



# April 2026

## Activity Calendar

**MEND | Meet Each Need with Dignity**  
 10641 N. San Fernando Rd.  
 Pacoima CA, 91331  
 Tel: 818.896.0246  
[www.MendPoverty.org](http://www.MendPoverty.org)

Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	2 First step 9:00am-11:00am Cal-KIDS Group 9:00am-10:00am Yoga Class 9:30am-10:30am GES Orientation 11:00am-12:30pm FEAST Week 5 1:30pm-3:00pm	3 Food Distribution 9:00am-12:00pm Construction Skills 8:15am-9:00 am	4 Diaper Distribution 9:00am-12:00pm Food Distribution 9:00am-12:00pm CSUN Vita Tax 9:00am-1:00pm
7 Child Development 8:15am-9:00am Food Distribution 9:00am-12:00pm Living Wise & Well55+ Wellness Activities 9:00am-11:00am	8 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	9 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Hands On Resume Workshop 11:00am-12:30pm FEAST Week 6 1:30pm-3:30pm	10 Construction Skills 8:15am-9:00 am Food Distribution 9:00am-12:00pm Cal-KIDS Group 9:00am-10:00am Self-Care Workshop 9:30am-10:30am	11 <b>Center Closed</b>
14 Child Development 8:15am-9:00am Food Distribution 9:00am-12:00pm Cal-KIDS Group 9:00am-10:00am	15 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	16 First step 9:00am-11:00am Cal-KIDS Group 9:00am-10:00am Yoga Class 9:30am-10:30am FEAST Week 7 1:30pm-3:30pm	17 Construction Skills 8:15am-9:00 am Food Distribution 9:00am-12:00pm Self-Care Workshop (Celebrating 3 Fundamental Values) 9:45am-10:45am	18 <b>M</b> Hope & Care Farmers Market 9:00am-12:00pm CSUN Vita Tax 9:00am-1:00pm
21 Child Development 8:15am-9:00am Food Distribution 9:00am-12:00pm Living Wise & Well55+ Wellness Activities 9:00am-11:00am	22 <b>M</b> Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm Culmination of Hope and Care 9:00am-10:00am	23 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Soft-Skills/Job Readiness Workshop 11:00am-12:30pm FEAST Week 8 1:30pm-3:30pm	24 Construction Skills 8:15am-9:00 am Food Distribution 9:00am-12:00pm Cal-KIDS Group 9:00am-10:00am	25 <b>Center Closed</b>
28 Child Development 8:15am-9:00am Food Distribution 9:00am-12:00pm Support Group Mental Health Activity 8:15am-9:00am Workshop on the Importance of the Mouth 9:30am-10:30 Cal-KIDS Group 3:00pm-4:30pm	29 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	30 First step 9:00am-11:00am Yoga Class 9:30am-10:30am FEAST Week 9 1:30pm-3:30pm		

**IMPORTANT ANNOUNCEMENTS :**

**Hope & Care Workshops:** Community Resiliency Model (CRM) Participants will learn skills to help understand the impact of trauma and stress and how to restore or increase resiliency.

**Pathways to Wellness:** FEAST Program Cohort is currently full. No new participants are being accepted. Join our group activities-earn 1 stamp per activity. Get 10 stamps to access the Little Health Market!

**Gateways Employment Services:** We are excited to welcome Alex Morales, the newest addition to the GES team. We invite everyone to join our monthly workshops aimed towards providing job skills, resources, and helping individuals achieve self-sufficiency and enter stable employment. If you are in need of a job or looking for a new job, call us today and ask for Sandy or Alex.





# Abril 2026

## Calendario De Actividades

**MEND | Meet Each Need with Dignity**  
 10641 N. San Fernando Rd.  
 Pacoima CA, 91331  
 Tel: 818.896.0246  
[www.MendPoverty.org](http://www.MendPoverty.org)

Martes	Miercoles	Jueves	Viernes	Sabado
	1 Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	2 Primer Paso 9:00am-11:00am Grupo Cal-KIDS 9:00am-10:00am Clase de Yoga 9:30am-10:30am Orientación de Ges 11:00am-12:30pm Semana FEAST-5 1:30pm-3:30pm	3 Distribución de Alimentos 9:00am-12:00pm Habilidades de Construcción 8:15-9:00am	4 Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm Impuestos Vita de CSUN 9:00am-1:00pm Taller de San Fernando Transit 11:30am-2:30pm
7 Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-11:00am Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil 8:15am-9:00am	8 Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	9 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Taller Practico de Elaboración de Currículo -Efectiva en Linea 11:00am-12:30pm Semana FEAST-6 1:30pm-3:30pm	10 Distribución de Alimentos 9:00am-12:00pm Taller de Autocuidado 9:30am-10:30am Habilidades de Construcción 8:15-9:00am	11 <b>Centro Cerrado</b>
14 Desarrollo Infantil 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Grupo Cal-KIDS 9:00am-10:00am	15 Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	16 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Grupo Cal-KIDS 9:00am-10:00am Semana FEAST-7 1:30pm-3:30pm	17 Distribución de Alimentos 9:00am-12:00pm Habilidades de Construcción 8:15-9:00am	18 <b>M</b> Buen Provecho Farmers Market 9:00am-12:00am Impuestos Vita de CSUN 9:00am-1:00pm
21 Desarrollo Infantil 8:15am-9:00am Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-11:00am Distribución de Alimentos 9:00am-12:00pm	22 <b>M</b> Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Culminacion de Hope & Care 9:00am-10:00am	23 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Taller de habilidades blandas/preparación laboral 11:30am-12:30pm Semana FEAST-8 1:30pm-3:30pm	24 Distribución de Alimentos 9:00am-12:00pm Habilidades de Construcción 8:15-9:00am	25 <b>Centro Cerrado</b>
28 Distribución de Alimentos 9:00am-12:00pm Grupo Cal-KIDS 9:00am-10:00am Desarrollo Infantil Taller de Importancia De Boca Abajo 9:30am-10:30am	29 Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	30 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Semana FEAST-9 1:30pm-3:30pm		

**Información importante:**

**Esperanza Y Cuidado:** Modelo de Resiliencia Comunitaria (CRM) Los participantes aprenderán habilidades para ayudar a comprender el impacto del trauma y el estrés y cómo restaurar o aumentar la resiliencia.

**Caminos Hacia la Bienestar:** Programa FEAST El Grupo actualmente esta complete. No se estan aceptando nuevos participantes. Unete a nuestras actividades– Gana 1 sello por actividd. !Con 10 sellos accede al Pequeno Mercado de Salud!

**Servicios de Empleo Gateways:** Nos entusiasma dar la bienvenida a Alex Morales, la incorporación más reciente al equipo de GES. Invitamos a todos a unirse a nuestros talleres , diseñados para brindar habilidades laborales y recursos, así como para ayudar a las personas a alcanzar la autosuficiencia y acceder a un empleo estable. Si necesita un trabajo o está buscando uno nuevo, llámenos hoy mismo y pregunte por Sandy o Alex.

