

At Pala, A New Site Manager Focuses On Reaching Out To TANF Participants

By Gary P. Taylor, for SCTCA TANF

For the past decade, Connie Pimentel has been working at Torres-Martinez Tribal TANF as the Family Development Services Manager in Murrieta.

In late June, she became the new Site Manager at Southern California Tribal Chairmen's Association (SCTCA) Pala TANF office. She is ready for the change.

"I feel like this is where I am meant to be and belong," Pimentel said.

Pimentel began her new position as Site Manager on June 23. In her previous role she oversaw case management, eligibility, career and education. She thinks that experience has prepared her for the responsibilities she now has at Pala.

"It was a meaningful experience," said Pimentel, a 2002 graduate of California State University San Bernardino (B.A. in Human Services), reflecting on her time at Torres-Martinez. "The most rewarding part was helping our families and celebrating their achievements, no matter how big or small."

She recalled a standout moment when a single mother earned multiple Bachelor's degrees and later relocated to pursue a Master's Degree at Chico State University. "That was such a great moment," Pimentel said. "It was an amazing accomplishment. It shows what our participants can do."

At Pala, Pimentel said she intends to emphasize communicating with not only existing participants and their families, but also to those who aren't even aware of TANF services and its resources.

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Connie Pimentel Photo by Paul Miranda

Orange County Tribal TANF Celebrates 'Dedicated and Resilient' High School Graduate

By Laura De La Torre Baeza, Education Coordinator, Orange County Tribal TANF

Orange County Tribal TANF proudly celebrates the graduation of Alison Fowlkes, a dedicated and resilient student whose journey stands as a powerful testament to perseverance and growth.

A proud descendant of the Caddo Nation of Oklahoma, Alison graduated as part of the John F. Kennedy High School Class of 2025, marking a major milestone not only in her academic life, but in her personal development. Over the course of her high school career, Alison demonstrated unwavering commitment to self-improvement, particularly in raising her Grade Point Average (GPA). Through long study hours and a consistent focus on her goals, she made steady, meaningful progress—proving that success is built on persistence and belief in oneself.

(Continued on page 2, bottom)



Alison Fowlkes Photo by Elaine Edmonds



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

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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
Ewilaapaayp	Pala	Sycuan
Inaja/Cosmit	Pauma	Torres Martinez
Jamul	Rincon	Viejas
La Jolla	San Manuel	
La Posta	San Pasqual	

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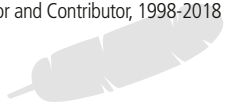
Publisher: SCTCA

Editor: Gary P. Taylor

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

Printers: Tribal Print Source

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Santa Ynez Tribal TANF:

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

Orange County Tribal TANF:

(714) 450-9240



(Continued from Top of page 1)

"I feel like this is where I am meant to be and belong." - Connie Pimentel

"It's important to reach out to the many families in our tribal community, including those who are unaware of TANF and what we can do to help them," she said. "Sometimes people fall through the cracks without even knowing what services we can provide them. I want people to know we're here and we can help them. I want us to do whatever we can to be seen."

Pimentel- who is married with three children- said she is also looking forward to working with her staff at Pala. She said anyone working with her knows she emphasizes communication. It's similar to her approach when she worked previously at Desert Arc, a non-profit organization for developmentally disabled adults in Palm Desert. Pimentel was there 14 years, eventually rising to Director of Administrative Services before leaving for her job at Torres-Martinez.

In the few weeks she has been at Pala, Pimentel said "everyone I've worked with has been genuinely welcoming and so professional. I don't think it's because I'm new- I think it's because that's the way they are. They care about what they are doing and care about the participants. I could feel it immediately. It's in the atmosphere. I really admire that."

"I have an open-door policy," she added. "I would like to be the type of supervisor I would want. I want people to communicate with me at any time. I'm not a micro-manager- I would like people to become independent and to see their own strengths professionally. We can work together to build those strengths as a team."

Pimentel said she believes this is already happening at Pala.

"They are helping me grow professionally. I am excited to come to work every day."



(Continued from Bottom of page 1)

But Alison's growth wasn't limited to the classroom. With the help of Southern California Tribal Chairmen's Association (SCTCA) Tribal TANF, Alison was able to expand her artistic skills in music through individual electric guitar lessons. She also showed a strong drive to prepare for life beyond graduation. Actively seeking employment opportunities while managing her studies, Alison secured a job that reflects both her maturity and readiness to build her future. Balancing work and school is no easy task, but Alison handled both with grace and responsibility.

As she steps into the next chapter of her life, we know Alison will continue to carry forward the same dedication, pride in her cultural identity, and commitment to excellence that have brought her to this point. The SCTCA Tribal TANF staff in Orange County are incredibly proud of her achievements. Congratulations to Alison!

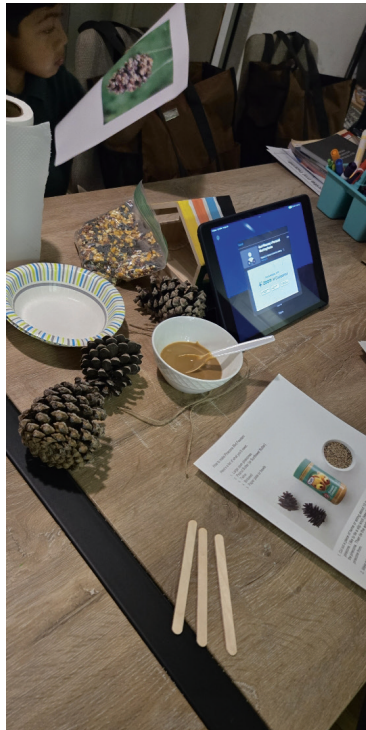
At Santa Ynez, Children and Parents Make Homemade Bird Feeders

By Gerri Massey, Education Coordinator, Santa Ynez TANF

The Santa Ynez TANF Family Engagement Homemade Bird Feeder Activity was held on April 25.

The activity was held virtually, with an additional family attending from the Orange County TANF office. The presentation started with introductions and an icebreaker in which everyone talked about their favorite part of springtime.

After that, Santa Ynez Education Coordinator Gerri Massey went over the Bird Feeder materials and instructions on how to make them. At that point, the children and parents began the activity. One participant said she enjoyed watching her children make the birdfeeder. She also said they enjoyed spending time as a family. Another participant said the activity was fun, and the instructions were easy to follow.



Also- in a separate matter- Santa Ynez TANF would like to recognize and congratulate the following students for their outstanding academic and attendance accomplishments:

GPA 3.0-3.5

Nova Serrano
Phoenix White

GPA 3.6-4.0

Pearl Ontiveros
Emmett Serrano

Good Attendance

Pearl Dosa
Emmett Serrano
Nova Serrano
Tommie Coxsey-Llanes
Phoenix White

DISPATCHES Nebraska



At the Twelve Clans Unity Hospital in Winnebago, Nebraska, there is a new program unlike any other.

It is called SANE (Sexual Assault Nurse Examiner). Since June 1, there is now a certified nurse at the hospital at all times to assist victims of sexual violence. The program was specifically developed to provide comprehensive treatment to any patient who has been sexually assaulted or suffered any form of sexual abuse, including minors and adults.

“Before the SANE program was implemented June 1, emergency room patients who were sexual violence victims were transferred to a local facility in Iowa, resulting in having to tell their stories repeatedly,” according to an article in the *Omaha World-Herald*.

“Having to tell your story that many times not only revictimizes the patient but also can make them decide that they don’t want to go forth with this anymore,” said Melanie Tuamoheloa, Primary Care Clinic Manager at Winnebago Comprehensive Healthcare System. Twelve Clans Unity Hospital is overseen by the Healthcare System.

In the SANE program, nurses are trained to “provide sensitive, trauma-informed medical care while conducting forensic examinations and collecting evidence in case the victim wants to report the assault,” said Sara McIntosh, Chief Nursing Officer and Nurse Practitioner at Winnebago.

SANE also connects victims with “counseling, support groups, advocates and resources like the Winnebago Comprehensive Healthcare System’s domestic violence program,” noted the *World-Herald*.

And because the tribal hospital is on an Indian reservation, program advocates worked with law enforcement agencies to ensure they are trained to collect evidence that will uphold in local, state, federal and tribal courts.

McIntosh said it took over a year to develop SANE, in part because they wanted to ensure tribal laws were consistent with Nebraska laws. This allows patients the same reporting options and autonomy whether they went to the tribal hospital or elsewhere, McIntosh told the *World-Herald*.

As a result, Native American victims of sexual violence in this eastern part of Nebraska now have an option they have never had before: a certified nurse to personally help them through every aspect of their suffering. And also hopefully to recovery- and justice.

✍️ - Gary P. Taylor

In August, It's Time For Some Back-to-School Night Basics

By Gary P. Taylor, for SCTCA TANF

Editor's note: This article was first published in the SCTCA TANF Newsletter in 2022.



It's not quite the end of summer – but a return to school is just around the corner.

Most elementary and middle schools host Back-to-School nights shortly after the beginning of the year – and many welcome returning students as early as mid-August.

So both parents and students should get ready for Back-to-School nights. It is one of the best ways to begin to build that all-important home-school connection, especially for kindergarten through 8th grade.

What to Expect:

When: Schools usually schedule the event for a weekday evening. Unless otherwise specified, this is an adults-only night, so book a sitter.

Who: You'll be able to meet your child's teachers, aides, principal, and other staff members, and of course fellow parents.

Where: The evening typically begins with an introduction in the auditorium or gymnasium. Then you'll spend the remainder of the evening with your child's teacher(s).

What: The event gives you a glimpse of your child's daily life at school and an opportunity to learn about what they will be

learning this school year. You can also sign up to join the PTA or other parent groups. Joining the PTA is a great way to have a voice in school issues and decisions.

Why: Research shows that parent involvement in schools helps students achieve more. Attending Back to School Nights tells your child and their school that your child's education is very important to you.

Visiting the Classroom

Many teachers will have you sit in your child's seat. It makes it easier for them to keep track of which child goes with which parent, especially since a parent may not share the same last name as her child.

Your child's teacher will introduce him/herself and give an **overview of students' daily routines, schedules, goals, and activities**. The teacher will also **discuss homework policy, discipline plan**, and any other important information; such as the classroom homepage and how to contact her.

If your child has several teachers for different subjects, you may go from classroom to classroom doing this, usually in the same order your child would, so you experience a mini-day of school. For each subject, the teachers will outline the standards that they hope to achieve that year and have the books they'll use available for you to review. If your child will need specific supplies for any special projects, you'll find out about that as well. The teacher will discuss how grades will be determined.

At each point, your child's teacher will likely stop and take any questions you have about the world of the classroom. **Now's your chance to ask general questions and clarify anything you find confusing. However, this is not a time to discuss your child's individual needs or progress**, save that for parent/teacher conferences when the teacher knows your child better and can talk with you one-on-one.

Anxiety Can Be An Issue for Students Returning to School

By Gary P. Taylor, for SCTCA TANF

As students return to school, there is often excitement about the new year, including happiness about seeing friends once again and preparing for upcoming academic challenges.

But for some students - including Native American children - the new school year also brings another feeling: anxiety.

It isn't unusual for Native American students to feel such anxiety, whether they are attending schools on the reservation or public schools. There are different pressures on Indian students, whether academic or social, that can lead to anxiety about even attending classes on a regular basis, according to several nationwide studies.

At Southern California Tribal Chairmen's Association (SCTCA) TANF, students can receive educational assistance and academic incentives throughout the school year. All of this is provided at TANF offices in Pala, Escondido, San Diego, Santa Ynez and Orange County. Any parent or guardian can request a complete list of all incentives and academic assistance available for students by contacting the Education Coordinators at each of the TANF offices.

Such assistance could help students and their families address any issues regarding anxiety about school, which is prevalent at the beginning of the year - especially among middle schoolers.

According to the *Brave Minds Psychological Services* website, it isn't unusual for middle schoolers to feel pressures they have not experienced before at school. Some of those pressures cited by the *Brave Minds* website include:

- **Social Dynamics:** Middle school is a time of shifting friendships and the pressure to fit in. Concerns about making friends, dealing with peer pressure, and facing potential bullying can be big sources of stress.

- **Academic Pressure:** The workload in middle school often increases, with more complex subjects and higher expectations for performance. The fear of falling behind or not meeting expectations can be overwhelming.

- **Physical and Emotional Changes:** Adolescence brings about significant physical, emotional, and cognitive changes. These changes can affect self-esteem and contribute to feelings of insecurity.

- **New Environments:** Transitioning to a new school or moving to a higher grade within the same school can be daunting. The unfamiliarity of new teachers, classmates, and routines can trigger anxiety.

There are many ways to deal with these pressures, and the *Brave Minds* website suggests some tips for students and their parents:

Prepare Early

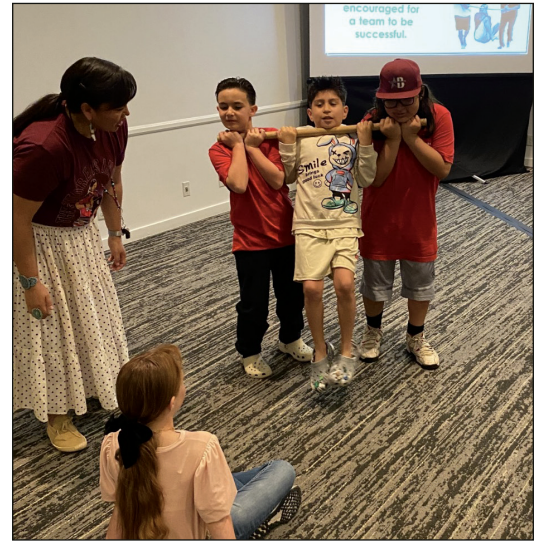
Start getting ready for school a few weeks in advance. Go over the list of items needed for the first day. Help your child organize their supplies. Find ways for your child to get familiar with the school environment, such as a tour of the school ahead of time.

Set Realistic Goals

Set achievable goals with your child for the school year. Focus on them doing their best rather than striving for perfection. Help them break down big tasks into smaller, manageable steps. Be proactive in thinking about how your child can ask for help when they need it.

Develop a Routine

Establishing a daily routine can provide a sense of stability and



predictability. Plan your child's morning routine and evening activities to include time for homework, a proper dinner, and a wind-down before bed. A consistent routine helps reduce chaos, uncertainty, and self-doubt.

Stay Organized

Get your child set up with planners or digital tools, if you haven't already, to keep track of assignments, tests, and extracurricular activities. Remember that everyone's system is different. Your child's system for staying organized should work for THEM, meaning it helps them achieve their goals.

Talk About Your Feelings

Does your child have someone they trust to share concerns and feelings with? It doesn't have to be just you as the parent. It could be a teacher or friend. Talk to your child about how they let out their feelings. Anxiety and worry only grow bigger when we try to cover it up. So help them muster up the courage to talk to someone.

Physical activity

Encourage your child to move their body to get rid of pent-up anxiety. Even something as simple as yoga or going for a walk can help calm the mind and body. Better yet, do some sort of physical activity with your child, even if it's as simple as a walk after dinner.

In addition to those tips, the site recommends some specific tips for parents:

"Listen to your child's concerns without judgement...and reassure them it's normal to feel anxious about returning to school. Encourage open communication. Ask open-ended questions...and let them know you're there to support them no matter what. Take an active role in communicating with your child's school."

It's also important for parents or guardians or any members of an extended family to model positive behaviors in front of the children. Many families - especially Native Americans - have not only brothers and sisters in their homes, but also are frequently visited by or visit grandparents and aunts and uncles and cousins.

Finally, if your child's anxiety seems overwhelming or persistent, parents or guardians should consider seeking help from a therapist or counselor.

Strong Hearted Native Women's Coalition Message About Safety is Resonating Across the Country

By Gary P. Taylor, for SCTCA TANF

In a large waiting room inside the offices of the Nebraska Urban Indian Health Coalition in Omaha, there is a collection of brochures and pamphlets about various medical issues affecting Native Americans.

Among all of them was one magazine, displayed prominently: *Restoration of Native Sovereignty and Safety for Native Women*.

As I looked through the pages, I saw a wide range of articles regarding Missing and Murdered Indigenous Persons (MMIP), sexual violence prevention, Circle of Healing and updates on the Violence Against Women Act. They were serious stories about serious issues.

And then on page 26 I saw a headline- and a name I recognized immediately.

The story was titled, "Tribal Coalitions Organizing To Restore Sovereignty and Women's Safety." Underneath the headline was this: *By Keely Linton, lipay Nation and Kupa from the Mesa Grande Band, Executive Director, Strong Hearted Native Women's Coalition.*

I was sitting in an office 1,600 miles from the lipay Nation and the Mesa Grande Indian Reservation in San Diego County, turning the pages of a magazine I had never seen before, and there was a story written by Keely. Now that was completely unexpected. But it was also not too surprising, considering the author and the organization.

I've known Keely for years, and all the work she has done with Strong Hearted Native Women's Coalition in Southern California. She has worked with hundreds of individuals and dozens of tribes over the past decade, leading an organization dedicated to doing all it can to provide safety for Native American women and their children.

Strong Hearted Native Women's Coalition isn't the largest organization- it has just 12 staff members. But it works with many federal, state, local and tribal agencies, providing training and assistance to them. It also provides supportive services for victims of sexual assault, domestic violence, dating violence, sex trafficking and stalking.

In her article in *Restoration* magazine (October 2024), Keely wrote among other things about the *Kiicha* Program, established by several tribes in 2011 in the Southern California

region to develop a Native women's shelter. She noted the collaboration included the Soboba Band of Luiseno Indians; Santa Ynez Band of Chumash Indians; La Jolla Band of Luiseno Indians; Cahuilla Consortium, Indian Health Council; Southern Indian Health Council; Riverside-San Bernardino Indian Health Inc; and the All Mission Indian Housing Authority.

Kiicha (which means "home" in the Luiseno language) was created with two primary purposes, Keely wrote:

1. Provide transitional, short-term, and emergency housing to victims of sexual assault, domestic violence, dating violence, stalking, and sex trafficking to the Native American population in the Southern California region.

2. Provide holistic, culturally appropriate supportive services to victims of sexual assault, domestic violence, dating violence, stalking and sex trafficking, including but not limited to counseling, victim advocacy, legal assistance, transportation, child care, case management, employment counseling, and other assistance.

She added that "through *Kiicha*, victims of domestic violence have the opportunities for safe spaces to heal and have access to holistic, comprehensive services unique to their cultural needs. *Kiicha* members and their partners work together to educate the community, provide services to the entire family, and to work to

keep our communities safe."

Keely's article wasn't that long- just two pages. But it was filled with important bits of information, all of which reflected Strong Hearted Native Women's Coalition's determination to help Native American women, their children and their families.

None of that has changed over the years, neither for Keely nor the organization.

And it was good to see that dedication appear in the pages of a magazine in a tribal building in Nebraska, far, far away from the Mesa Grande Indian Reservation.

Strong Hearted Native Women's Coalition has a message, and it has resonated from Southern California across the land.



"No More Stolen Sisters" artwork, by Nick Alan Foote and Kelsey Mata Foote, in *Restoration* magazine



Let's Talk about Grief

Let me start by saying, grief is a natural response to loss. It is the sadness you feel when something or someone you love is no longer there. The bigger the loss, the stronger your grief will feel. Many people think you only experience grief when someone dies, but there are other times that you can experience grief. Below are several scenarios that can contribute to your grief.

Tips for coping with Grief

- Everyone grieves differently.
- Treat yourself kindly.
- Let go of the "shoulds".
- Talk to others about your loss.
- Pay attention to your needs. (rest, eat, exercise)
- Try not to isolate yourself.
- Be patient with yourself. Grief can hit you when you least expect it.
- Do one task at a time so you do not feel overwhelmed.
- Take breaks and relax.
- Try to maintain a routine as best you can.

1. Divorce or relationship breakup
2. Loss of health
3. Losing a job
4. Loss of financial stability
5. Retirement
6. Death of a pet
7. A loved one's serious illness
8. Loss of a friendship
9. Loss of safety after a trauma
10. Selling your family home

Any change in your life can cause grief. And when you add a death of a loved one to those changes it can feel insurmountable. Often times we don't talk about losses or are told to just move on. I want to be clear, there is no time frame for grief. Grief is like a snowflake, no two people experience it in the same way. That being said, there are some similarities. To give you an idea of what grief may feel like I have included some tips to help you cope as well as symptoms that you may experience. I hope you find them helpful as you make your way through your grief.

Common Symptoms of Grief

Grief can change who we are. Below are some common symptoms of grief.

Physical: Fatigue, gastro-intestinal upset, sleep disruption, appetite changes, headaches, tightness in the chest, oversensitivity to noise and muscle weakness.

Emotional: Sadness, anxiety, anger, guilt, confusion, irritability, lack of motivation, sense of abandonment, loneliness, helplessness, shock and numbness.

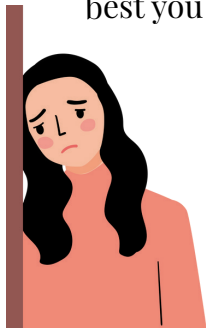
Cognitive: Difficulty concentrating, memory problems, intrusive thoughts/images of the lost loved one, work or school difficulties, disbelief, and obsessive thoughts.

Behavioral: Crying, restlessness, lashing out at others, substance use to dull the pain, trouble with sleep, eating too much or not enough, withdrawing from others, or strongly treasuring things that remind you of the loved one.

Interpersonal: Social isolation, feeling like others do not understand, noticing that others interact with you differently

Spiritual: Questioning God or one's faith, difficulty feeling hopeful, questioning one's sense of meaning and purpose. Looking to a higher power for answers.

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



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Class Calendars

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August 1st—August 31st, 2025



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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

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Manzanita Tribal Training Program Class Schedule

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8 to 4:30pm Work Study	
3	4 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	5 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	6 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	7 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	8 8 to 4:30pm Work Study	9
10	11 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	12 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	13 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	14 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	15 8 to 4:30pm Work Study	16
17	18 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	19 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	20 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	21 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	22 8 to 4:30pm Work Study	23
24	25 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	26 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	27 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	28 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	29 8 to 4:30pm Work Study	30
31						

OFFICE CLOSURES:

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

August 2025



Serving the Native American Community Since 1997

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

8:00am-4:30pm 8:00am-4:30pm 8:00am-4:30pm 8:00am-4:30pm 8:00am-4:30pm

Daily services:

Available 8:30-4:00

Daily services:
Daily services:

Daily services:
Daily services:

Available 8:30-4:00

Available 8:30-4:00

Available 8:30-4:00

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
8/5, 10:00am
Career Training Typing
Practice Microsoft

Training Computer
Training
Academic Tutorial Life
Skills Training Youth
Services
College Preparation
Coffee with the Director
8/5, 10:00am
Career Training Typing
Practice Microsoft

Training Computer
Training
Academic Tutorial Life
Skills Training Youth
Services
College Preparation
Parenting Support Group
Parenting Support Group
Every Wednesday
Career Training Typing

Practice Microsoft
Training Computer
Training
Academic Tutorial Life
Skills Training Youth
Services College
Preparation
TUPE at SDAIYC
TUPE at SDAIYC
8/14, 4:00-5:30pm

Career Training Typing
Practice Microsoft
Training Computer
Training
Academic Tutorial Life
Skills Training Youth
Services College
Preparation

Community with PRIDE 9:00-10:00am

Community with PRIDE
8/5, 12:00-1:00pm
8/5, 12:00-

1:00pm TUPE at
SCAIR

By appointment only:
Counseling Services

TUPE at SCAIR
8/19, 3:30-5:30pm

8/19, 3:30-5:30pm

9:00-10:00am

TUPE at Kearny Mesa Rec
TUPE at Kearny Mesa Rec
8/6, 6:00-8:00pm
8/6, 6:00-8:00pm

Community Night
8/28, 5:00-7:00pm
8/28, 5:00-7:00pm

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 August 2025

USDA FOOD DISTRIBUTION SCHEDULE FOR AUGUST 2025

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
AUG 5 TH , TUESDAY	PALA	9 AM – 11 AM
AUG 7 TH , THURSDAY	MANZANITA OLD CAMPO	930 AM – 1030 AM 11 AM – 12 PM
AUG 11 TH , MONDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
AUG 12 TH , TUESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
AUG 14 TH , THURSDAY	CAMPO	10 AM – 12 PM
AUG 18 TH , MONDAY	SAN PASQUAL	8 AM – 12 PM
AUG 20 TH , WEDNESDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
AUG 21 ST , THURSDAY	RINCON	8 AM – 12 PM
AUG 25 TH , MONDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM

OFFICE CLOSURES: NONE



Coming in September:

- Back to School TANF Events for Escondido, Pala, and San Diego
- Pechanga Hosts TANF Institute Conference
- Native Americans Soldiers Recall End of World War II