

## In Pala, 241 Native American Students Honored At SCTCA High School Graduation Ceremony

By Gary P. Taylor, for SCTCA TANF

More than a decade ago, it wasn't uncommon for Native American tribes throughout the Southern California region to honor dozens of high school graduates.

Now, that number is in the hundreds.

For the fifth consecutive year, more than 200 graduates were honored at the annual Southern California Tribal Chairmen's Association (SCTCA) High School Graduation Ceremony on May 14. The lively ceremony drew more than 800 people to the Events Center at the Pala Resort Casino. Among those attending were graduates' family and friends, tribal leaders and educators.

The evening ceremony honored 241 graduates from 22 tribes in San Diego County and throughout the Southern California region- including for the first time the San Manuel Band of Mission Indians.

The Soboba Band of Luiseno Indians had the most graduates this year, with 41 students honored- more than double the number from last year. The San Pasqual Band of Mission Indians had the second highest number of graduates with 23, while the Pala Band of Mission Indians had the third largest class with 22. Several other tribes had classes ranging from four to 16 graduates.

The smallest class was one graduate from the Jamul Indian Village, A Kumeyaay Nation. Two other tribes - the Santa Rosa Band of Cahuilla Indians and the Agua Caliente Band of Cahuilla Indians- had three graduates.



Photo by Desiree Jasso

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## At Escondido TANF, Workshop Enables Participants To Prioritize And Strengthen Their Financial Literacy

By Ashley Beck, Education Coordinator, Escondido TANF



The Financial Literacy activity, conducted by San Diego Workforce Partnership (SDWFP), successfully met its objectives of strengthening participants' ability to manage earned income, prioritize essential expenses, reduce debt, improve credit, and set meaningful financial goals.

The workshop in early April at the Mershops North County Mall in Escondido provided direct instruction on budgeting, credit card literacy, interest, and the risks of predatory lending. The session also provided practical saving strategies participants could apply immediately. The adults and teens who attended were highly engaged, with all participants contributing to discussion and demonstrating strong interest in the material. The intergenerational format supported shared learning and encouraged communication and cooperation within families.

(Continued on page 2)



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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	

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(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



*TANF participants at the Financial Literacy activity*

TANF participants also received Budget Binder Money Organizers and were connected to ongoing resources, including *Take Charge America* and *AnnualCreditReport.com*, as well as additional support services offered by SDWFP such as resume writing and salary negotiation workshops.

Evaluation results after the workshop demonstrated strong outcomes aligned with TANF purposes. One hundred percent of participants reported learning how to better manage money and meet basic household needs, and 100% learned ways to work collaboratively with their family to manage finances responsibly. Additionally, 90% of participants reported gaining strategies to reduce debt and improve credit, and 90% indicated a stronger understanding of how financial decisions impact their future goals.

During the workshop, participants also engaged in discussion around practical money-saving strategies, such as using digital coupons, comparing gas prices, and planning purchases in advance. Participant evaluation responses included the following: "A simple mistake can mess up your credit;" "I learned ways to reduce, I have hope now;" and "I believe in including your family in financial understanding."

These responses reflect both increased financial awareness and motivation among participants and determination to apply these skills toward long-term self-sufficiency.

***During the workshop, participants also engaged in discussion around practical money-saving strategies, such as using digital coupons, comparing gas prices, and planning purchases in advance.***

# Strong Hearted Native Women's Coalition Attends MMIP Tribal Summit In Sacramento

By Gary P. Taylor, for SCTCA TANF

Strong Hearted Native Women's Coalition (SHNWC) Executive Director Keely Linton and staff members Tim Ruise and Halona Alexander attended the Murdered and Missing Indigenous Persons (MMIP) Tribal Policy Summit.

The summit- organized by the Yurok Tribe in Northern California - was held in February at the Hard Rock Hotel & Casino in Sacramento. Over the course of two days, the conference brought together tribal leaders, legislators, law enforcement, survivors, and advocates from across the state. The summit was designed to share resources, build connections, and advance solutions to the MMIP crisis.

"We were proud to take the stage and share the work of SHNWC with attendees," Linton said. "The connections we made were remarkable."



Left to right: Keely Linton, Tim Ruise, Halona Alexander, Maritza Pinto and Tracy Prior

During the summit, SHNWC met with a missing persons investigator from the Crescent City Police Department who trains highly specialized search dogs that have helped solve cold cases. The investigator also has helped to locate 2,000-year-old tribal burial sites, Linton noted.

SHNWC also learned about *Flights to Freedom*, an organization that provides free private plane transportation to help survivors safely relocate with their belongings. San Diego Chief Deputy District Attorney Tracy Prior was among the panelists at the summit, representing San Diego's efforts to address the MMIP crisis.

All those in attendance were moved by an MMIP Youth Panel that included three young people from the Pala Band of Mission Indians, who spoke with knowledge and clarity about how this crisis affects their generation.

SHNWC, based in Valley Center, serves the San Pasqual band and surrounding tribes. It is a non-profit organization focused on ending domestic violence, sexual assault, stalking, and sex trafficking. SHNWC provides culturally appropriate support, including emergency shelter, advocacy, restraining order assistance, and crisis intervention.

## DISPATCHES SAN PASQUAL



Johnny Bear Contreras

The San Pasqual Band of Mission Indians contends a Poway housing development has unearthed human remains from what may be an ancient tribal burial site.

"On two separate occasions in March, the tribe found more remains, including a jawbone with teeth underneath ancient grinding stones," according to an article written by Katie Futterman for *inewsourc*e. "That made for evidence of three tribal ancestors: an infant, an adolescent and an adult."

The discovery marked the third time since last October that remains have been found on a portion of what is a 420-acre housing development in Poway. The 41-home Hidden Valley Ranch project - first approved 20 years ago - is located in Northern San Diego County, on the east side of Old Coach Road.

As a result of the discoveries, the tribe has requested the city- and the U.S. Army Corps of Engineers- completely stop work at the site.

"Our ultimate goal is to pay respect to the remains that have been found, and to put a respectful plan together for the remains that will be found," Johnny Bear Contreras, Chairman of the tribe's cultural committee, told *inewsourc*e. "And this is what we've been trying to do since the first remain was found."

Contreras also said that "Our ancestors are buried throughout the county, throughout California, throughout this nation. We know very specifically, traditionally, we still practice our culture day in and day out. We still understand what takes place now, of course, and we understand what took place then. So we're the experts out in the field."

Michele Fahley, an attorney representing the tribe, told *inewsourc*e the tribe would like a stop work order to protect the land and its resources. The city of Poway has not responded to the tribe's request.

Then-California Gov. Arnold Schwarzenegger signed a law nearly two decades ago that requires local governments to consult with tribes to help protect tribal cultural places through local land use plans. In this case, the tribe said the city has not consulted with them regarding the development where the remains have been found.



## At CSUSM, *Dream the Impossible* Conference Draws Hundreds of Native American Students

By Gary P. Taylor, for SCTCA TANF

Hundreds of Native American students from throughout Southern California attended the 18th annual *Dream the Impossible* conference at California State University San Marcos (CSUSM) in mid-April.

The day-long conference- also known as DTI- included representatives from dozens of colleges and universities in California and across the Southwest. It also marked the seventh time the event has been held at CSUSM over the past two decades.

As in previous years, the event drew high school Native American students from the ages 13-17. Students traveled from regions and reservations throughout Southern California, including San Diego, Riverside, Orange and San Bernardino counties. DTI is designed to give young Native American students a glimpse of college life and to encourage them to consider continuing their education.

At CSUSM, students were given tours of the campus and its library, attended workshops and sessions in college classrooms and listened to presentations from various speakers. CSUSM students also answered questions regarding college life, both on and off-campus.

In the early afternoon, students gathered near the east end of the campus and spoke with representatives from the colleges and universities which had set up booths. Students were given brochures and pamphlets, handbooks, pens and other materials from the representatives. They also provided additional information about various college programs, financial aid services and Native American organizations on campus.

As in past years, students from Southern California Tribal Chairmen's Association (SCTCA) TANF also attended the event.



# A Day at the DTI Conference

*All photos courtesy of the CSUSM American Indian Review*



# 2026 Graduation Ceremony

Mason Pham from the Sycuan Band of Kumeyaay Nation was the Class of 2026 Valedictorian. Pham- who graduated from Steel Canyon High School - will be attending the University of California, Irvine, in the fall.

Pham, who intends to pursue a medical career, said that "Education is more than the acquisition of knowledge; for those of us rooted in tribal communities, it is a covenant; a sacred promise to utilize our intellectual growth for the collective flourishing of our people.

"As I look toward my journey into medical school, I see it not merely as a career path, but as the fulfillment of a commitment to bridge the gap between advanced scientific care and the specific, deeply held needs of my community."

Margie Calac, from the Rincon Band of Luiseno Indians, was the 2026 Salutatorian. She is graduating from Valley Center High School and will be attending Concordia University in the fall.

"For everyone who has gotten me and all the graduates to where they are today, I say thank you although that is not nearly enough," she said. "We wouldn't be here without you: our parents, supporters, fans and God."

Earlier in the evening, Chris Devers, from the Pauma Band of Luiseno Indians, blessed the Eagle feathers that were to be given to the graduates in honor of their accomplishment (see *Eagle Feathers sidebar on page 6*). And the program given to all graduates and those in attendance also included a Memoriam to Bo Mazzetti (see *page 9*). The former longtime Rincon Chairman died last May.

Photos below and right by Desiree Jasso



## GRADUATION CEREMONY: CENTERPIECES

*Southern California Tribal Chairmen's Association (SCTCA) would like to thank the children, teenagers, tribal community members and elders of the following tribes for designing and constructing our centerpieces in honor of the Class of 2026 High School Graduates:*

- Campo Kumeyaay Nation**
- La Jolla Band of Luiseño Indians**
- La Posta Band of Mission Indians**
- Los Coyotes Tribal Youth**
- Mesa Grande Tribal Youth**
- Pala Tribal Youth**
- Pauma Band of Luiseño Indians**
- Rincon Band of Luiseño Indians**
- Yuhaaviatam Nation of San Manuel**

# 2026 Graduation Ceremony

Erica Pinto, Chairwoman of the Jamul Village, was the Master of Ceremony for the evening. She greeted the graduates and all in attendance, delivering opening remarks that drew several bursts of applause.

Robert Smith, Chairman of the Pala Band of Mission Indians, also welcomed the graduates. He spoke briefly, but he wrote extensively in the graduation program.

“Knowledge is a powerful tool that is now yours forever,” Smith wrote. “Use it to motivate, guide, and inspire you to break through any barriers that may keep you from becoming the best version of yourself. Graduating from high school is more than a milestone; it’s the start of a new chapter filled with possibilities, purpose, and promise.

“Each of you reached this day through dedication, resilience, and determination. Despite the challenges you faced, you persevered, a testament to your character and commitment to yourselves and your community. Take pride in how far you’ve come and be excited about where you’re headed. There’s so much to see and experience.”

Many graduates received awards and honors during the ceremony, including several who received multiple awards. SCTCA American Education Award winners were:

Noah Hill, Lipay Santa Ysabel; Jayde Brady, San Pasqual; Janessa Mojado, Soboba; Isabel Mazza, Cahuilla; Eliana Orosco, San Pasqual; Lilyannabella Alvarado, San Pasqual; Justice Brown, Campo; and Kale Curo, Barona.

Other awards were presented to graduates by the Soboba Band of Luiseño Indians; the Yuhaaviatam of San Manuel Nation; Inter Tribal Sports Scholarship Award; Walking Shield Award; and the Native Youth Foundation.

After the awards were presented, each graduate from the Class of 2026 was called onto the brightly-lit stage to receive their Eagle feathers and certificates. With each name called, there were loud shouts and whoops from family and friends in the audience. The graduates then excited the stage to take their class photo at the far end of the ballroom.

And, as in previous years, the graduates were also honored by Bird Singers, who took the stage and sang traditional songs. Dozens of female graduates were joined by other girls and women from the crowd in traditional dance to the songs.

At the end of the ceremony, Chairwoman Pinto was joined by Chairman Isaiah Vivanco of the Soboba Band of Luiseño Indians. The two delivered closing remarks, including congratulating all of the graduates of the Class of 2026.



## GRADUATION CEREMONY: EAGLE FEATHERS

*Eagles hold a sacred place in Native American culture, representing strength, courage, honor, and a spiritual connection to the Creator.*

*Eagle feathers are especially meaningful, symbolizing honor and power. These feathers are presented to you as a ceremonial gift, honoring and recognizing your achievement as a high school graduate. They are given with respect and intention, and should always be treated in a good way.*

*Your eagle feather can be used during times of struggle, when you seek strength and guidance to accomplish your dreams—fanning your prayers to the Creator. This gift should be respected and cared for; it should not be hung from a rearview mirror, but instead kept in a safe place where it will not be damaged.*

*When you wear your feather, wear it with pride. Let it remind you of your strength and guide you through both good times and difficult moments. Most importantly, carry it as a source of inspiration as you continue forward, helping you achieve your dreams- whatever they may be.*

*- Chris Devers, Pauma Band of Mission Indians*



# 2026 Graduation Ceremony



All photos by Oceanside Family Photography



## *In Memoriam*

### **Bo Mazzetti**

*Chairman of Rincon Band of Luiseño Indians*



Chairman Bo Mazzetti passed away May 1, 2025. He leaves behind a legacy rooted in the unwavering defense of Tribal sovereignty. He believed fiercely in standing up for all of Indian Country, never backing down from the fights that mattered most.

Bo Mazzetti was born to Max and Clarrine Mazzetti. His only sibling, Ed, was 11 months old when his brother was born. Ed couldn't say 'brother' and called him "Bo", which is how he got his nickname.

Bo attended Laverne College on a football scholarship and graduated from California Polytechnic University with a Bachelor of Science Degree in Behavioral Science. He also served in the United States Navy and is a Vietnam Veteran.

In 1972, he was united in marriage to Mary Siedenburg, and they had two children; Emily Jill and Joseph Quinton. He worked for a time with the Bureau of Indian Affairs and then served as the first Indian Community Affairs and Citizen Assistance Officer for San Diego County. After his time with the County, he owned and operated Mazzetti and Company, a reservation based general building, engineering and well drilling company.

Following his father's example, Bo Mazzetti believed in serving his people. He was elected Tribal Chairman of the Rincon Band of Luiseño Indians in 2007. He had previously served terms as Vice Chairman and Council Member.

With chairpersons in Northern and Central California, Chairman Mazzetti established the California Tribal Chairpersons' Association, which was recognized by the State Assembly and Senate in 2019. He had a deep passion for water rights and served as President of the San Luis Rey Indian Water Authority, a consortium of five tribes that have been engaged in political and legal activities for 50 plus years to secure water resources lost through federal granting of tribal water rights to local cities.

Chairman Mazzetti's leadership, vision and voice will be deeply missed, but the path he forged will continue to guide future generations.

*- In Memoriam tribute published in the Graduation Ceremony Program*

Southern California Tribal Chairmen's Association's  
High School Graduation Ceremony  
Class of 2026

*Salutatorian*



*Margie Calac*

*Rincon Band of Luiseño Indians  
Graduating from Valley Center High School  
Attending Concordia University, Fall 2026*

My friends call me loving for listening to them and hugging them. My school has dubbed me as a queen of kindness, Mister Rogers and a leader for doing right even if I was doing it alone. Overall, people call me an inspiration and describe me as “Margie Calac” since my character has no better description other than who I am. The best part of what I do according to my family, is my last name because I am one of them and I make them proud. For everyone who has gotten me and all the graduates to where they are today, I say thank you although that is not nearly enough. We wouldn't be here without you: our parents, supporters, fans and God. Graduates, my hope for you all tonight is that you will go home being proud of yourself. Here's to wherever life leads you next!

Southern California Tribal Chairmen's Association's  
High School Graduation Ceremony  
Class of 2026

*Valedictorian*



*Mason Pham*

*Sycuan Band of Kumeyaay Nation  
Graduated from Steel Canyon High  
Attending University of California, Irvine, Fall 2026*

Education is more than the acquisition of knowledge; for those of us rooted in tribal communities, it is a covenant; a sacred promise to utilize our intellectual growth for the collective flourishing of our people. As I look toward my journey into medical school, I see it not merely as a career path, but as the fulfillment of a commitment to bridge the gap between advanced scientific care and the specific, deeply held needs of my community. Beyond the classroom, I view my life as a blueprint for my younger relatives. I take great care in how I carry myself, ensuring that my choices regarding my studies, my conduct and my dedication to community projects and provide a tangible example of what is possible. Whether through volunteering at tribal events or mentoring younger relatives in their daily challenges, I want them to see that achievement is not an escape from our community but a means to uplift it.

# 2026 Graduates

## Agua Caliente Band of Cahuilla Indians

Lawrence Allen Jr                      Miracle Garcia  
Raina Galvan

## Barona Band of Mission Indians

Bryce Banegas                      Amerie Javellana  
Vincent Castillo                      Giovanni Kanzie  
Ayden Cerda                      Sophie Martinez  
Jayvin Curo                      Kenidi Phoenix  
Kale Curo                      Aiyanna Ramirez  
Charlotte Devers                      Lily Reyes  
Naliyah Gibson                      Hawmaay Vigil

## Cahuilla Band of Indians

Kayla Esparza                      Jayda Martinez  
Josette Heredia                      Isabel Mazza  
Manuel Juarez                      Miyel Salgado  
Audryna Lopez                      Justin Smith

## Campo Band of Kumeyaay Indians

Gwenda Bostick                      Gabrielle Moss  
Justice Brown                      Joseph Ortega  
Luke Clark                      Sonny Rodriguez  
Gage Dyche                      Ethan Rodriguez  
Abraham Ibarra                      Christah Roque  
Jasmine Joles                      Daniel Salgado  
Carlos Largo                      Shaylene Tsosie

## Chemehuevi Indian Tribe

Milton Denham                      Hunter Fryar  
Jayden Fritchle                      Suraiya Gil

## Iipay Nation of Santa Ysabel

Kylee Brady                      Noah Hill  
Seth Cook                      Serenity Laning  
Abraham Cueva                      Isiah Two-Feathers Osuna  
Jasmina Guachino                      Kamora Redfern  
Bradly Guachino                      Taya White-Ascencio  
Serena Hawk                      Isiah Whitsey

## Jamul Indian Village A Kumeyaay Nation

Alicia-Rose Mess-Halyaap Pinto

## La Jolla Band of Luiseño Indians

Julian Cuevas Alba                      Issac Jones  
Kaya Amago                      Adalyn Nelson  
Dion Amago                      Mathew Nelson  
Monae Brown                      Osheila Nelson  
Cameron Contreras                      Malakas Schlater  
Mi-Mi-Ke Duran                      Domnic Ward  
Nevaeh Guzman                      Bronson Wendruck  
Robert Hill

## Los Coyotes Band of Cahuilla and Cupeño Indians

Rivers Chapparosa                      Avalina Ortiz  
Johnny Garcia                      Francisco Reyna  
Theah Mejia

## Manzanita Band of the Kumeyaay Nation

Daniella Adkins                      Sequoia Conway  
Riley Bell                      Alena Willey

## Mesa Grande Band of Mission Indians

Graywolf Alto                      Felix Linton  
Liliana Banuelos                      Janessa McDaniel  
Isabella Barajas                      Thomas Mojado Jr  
Annabel Guassac                      Oloa Motas  
Tasi Iata                      Aiden Siford  
Taeya Kitchen                      Caylee Siford

## Morongo Band of Mission Indians

Leonard Briones                      Anthony Necochea III  
Krisinda Grant                      Mychal Jr Necochea  
Arabelah Hartwell                      Santos Norte  
Pamela Hernandez                      John Jr Norvell  
Arrow Hyde                      Virginia Rice  
Qaxal Leivas                      Olivia Rocha  
Nahuun Marcotte                      Aaliyah Ruiz  
Jeffery Marcus                      Wesleya Ruiz



# 2026 Graduates

## Pala Band of Mission Indians

Mark Banks	Autumn Nejo
Alexandria Cain	Chris Nejo
Naliya Clark	Evan Pepper
Dionysos Dawsons	Carter Rankin
Jasmine Duro	Charlie Rodriguez
Sunnie Eagleton	Alyvia Russell
Jermiah Gonzales	Tamiva Sanchez
Pa'al Kainoa Levy	Anthony Standingwater
James Miramontes	Raquel Standingwater
Drew Miranda	Keegan Tiger
Aiden Moore	Emily Trujillo

## Pauma Band of Luiseño Indians

Alexiz Aguilar	Malu Laird
Jasmine Brown	Ramsey Molina
Nokaamay Calac	Ashtan O'Neal
Roman Cardenas	Scarlett Reed
Sabian Clark	Adan Rosales
\$u'la Devers	Michael Salgado
Katheryne Dixon	Devin Subish

## Rincon Band of Luiseño Indians

Margie Calac	Nayaloni Magee
Frankie Calac	Marlene Pingleton
Eshash Cloninger	David Villalobos
Aiyana Flores	

## San Pasqual Band of Mission Indians

Austin Alvarado	Jesse Morales
Lilyannabella Alvarado	Heath Musick
Sierra Bohnsteh	Anthony Orosco
Jayde Brady	Eliana Orosco
Ashland Cannon	Keira Peart
Orion Collins	Asha Raya
Alexia Escarcega	Alexandria Trevino
Katharine Esparza	Analise Turner
Analiya Garcia	Ya'ash Vasquez
Katori Garcia	Brianna Villalpando
Jathen Kolb-Chavez	Tepoy Williams
Robert Lyons	

## Santa Rosa Band of Cahuilla Indians

Anthony Marcus	Jeremiah Saul
Iliana Ramos	

## Soboba Band of Luiseño Indians

Alannah Abbas	Janessa Mojado
Mkilawish Arres	Ronald Morillo III
Alanah Arrietta	Jayden Morreo
Brenna Baca	Sunn Nelson
Yawaywish Boniface	Sadie Pimentel
Isill Boniface	Danny Placencia
Ava Brittan	Leland Razon Jr
Angel Cardenas	Sophia Resvaloso
Victor Chavez	Ki'atNa'wishmal Resvaloso
Daniel Cruz	Shawna Rivera
Selaya Helms	Savannah Rivera
Marco Hernandez	Ryder Robles Nunez
Jezebel Herrera	Ashlyn Russell
Kylie Herrera	Gloria Valdez
Levi Herrera	Roslyn Valenzuela
Mary Hurtado	Abel Vallejo
Reygan Mann	Jesse Venegas
Aureny Manzanilla	Joeann Walker Calderon
Gianna Martinez	Martin Womack
Kevin Medina	Carter Wyant
David Modesto Jr	

## Sycuan Band of the Kumeyaay Nation

Damian Cowling	Nikosis Sandoval
Ethan Peterson	Jada Stately
Mason Pham	Jayden Stately

## Torres Martinez Desert Cahuilla Indians

Alaina Lopez	Santiago Perales
Ferdencio Morreo	Nehemiah Tortes

## Viejas Band of Kumeyaay Indians

Keeleyana Carrizosa	Abrianna Leonard
Rhiannon Christman	Juliahna Real
Priscilla Estrada	Roxanna Sutton
Damien Farquhar	Gavin TeSam
Rocky Gosek	Kai Uqualla

## Yuhaaviatam of San Manuel Nation

Edward Bustamante	Caylee Martinez
Presley Calderon	Evan Martinez
Aiden Hernandez	Carissa Tillman Hernandez
Nekoli Hernandez	Samantha Torres



YUHAAVIATAM  
OF SAN MANUEL NATION



# MENTAL HEALTH & SELF-CARE

Taking Care of Your Mind Is Just as Important as Taking Care of Your Body

## What Is Mental Health?

Mental health includes our thoughts, feelings, behaviors, ability to cope with stress, and ability to connect with others. Good mental health does not mean you feel happy all the time – it means you have healthy ways to handle life's ups and downs.

## What Is Self-Care?

Self-care is the daily practice of taking care of your mind, body, emotions, and spirit. It is not selfish— it is necessary.

## Simple Ways to Practice Self-Care



- **For Your Mind:** Take breaks, limit social media, practice deep breathing, journal your thoughts.
- **For Your Emotions:** Talk to someone you trust, name your feelings, allow yourself to rest, practice gratitude.
- **For Your Body:** Move daily, drink water, get enough sleep, eat nourishing foods.
- **For Your Spirit:** Spend time in nature, pray or meditate, practice family or cultural traditions, do something meaningful.

## Signs You May Need Extra Support

- Feeling sad or anxious most days
- Trouble sleeping or eating
- Losing interest in things you enjoy
- Feeling overwhelmed or hopeless
- Withdrawing from others



Reaching out for help is a sign of strength. You deserve care. You deserve rest. You deserve support. Taking care of yourself allows you to show up stronger for your family, your community, and your future.

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

**Scan the QR code to view current SCTCA Tribal TANF Contractor Class Schedules and Calendars.**  
**Schedules include training offered through our approved contractors.**  
**Schedules are updated monthly.**



## Commodity Distribution Schedule June 2026

### FOOD DISTRIBUTION SCHEDULE FOR JUNE 2026

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
JUN 1 <sup>ST</sup> , MONDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
JUN 3 <sup>RD</sup> , WEDNESDAY	CAMPO	10 AM – 12 PM
JUN 8 <sup>TH</sup> , MONDAY	SAN PASQUAL	8 AM – 12 PM
JUN 10 <sup>TH</sup> , WEDNESDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 PM
JUN 11 <sup>TH</sup> , THURSDAY	RINCON	8 AM – 12 PM
JUN 15 <sup>TH</sup> , MONDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
JUN 16 <sup>TH</sup> , TUESDAY	PALA	9 AM – 11 AM
JUN 17 <sup>TH</sup> , WEDNESDAY	MANZANITA OLD CAMPO	9:30 AM – 1030 AM 11 AM – 12 PM
JUN 22 <sup>ND</sup> , MONDAY	VIEJAS BARONA	9 AM- 10 AM 11 AM – 12 PM

**OFFICE CLOSURES: JUNE 19TH - JUNETEENTH**

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. (760) 749-5608



## Coming in July:

- Native American Graduation at CSUSM
- Healthy Summer Activities for Families
- Moving Through the Stages of Grief