face to face meeting) WHAT COLOR IS MY PARACHUTE 9-11AM PRACTICAL LIFE SKILLS 11:30AM-1:30PM SPANISH 9AM-11AM (available online/app & can be tracked by instructor) COMPUTER SKILLS (GENERAL) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL COMPUTER SKILLS (GENERAL) 9AM-12PM (via Zoom, Google Meet, or other form of virtual face to face meeting) SPANISH 9AM-11AM (available online/app & can be tracked by instructor) PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed) SELF-SUFFICIENCY: FINANCIAL FREEDOM 12:30PM-2:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT) VIRTUAL CLASSES ED2GO.COM/ COURSES IN PERSON AND VIRTUAL ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting) SPANISH 9AM-11AM (available online/app & can be tracked by instructor) PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed) KEYBOARDING 9AM-12PM (available online & can be tracked by instructor) APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) *TUTORING ASSISTANCE (BY APPOINTMENT ONLY via Zoom, Google Meet, or other form of virtual face to face meeting)

SCAIR, Inc.
239 E Main St. • El Cajon, CA 92020
Monday-Friday • 8:00am-4:30pm
888.21.SCAIR • 619.328.0676
www.SCAIRInc.org



SCAIR
Southern California American Indian Resource Center, Inc.

JULY 2025

Serving the Native American
Community Since 1997

MONDAY 8:00am-4:30pm	TUESDAY 8:00am-4:30pm	WEDNESDAY 8:00am-4:30pm	THURSDAY 8:00am-4:30pm	FRIDAY 8:00am-4:30pm
Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation	Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Coffee with the Director 7/1: 10:00am TUPE at SCAIR 7/15, 3:30-5:30pm	Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation Parenting Support Group Every Wednesday 9:00-10:00am TUPE at Kearny Mesa Rec 7/23, 6:00-8:00pm	Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation TUPE at SDAIYC 7/10, 4:00-5:30pm Community Night 7/31, 5:00-7:00pm	Daily services: Available 8:30-4:00 Career Training Typing Practice Microsoft Training Computer Training Academic Tutorial Life Skills Training Youth Services College Preparation

By appointment only:

Counseling Services
Youth Academic Tutorial Services
County Approved Typing Tests

*After hour tutoring and counseling
requests available based on
availability of instructors and clinicians

Please visit www.SCAIRInc.org for
more information about SCAIR's
programs or scan the QR code here:



Santa Ynez

Santa Ynez – SCTCA TANF • 185 W. Highway 246, Suite 102, Buellton, CA. 93427
Phone: (805) 688-1756 • Fax: (805) 688-6827

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOB SEARCH**	CAREER DEVELOPMENT 10AM - 1PM*	PARENTING 1PM - 3PM*	CAREER DEVELOPMENT 10AM - 1PM*	JOB SEARCH**
	JOB SEARCH**	JOB SEARCH**	JOB SEARCH**	

* By Appointment Only

** Must be Pre-Approved

Commodity Distribution Schedule July 2025

USDA FOOD DISTRIBUTION SCHEDULE FOR JULY 2025

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
JULY 2 ND , WEDNESDAY	PALA	9 AM – 11 AM
JULY 7 TH , MONDAY	MANZANITA OLD CAMPO	930 AM – 1030 AM 11 AM – 12 PM
JULY 9 TH , WEDNESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
JULY 10 TH , THURSDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11AM -12 PM
JULY 14 TH , MONDAY	CAMPO	10 AM – 12 PM
JULY 16 TH , WEDNESDAY	SAN PASQUAL	8 AM – 12 PM
JULY 21 ST , MONDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
JULY 23 RD , WEDNESDAY	RINCON	8 AM – 12 PM
JULY 24 TH , THURSDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM

OFFICE CLOSURES: INDEPENDENCE DAY – FRIDAY, JULY 4TH

A HOUSEHOLD CANNOT PARTICIPATE IN THE FOOD COMMODITY PROGRAM IF THEY ARE ON THE CALFRESH (FOOD STAMPS) PROGRAM. YOU CAN PARTICIPATE IN ONLY ONE OF THE ABOVE PROGRAMS.
WRONG INFORMATION ON APPLICATION, DUAL PARTICIPATION, SELLING, OR EXCHANGING USDA FOOD COMMODITIES COULD BE A BASIS FOR DISQUALIFICATION FROM THE FOOD COMMODITY PROGRAM.
IF YOU DO NOT PICK UP ON YOUR SCHEDULED RESERVATION DAY, YOU MUST MAKE AN APPOINTMENT TO PICK UP AT THE WAREHOUSE. CALL OUR OFFICE FOR AN APPOINTMENT.



Coming in August:

- Students Get Ready for Back to School
- A New Site Manager at Pala TANF
- Effective Resumes in the Digital Age