



JUNE 2017

ACTIVITY CALENDAR

Tue	Wed	Thu	Fri	Sat
		1 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	2 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12pm Cal-Fresh-Medical	3 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
6 8am-12pm Homeless Serv. (Food) 8am-11:30pm (Clothing) 8:30am-12pm Medi-Cal	7 Closed for special event	8 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	9 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical	10 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
13 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30pm Medi-Cal	14 9am Yoga 11am Zumba	15 8am-2pm Family Serv. (Food) 8am-11:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	16 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12:00pm Cal-Fresh-Medical	17 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
20 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30pm Medi-Cal	21 9am Yoga 11am Zumba 2:30pm-3pm Volunteer Clothing Distribution (M-Z)	22 8am-2pm Family Serv. (Food) 8am-12:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	23 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12pm Cal-Fresh-Medical	24 9am-12pm Family Serv. (Food) 9am-11:30pm (Clothing)
27 8am-2pm Homeless Serv. (Food) 8am-1:30pm (Clothing) 11am Zumba 8:30am-12:30am Medi-Cal	28 9am Yoga 11am Zumba	29 8am-2pm Family Serv. (Food) 8am-12:30pm (Clothing) 9am-10:45am Cal-Fresh-Medical	30 8am-2pm Family Serv. (Food) 8am-1:30pm (Clothing) 8:30am-12pm Cal-Fresh-Medical	

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

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

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

Health Education

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

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

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

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

June 6: MEND will be closing early due to special event.

June 7: MEND will be closed due to special event.



June 2017

ETC Activity Calendar

Tue	Wed	Thu	Fri	Sat
		1 9:30am-11:30am Ms Office (English) 1PM-4PM Intro Comp 4:25pm-5:55pm internet & Email	2 9:30am-12:30pm MS Office (Bilingual)	3 Closed
6 9:30am-11:30pm MS Office (English) 1pm-4pm Online Basics (English) 4:25pm-5:55pm Internet & Email (Bilingual)	7 9:30am-11:30pm MS Office (English) 1pm-4pm Keyboarding 4pm-6:45pm MS Office (Spanish)	8 9:30am-11:30am Ms Office (English) 1pm-4pm Intro Comp 4:25pm-5:55pm internet & Email	9 9:30am-12:30pm MS Office (Bilingual)	10 Closed
13 9:30am-11:30pm MS Office (English) 1pm-4pm Online Basics (English) 4:25pm-5:55pm Internet & Email (Bilingual)	14 9:30am-11:30pm MS Office (English) 1:00pm-4:00pm Keyboarding 4:00pm-6:45pm MS Office (Spanish)	15 9:30am-11:30pm Ms Office (English) 1:00PM-4:00PM Intro Comp 4:25pm-5:55pm internet & Email	16 9:30am-12:30pm MS Office (Bilingual)	17 Closed
20 9:30am-11:30am MS Office (English) 1pm-4pm Online Basics (English) 4:25pm-5:55pm Internet & Email (Bilingual) 10am-12pm Grammar Reading 9:30am-11:30am Workshop	21 9:30am-11:30am MS Office (English) 1pm-4pm Keyboarding 4pm-6:45pm MS Office (Spanish) 11am-1pm Reading Workshop 10am-12pm Gaining confidence with conversation 5:30pm-6:45pm Conversation & Reading Workshop 5:30pm-6:45pm Reading Workshop	22 9:30am-11:30am Ms Office (English) 1pm-4pm Intro Comp 4:25pm-5:55pm internet & Email 10am-12pm Conversation Workshop 1x 9:30am-11:30am Reading Workshop 2x 10am-12pm Gaining confidence with conversation 2x 5:30pm-6:45pm Conversation & Reading Workshop	23 9:30am-12:30pm MS Office (Bilingual)	24 Closed
27 9:30am-11:30pm MS Office (English) 1pm-4pm Online Basics (English) 4:25pm-5:55pm Internet & Email (Bilingual) 10am-12pm Grammar & Reading 9:30am-11:30pm Workshop	28 9:30am-11:30pm MS Office (English) 1pm-4pm Keyboarding 4pm-6:45pm MS Office (Spanish) 11am-1pm Reading Workshop 10am-12pm Gaining confidence with conversation 5:30-6:45 Conversation & Reading Workshop 5:30-6:45 Reading Workshop	29 9:30am-11:30pm Ms Office (English) 1PM-4PM Intro Comp 4:25pm-5:55pm Internet & Email 10am-12pm Conversation Workshop 1x 9:30am-11:30am Reading Workshop 2x 10am-12pm Gaining confidence with conversation 2x 5:30-6:45 Conversation & Reading Workshop	30	

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
- MS Word, Excel, PowerPoint
- Internet & Email

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 tutoring, a Saturday Academy, and enrichment programs. The Saturday Academy focuses primarily on math, reading, science, and comput-

Special Announcements

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



JUNIO 2017

CALENDARIO DE ACTIVIDADES

Mar	Mie	Jue	Vie	Sab
		1 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	2 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12pm Cal-Fresh-Medical	3 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
6 8am-12pm Indigentes Serv. (Comida) 8am-11:30am (Ropa) 11am Zumba 8:30am-12:00am Medi-Cal	7 Mend estara cerrado debido a un evento special	8 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	9 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12pm Cal-Fresh-Medical	10 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
13 8am-2pm Indigentes Serv. (Comida) 8am-1:30pm (Ropa) 11am Zumba Medi-Cal 8:30am-12:30am	14 9am Yoga 11am Zumba	15 8am-2pm Familia Serv. (Comida) 8am-11:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical 10am Medi-Cal/Cal-Fresh presentacion.	16 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12:00pm Cal-Fresh-Medical	17 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
20 8am-2pm Indigentes Serv. (Comida) 8am-1:30pm (Ropa) 11am Zumba Medi-Cal 8:30am-12:30am	21 2:30pm-3pm Distribución de Ropa para Voluntarios (M-Z) 9am Yoga 11am Zumba	22 8am-2pm Familia Serv. (Comida) 8am-12:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	23 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12pm Cal-Fresh-Medical	24 9am-12pm Familia Serv. (Comida) 9am-11:30am (Ropa)
27 8am-2pm Indigentes Serv. (Comida) 8am-1:30pm (Ropa) 11am Zumba 8:30am-12:30pm Medi-Cal	28 9am Yoga 11am Zumba	29 8am-2pm Familia Serv. (Comida) 8am-12:30pm (Ropa) 9am-10:45am Cal-Fresh-Medical	30 8am-2pm Familia Serv. (Comida) 8am-1:30pm (Ropa) 8:30am-12:00pm Cal-Fresh-Medical	

Para recibir servicios de MEND, los clientes deben traer:

- Identificación con foto
- Comprobante de domicilio actual
- Comprobantes de ingresos

Para más información detalles y áreas de servicio pregunte en el centro de bienvenida.

Servicios de Indigentes: Todos los Martes MEND da servicios de Desayuno, Almuerzo Caliente, Alimentos De Emergencia, Ropa y Baños.

- Registración 8am-2pm
- Desayuno: 8am-10:30am
- Almuerzo Caliente: 11:30am-1:30pm
- Alimentos De Emergencia: 8am-2pm
- Ropa 8am-1:30pm (favor de registrarse antes de la 2:00pm)
- Baños: 8am-1:30pm

Servicios De Familia: MEND proveer servicios de comida y ropa a Familias y individuos con facilidad de cocinar.

- Jueves y Viernes: 8am-1:30pm
- Sábados: 9am-12pm (servicios de ropa los sábados serán solo para los primeros 60 números blancos).
- Donaciones sugerida para la Ropa: \$5.00

Educación para la salud:

- Clases de Yoga: GRATIS!!! Miércoles de 9am a 10am. Ubicación 2do Piso.
- Clases de Zumba: GRATIS!!! Martes, Miércoles 11am-12pm Ubicación 2do Piso.

Departamento Medico y Visión:

La Clínica de MEND también provee otros servicios: Hipertensión, Acupuntura, Terapia Física clases de Diabetes, quiropráctico y nutrición para la salud. Para más información favor de preguntar en el centro de bienvenida.

- Registración todos los Jueves 8:00am-11:00am

Anuncios Especiales

Cal-Fresh y Medi-Cal: Trabajadora social esta disponible para ayudar a solicitar Cal-fresh y Medi-Cal. Porfavor de hacer una cita en el centro de bienvenida y pregunte por los requisitos.

- **Medi-cal** Martes de 8:30am-12:30pm
 - **Cal-fresh/Medi-cal** Jueves de 9am-10:45am
 - **Cal-fresh/Medi-cal** Viernes de 8:30am-12pm Cal-Fresh-Medical
- Bi-Anuales Baby shower:** Miércoles Mayo 3 de 9am 1:00pm.

Navidad en Primavera comienza: Sabado 6 de Mayo 2017 de las 11am-2pm.

Medi-Cal/Cal-Fresh Presentacion: 18 de Mayo a las 10pm

Junio 6: MEND cerrara temprano debido a un event especial.

Junio 7: MEND estara cerrado debido a un evento especial.



Junio 2017

Calendario de Actividades ETC

Tue	Wed	Thu	Fri	Sat
		1 9:30am-11:30pm MS Office (English) 1PM-4PM Intro Comp 4:25pm-5:55pm Internet & Email	2 9:30am-12:30pm MS Office (Bilingual)	3 Closed
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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

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 inglés 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 proyec-

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.

Anuncios Especiales

MEND (ETC) Centro de Educación y Formación: Empesando el 1 de Abril estara cerrado los Sabados .