



February 2026

Activity Calendar

MEND | Meet Each Need with Dignity
10641 N. San Fernando Rd.
Pacoima CA, 91331
Tel: 818.896.0246
www.MendPoverty.org

Tuesday	Wednesday	Thursday	Friday	Saturday
3 Living Wise & Well55+ Wellness Activities 9:00am-11:00am Food Distribution 10:00am-12:00pm Child Development Part-1 8:15am-9:15am	4 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	M 5 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Metro Bus Pass 9:00am-11:00am Ges Orientation 10:00am-11:30am Support Group Mental Health Activity Part-1 11:00am-12:00pm	6 CRM Wellness Practice 8:15am-9:00am Food Distribution 9:00am-12:00pm CRM Workshop 9:30am-10:30am	7 Diaper Distribution 9:00am-12:00pm Food Distribution 9:00am-12:00pm
10 Food Distribution 10:00am-12:00pm Child Development Part-2 8:15am-9:15am	11 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	12 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Support Group Mental Health Activity Part-2 11:00am-12:00pm Hands On Resume Workshop 10:00am-11:30am	13 CRM Wellness Practice 8:15am-9:00am Food Distribution 9:00am-12:00pm CRM Workshop 9:30am-10:30am	14  <u>Center Closed</u>
M 17 Living Wise & Well55+ Wellness Activities 9:00am-11:00am Food Distribution 10:00am-12:00pm Child Development Part-3 8:15am-9:15am Metro Bus Pass 9:00am-11:00am	18 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	19 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Support Group Mental Health Activity Part-3 11:00am-12:00pm Hands On Effective Online Job Searching Skills 10:00am-11:30am	20 CRM Wellness Practice 8:15am-9:00am Food Distribution 9:00am-12:00pm CRM Workshop 9:30am-10:30am	M 21 Hope & Care Farmers Market 9:00am-12:00pm Metro Bus Pass 9:00am-12:00pm
24 Food Distribution 10:00am-12:00pm Child Development Part-4 8:15am-9:15am	25 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm FEAST Week-1 1:30pm-3:00pm	26 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Support Group Mental Health Activity Part-4 11:00am-12:00pm Employability Skills/Workforce Readiness 10:00am-11:30am	27 CRM Wellness Practice 8:15am-9:00am Food Distribution 9:00am-12:00pm CRM Workshop 9:30am-10:30am	28 <u>Center Closed</u>
				

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: The walking group will be moved back to Wednesday at 8:15am-9:00am, Please be advised there will be no merging into the food distribution. It is your responsibility to join the normal line afterwards, Thank you.

Gateways Employment Services: Join our monthly workshops to help you with essential Job-seeking skills. Stay tuned for our upcoming Early Spring JOB FAIR . Join us for a unique opportunity to connect with employers, explore new career paths, and network with industry leaders. Call us today for more details! At (818)896-0246.



Febrero 2026

Calendario De Actividades

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Martes	Miercoles	Jueves	Viernes	Sabado
3 Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:00am Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-1 8:30am-9:30am	4 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	M5 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Orientación de Ges 10:00am-11:30am Passes de Transportacion 9:00am-11:00am Actividad Del Grupo De Apoyo Para La Salud Mental Parte-1 11:00am-12:00pm	6 Práctica de bienestar de CRM 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Taller De CRM 11:00am-11:45am	7 Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm
10 Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-2 8:30am-9:30am	11 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	12 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Actividad Del Grupo De Apoyo Para La Salud Mental Parte-2 11:00am-12:00pm Taller Practico De Elaboracion De Curriculum 10:00am-11:30am	13 Práctica de bienestar de CRM 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Taller De CRM 11:00am-11:45am	14  Centro Cerrado
M17 Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:00am Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-3 8:30am-9:30am Passes de Transportacion 9:00am-11:00am	18 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	19 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Actividad Del Grupo De Apoyo Para La Salud Mental Parte-3 11:00am-12:00pm Habilidades Efectivas Para La Busqueda De Empleo En Linea 10:00am-11:30am	20 Práctica de bienestar de CRM 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Taller De CRM 11:00am-11:45am	M21 Mercado De Agricultores Hope & Care 9:00am-12:00am Metro Bus Pass 9:00am-12:00pm
24 Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-4 8:30am-9:30am	25 Grupo De Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Semana FEAST-1 1:30pm-3:00pm	26 Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Actividad Del Grupo De Apoyo Para La Salud Mental Parte-4 11:00am-12:00pm Habilidades De Empleabilidad/Preparacion Para El Mercado Laboral 10:00am-11:30am	27 Práctica de bienestar de CRM 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Taller De CRM 11:00am-11:45am	28 Centro Cerrado
				

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: El grupo de caminata se trasladara de nuevo los Miercoles de 8:15am-9:00am Por favor, tenga en cuenta que no se permitira fusionarse con la distribucion de alimentos. Es su responsabilidad unirse a la fila normal despues, Gracias.

Servicios de Empleo Gateways: Únase a nuestros talleres mensuales para desarrollar habilidades esenciales para la búsqueda de empleo. Manténgase al tanto de nuestra próxima feria de empleo de principios de primavera. Participe en esta oportunidad única para conectar con empleadores, explorar nuevas trayectorias profesionales y establecer contactos con líderes del sector. ¡Llámenos hoy mismo para obtener más información! Llame al (818) 896-0246.