



# May 2017 Activity Calendar

Tue	Wed	Thu	Fri	Sat
<b>2</b> <b>8am-2pm</b> Homeless Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>8:30am-12:30am</b> Medi-Cal	<b>3</b> <b>9am</b> Yoga <b>11am</b> Zumba	<b>4</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>9am-10:45am</b> Cal-Fresh-Medical	<b>5</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>8:30am-12:00pm</b> Cal-Fresh-Medical	<b>6</b>   <b>MEND will be Closed</b>
<b>9</b> <b>8am-2pm</b> Homeless Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>8:30am-12:30am</b> Medi-Cal	<b>10</b> <b>9am</b> Yoga <b>11am</b> Zumba  <b>2:30-3:00pm</b> Volunteer Clothing Distribution (A-L)	<b>11</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>9am-10:45am</b> Cal-Fresh-Medical	<b>12</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>8:30am-12:00pm</b> Cal-Fresh-Medical	<b>13</b> <b>9am-12pm</b> Family Serv. (Food)  <b>9am-11:30pm</b> (Clothing)
<b>16</b> <b>8am-2pm</b> Homeless Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>11am</b> Zumba  <b>8:30am-12:30am</b> Medi-Cal	<b>17</b> <b>9am</b> Yoga <b>11am</b> Zumba	<b>18</b> <b>8am-12pm</b> Family Serv. (Food)  <b>8am-11:30pm</b> (Clothing)  <b>9am-10:45am</b> Cal-Fresh-Medical  <b>10am</b> Medi-Cal/Cal-Fresh Presentation.	<b>19</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>8:30am-12:00pm</b> Cal-Fresh-Medical	<b>20</b> <b>9am-12pm</b> Family Serv. (Food)  <b>9am-11:30pm</b> (Clothing)
<b>23</b> <b>8am-2pm</b> Homeless Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>11am</b> Zumba  <b>8:30am-12:30am</b> Medi-Cal	<b>24</b> <b>9am</b> Yoga <b>11am</b> Zumba  <b>2:30-3:00pm</b> Volunteer Clothing Distribution (M-Z)	<b>25</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-12:30pm</b> (Clothing)  <b>9am-10:45am</b> Cal-Fresh-Medical	<b>26</b> <b>8am-2pm</b> Family Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>8:30am-12:00pm</b> Cal-Fresh-Medical	<b>27</b> <b>9am-12pm</b> Family Serv. (Food)  <b>9am-11:30pm</b> (Clothing)
<b>30</b> <b>8am-2pm</b> Homeless Serv. (Food)  <b>8am-1:30pm</b> (Clothing)  <b>11am</b> Zumba  <b>8:30am-12:30am</b> Medi-Cal	<b>31</b> <b>9am</b> Yoga <b>11am</b> Zumba			

To receive MEND's services, client must provide:

- Picture ID for each member
- Proof of Current Address
- Proof of Income

See front desk for details service area eligibility.

**Homeless Services:** Every Tuesday MEND provides Breakfast, Snack, Hot Lunch, Nonperishable Food, Clothing and Showers.

- Registration 8:00am-3:00pm
- Breakfast Snack: 8:00am-10:30am
- Hot Lunch: 11:30 am-1:30pm
- Emergency Food: 8:00am-3:00pm
- Clothing 8:00am-2:30pm (Please register by 2:00pm)
- Showers 8:00am-1:30pm

**Family Services:** MEND Provides food and clothing services to families & individuals with cooking facilities.

- Thursday & Friday: 8:00am-1:30pm
- Saturday: 9:00am- 12:00am (For clothing is for the first 60 clients) SUGGESTED DONATION FOR CLOTHING: \$5.00

**Health Education**

Yoga Classes: FREE!!! Wednesdays 9:00am-10:00am. Location 2nd Floor.

Zumba Classes: FREE!!! Tuesdays, Wednesdays 11:00am-12:00pm Location 2nd Floor.

**Medical & Vision Department:** Registration every Thursday 8:00am-11:00am

MEND's clinic also provides other services: Hypertension, Acupuncture, Physical Therapy, Diabetes Classes, Chiropractor and Health and Nutrition Classes. For more information please ask the Welcome Center.

**Special Announcements**

**Cal-Fresh & Medi-Cal:** An Eligibility Worker is available to help apply for Cal-Fresh & Medical programs. Make an appointment at the Welcome Center and ask for required documents.

- **Medi-Cal** Tuesdays from 8:30am-12:30pm
- **Cal-Fresh-Medi-Cal** Thursdays from 9:00am-10:45am
- **Cal-Fresh-Medi-Cal** Fridays from 8:30am-12:00pm

**Bi-Annual Baby Shower:** Wednesday May 3rd from 9:00am to 1:00pm.

**Christmas in Spring:** Saturday May 6, 2017 from 11:00am-2:00pm.

**Medi-Cal-Cal-Fresh Presentation:** May 18th @10:00am



# May 2017

## ETC Activity Calendar

Tue	Wed	Thu	Fri	Sat
<b>2</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1-4pm Keyboarding Span. 3-6:30pm YS Tutoring Appt. 6:30-8:45pm ESL Classes	<b>3</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1-4pm Keyboarding 3-6:30pm Span. YS Tutoring Appt. 6:30-8:45pm ESL Classes 9am-1pm Job Training Orientation @Job Center 3-5pm Professional Clothing Distribution @Job Center	<b>4</b> 9:30-11:30am Adv. Office Skills ESL 9:45am-12:30pm Classes 10:00am-12pm Last Day Sewing Clothes 3-6:30pm YS Tutoring Appt. 3-6pm Internet & Email Span. 6:30-8:45pm ESL Classes	<b>5</b> 9:30-13:30pm Adv. Office Skills Span. 9:30-12:30pm Keyboarding Bilingual 9:30-11:30am Homework Help 9:30am - 12:00pm Quilting ESL Grammar Club 1-3pm ESL Conversation 1-4pm Intro to Comp. Span. 3-5pm YS Tutoring Appt.	<b>6</b>
<b>9</b> 9:45am-12:30pm ESL Classes 9:30-11:30am Adv. Office Skills 1-4pm Intro To Comp. Eng. 3-6:30pm YS Tutoring Appt. 4-6:45pm Intro To Comp. 4-6:45pm Span. 6:30-8:45pm ESL Classes 6pm Women in Leadership event MEND ETC lobby 13460 Van Nuys Blvd.	<b>10</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1-4pm Keyboarding Span. 3-6:30pm YS Tutoring Appt. 6:30-8:45pm ESL Classes	<b>11</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 3-6:30pm YS Tutoring Appt. 3-6pm Internet & Email Span. 6:30-8:45pm ESL Classes	<b>12</b> 9:30-13:30pm Adv. Office Skills Span. 9:30-12:30pm Keyboarding Bilingual 9:30-11:30am Homework Help 9:30am - 12:00pm Quilting 10:30am-12:30pm ESL Grammar Club 1-3pm ESL Conversation 1-4pm Intro to Comp. Span. 3-5pm professional Clothing Distribution @Job Center	<b>13</b>
<b>16</b> 9:45am-12:30pm ESL Classes 9:30-11:30am Adv. Office Skills 1-4pm Intro To Comp. Eng. 3-6:30pm YS Tutoring Appt. Intro To Comp. Span. 6:30-8:45pm ESL Classes	<b>17</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1-4pm Keyboarding Span. YS 3-6:30pm Tutoring Appt. 6:30-8:45pm ESL Classes 9am-1pm Job Training Orientation @Job Center	<b>18</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 3-6:30pm YS Tutoring Appt. 3-6pm Internet & Email Span 6:30-8:45pm ESL Classes	<b>19</b> 9:30-13:30pm Adv. Office Skills Span. 9:30-12:30pm Keyboarding Bilingual 9:30-11:30am Homework Help 9:30am - 12:00pm Quilting 10:30am-12:30pm ESL Grammar Club 1-3pm ESL Conversation 1-4pm Intro to Comp. Span. YS 3-5pm Tutoring Appt.	<b>20</b>
<b>23</b> 9:45am-12:30pm ESL Classes 9:30-11:30am Adv. Office Skills 1-4pm Last Day Intro To Comp. Eng. 3-6:30pm YS Tutoring Appt. 4-6:45pm Last Day Intro To Comp. Span. 6:30-8:45pm ESL Classes	<b>24</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm ESL Classes 1-4pm Last Day Keyboarding Span. 3-6:30pm YS Tutoring Appt. 6:30-8:45pm ESL Classes 10am Wellness Workshop on Stress and Sugar @Job Center	<b>25</b> 9:30-11:30am Last day Adv. Office Skills 9:45am-12:30pm ESL Classes 3-6pm Last Day Internet & Email Span. 3-6:30pm YS Tutoring Appt. 6:30-8:45pm ESL Classes Last day of ESL classes and tutoring	<b>26</b> 9:30-13:30pm Last Day of Adv. Office Skills Span. 9:30-12:30pm Last Day of Keyboarding Bilingual 9:30am - 12:00pm Quilting 1-4pm Last Day of Intro to Comp. Span. 3-5pm Professional Clothing Distribution @Job Center	<b>27</b>
<b>30</b>	<b>31</b> 9am-1pm Job Training Orientation @Job Center 3-5pm Professional Clothing Distribution @Job Center			

**MEND Education & Training Center ( ETC )** Provides a wide rang of classes including Youth Services, Computer training, ESL instruction and Work Readiness workshops.

- English as a Second Language (ESL) classes run in three 14-week sessions a year. Five ESL class levels are offered in the morning and the evening on Tuesday through Thursday and in the morning on Friday.
- Sewing class, offered from Tuesday to Friday, teaches students to operate a sewing machine and to cut, sew and complete a wide range of projects.
- LEAMOS, a Spanish literacy class, enrolls immigrant adults who do not read or write in their native language. Once these students have mastered literacy fundamentals, they can move on to ESL classes.

**MEND Computer Lab** offers the following courses:

- Keyboarding
- Computer Introduction I
- Computer Essentials
- Office Skills II

**MEND Job Training Program** On-the-job training in one of 14 different career tracks, such as food services, retail, customer service, computer data entry, warehouse management, medical and dental assistance, and clerical services.

- Job Training Workshops provide training on completing job applications, building resumes, and practicing mock interviews.
- Please attend a Job Training Orientation to participate.

**The MEND Grow Together Project** seeks to promote good health to its participants through access to fresh produce, the exercise involved in gardening, and educational workshops on topics like cooking, canning, and nutrition.

- Please call Adam at 818.686.7365

**MEND Youth Services** include a homework club, one-to-one tutor-

### Special Announcements

**MEND Education & Training Center ( ETC )**: Starting April 1st will be closed Saturdays.





# Mayo 2017

## Calendario De Actividades ETC

Tue	Wed	Thu	Fri	Sat
<b>2</b> 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 3-6:30pm Servicio de Tutoria 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles	<b>3</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles 9am-1pm Orientacion de Trabajo Centro de Trabajo 3-5pm Distribucion de ropa profesional	<b>4</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 10:00am-12:00pm Ingles Costura de Ropa 11:30-2:30pm Adv. Office Span. 3-6:30pm Servicio de Tutoria Internet y Correo Electronico 3-6pm Span. 6:30-8:45pm Clases de Ingles	<b>5</b> 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30am-11:30am Ayuda de Tarea 10:30am-12:30pm Club de Gramatica 1-3pm Conversacion de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria 9:30am- 12:00pm Quilting	<b>6</b>
<b>9</b> 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 4-6:45p Intro a Comp. Span. 6:30-8:45pm Clases de Ingles	<b>10</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 6:30-8:45pm Clases de Ingles	<b>11</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 11:30-2:30pm Adv. Office Span. 1 3-6pm Internet y Correo Electronico Span. 6:30-8:45pm Clases de Ingles	<b>12</b> 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30am-11:30am Ayuda de Tarea 9:30am- 12:00pm Quilting 10:30am-12:30pm Club de Gramatica 1-3pm Conversacion de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria 3-5pm Distribucion de ropa profesional	<b>13</b>
<b>16</b> 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4pm Intro a Comp. Eng. 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles 3-6:30pm Servicio de Tutoria 6pm Evento, Liderazgo de Mujeres	<b>17</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles 9-1pm Orientacion de Trabajo	<b>18</b> 9:45am-12:30pm Clases de Ingles 11:30-2:30pm Adv. Office Span. 3-6:30pm Servicio de Tutoria Internet y Correo Electronico Span. 3-6pm 6:30-8:45pm Clases de Ingles 4:30-5:30pm Parent Workshop	<b>19</b> 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30-11:30am Ayuda de Tarea 9:30am- 12:00pm Quilting Club de Gramatica 10:30am-12:30pm Convergencia de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria 4pm-5pm Artes Marciales	<b>20</b>
<b>23</b> 9:45am-12:30pm Clases de Ingles 9:30-11:30am Adv. Office Skills 1-4p Intro a Comp. Eng. 3-6:30pm Servicio de Tutoria 4-6:45pm Intro a Comp. Span. 6:30-8:45pm Clases de Ingles	<b>24</b> 9:30-11:30am Adv. Office Skills 9:45am-12:30pm Clases de Ingles 1-4pm Teclado Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Clases de Ingles 10am Taller bienestar sober el estres y azucar	<b>25</b> 9:30-11:30a Adv. Office Skills 9:45am-12:30pm Clases de Ingles 11:30-2:30pm Adv. Office Span. 3-6pm Internet y Correo Electronico 3-6pm Span. 3-6:30pm Servicio de Tutoria 6:30-8:45pm Ultimo dia de Clases de Ingles	<b>26</b> 9:30am- 12:30pm Adv. Office Skills Span. 9:30-12:30pm Teclado Bilingue 9:30am- 12:00pm Quilting 1-3pm Conversacion de Ingles 1-4pm Intro. a Comp. Span. 3-5pm Servicio de Tutoria 4pm-5pm Artes Marciales 3-5pm Distribucion de ropa profesional	<b>27</b>
<b>30</b>	<b>31</b> 9am-1pm Orientacion de Trabajo Centro de Trabajo 3-5pm Distribucion de ropa profesional			

**Los Servicios para Jóvenes de MEND** incluyen un club de tareas, tutoría individual, una Academia del sábado y programas de enriquecimiento. La Academia del sábado se centra principalmente en las matemáticas, la lectura, la ciencia y las habilidades informáticas. Las actividades de enriquecimiento incluyen actividades recreativas, servicio en el jardín comunitario de MEND, talleres para jóvenes, podcasts y excursiones educativas.

- El Centro de Servicios para Jóvenes incluye un laboratorio de computación para que los estudiantes completen sus tareas.

### **MEND (ETC) Centro de Educación y Formación**

Ofrece una amplia variedad de clases incluyendo servicios para jóvenes, entrenamiento en computación, instrucción de ingles y talleres de preparación para el trabajo.

- Las Clases de **Inglés como segundo idioma (ESL)** se imparten en tres sesiones de 14 semanas al año. Cinco niveles de ESL se ofrecen en la mañana y la noche de martes a jueves y en la mañana del Viernes.
- La Clase de Costura**, ofrecida de Martes a Viernes, enseña a los estudiantes operar una máquina de coser, cortar y completar una amplia gama de proyectos.
- Leamos**, una clase de alfabetización en español, inscribe a adultos inmi-

**Programa de Formación Profesional de MEND** Formación en el trabajo en una de las 14 vías de carrera, tales como servicios de alimentación, Entrenamiento para tienda de ropa, servicio al cliente, entrada de datos informáticos, gestión de almacenes, asistencia médica y dental y servicios de oficina.

- Los Talleres de Capacitación Laboral proveen capacitación para completar las solicitudes de empleo, crear currículos y practicar simulacros de entrevistas.
- Por favor, asista a una Orientación de Entrenamiento de Trabajo para participar.

**El Proyecto Cultivando Juntos:** Proporcionamos familias con jardineras, tierra, plantas, arboles frutales, talleres de jardinería, clases de cocina y el apoyo de voluntarios expertos. Todo gratis!!! Nuestro objetivo es mejorar la salud y los medios de vida de las familias de nuestra área de servicio.

- Favor de llamar a Adam 818.686.7365

### **Anuncios Especiales**

**MEND (ETC) Centro de Educación y Formación:** Comenzando Abril 1,2017 estara cerrado todos los Sabados.