



June 2026

Activity Calendar

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

| | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|
| 2 Living Wise & Well 65+ Wellness Activities Walking Group 8:00am-9:00am Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Living Wise & Well 55+ Wellness Activities 9:00am-10:30am Tai Chi Class 10:30-11:30 | 3 Pathways to Wellness Program Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm | 4 First step 9:00am-11:00am Yoga Class 9:30am-10:30am GES Orientation 11:00am-12:30pm FEAST Week 14/ 1:30pm-3:30pm | 5 HOPE & CARE Skills Building Activity: 8:15 am-8:45am Food Distribution 9:00am-12:00pm | 6 M Diaper Distribution 9:00am-12:00pm Food Distribution 9:00am-12:00pm Metro Bus Pass |
| 9 Living Wise & Well 65+ Wellness Activities Walking Group 8:00am-9:00am & Tabling Event: 9:00am-12:00pm Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Tai Chi Class 10:30-11:30 | 10 Pathways to Wellness Program Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm | 11 First step 9:00am-11:00am Yoga Class 9:30am-10:30am GES Hands-On Resume Workshop 11:00am-12:30pm FEAST Week 15/ 1:30pm-3:30 | 12 HOPE & CARE Skills Building Activity: 8:15 am-8:45am Food Distribution 9:00am-12:00pm | 13 Center Closed |
| 16 Living Wise & Well 65+ Wellness Activities Walking Group 8:00am-9:00am Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Living Wise & Well 55+ Wellness Activities 9:00am-10:30am | 17 M Food Distribution 9:00am-12:00pm Metro Bus Pass 9:00am-12:00pm Help Group-Bilingual Financial Literacy Workshop 11:00pm-12:30pm | 18 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Employability Skills Workshop 11:00am-12:30pm Feast Graduation 1:30pm-3:30pm | 19 HOPE & CARE Skills Building Activity: 8:15 am-8:45am Food Distribution 9:00am-12:00pm | 20 Food Distribution 9:00am-12:00pm Buen Provecho Market 9:00am-12:00pm "Art for the Soul" Workshop for Fathers 9:30am-10:30am |
| 23 Living Wise & Well 65+ Wellness Activities Walking Group 8:00am-9:00am Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Trust and Will Workshop: 10:00am-2:00pm Tai Chi Class 10:30-11:30 | 24 Pathways to Wellness Program Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm | 25 M First step 9:00am-11:00am MEND Summer Splash Career Fair 9:00am-12:00pm Metro Bus Pass 9:00am-12:00pm | 26 HOPE & CARE Skills Building Activity: 8:15 am-8:45am Food Distribution 9:00am-12:00pm "Celebrating Generations" Workshop 9:30-10:30 | 27 Center Closed |
| 30 Living Wise & Well 65+ Wellness Activities Walking Group 8:00am-9:00am Food Distribution 9:00am-12:00pm Mental Health Support Group 8:15am-9:00am Tai Chi Class 10:30-11:30 | | | | |

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.

Workshops: "Art for the Soul", June **20th** 9:30am-10:30am; "Celebrating Generations", June **26th** 9:30 am-10:30am

Pathways to Wellness: Tai Chi cohort is closed, there are no available spaces.

FEAST cohort is closed, if interested in next cohort please contact the Program Coordinator, Karla Curiel **818-686-7309**.

Walking Group and Yoga Class open to anyone 18+ — earn 1 stamp per activity. Get 10 stamps to access the Little Health Market!

Gateways Employment Services: Looking to land a new Job? Join us on **Thursday, June 25, 2026, for our Summer Splash Career Fair from 9:00am-12:00pm.** On-the-spot interviews, diverse industries, and networking opportunities. Bring multiple copies of your resume and dress for success! Join our weekly empowering workshops focused on providing skills, resources, and helping individuals achieve self-sufficiency and enter stable employment.





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Calendario De Actividades

MEND | Meet Each Need with Dignity
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| Martes | Miércoles | Jueves | Viernes | Sábado |
|--|--|---|---|--|
| <p>2</p> <p>Viviendo Sabiamente y Bien 65+ de Bienestar: Grupo de Caminata 8:00am-9:00am</p> <p>Taller de Desarrollo Infantil 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:30am</p> <p>Clase de Tai Chi 10:30am-11:30am</p> | <p>3</p> <p>Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> | <p>4</p> <p>Primer Paso 9:00am-11:00am</p> <p>Clase de Yoga 9:30am-10:30am</p> <p>Orientación de GES 11:00am- a 12:30pm</p> | <p>5</p> <p>ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: 8:15 am-8:45am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> | <p>6</p> <p>M</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p><u>Distribución de Pañales</u> 9:00am-12:00pm</p> <p>Pases Metro Bus 9:00am-12:00pm</p> |
| <p>9</p> <p>Viviendo Sabiamente y Bien 65+ de Bienestar: Grupo de Caminata 8:00am-9:00am</p> <p>Evento con Mesas Informativas: 9:00-am-12:00pm</p> <p>Taller de Desarrollo Infantil 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Clase de Tai Chi 10:30am-11:30am</p> | <p>10</p> <p>Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> | <p>11</p> <p>Primer Paso 9:00am-11:00am</p> <p>Clase de Yoga 9:30am-10:30am</p> <p>Taller Práctico de currículo de GES 11:00am- a 12:30pm</p> | <p>12</p> <p>ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: 8:15 am-8:45am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> | <p>13</p> <p>Centro Cerrado</p> |
| <p>16</p> <p>Viviendo Sabiamente y Bien 65+ de Bienestar: Grupo de Caminata 8:00am-9:00am</p> <p>Taller de Desarrollo Infantil 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:30am</p> | <p>M</p> <p>17</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Pases Metro Bus 9:00am-12:00pm</p> <p>Taller Bilingüe de Educación Financiera(en colaboración con Help Group) 11:00am-12:30am</p> | <p>18</p> <p>Primer Paso 9:00am-11:00am</p> <p>Clase de Yoga 9:30am-10:30am</p> <p>Taller de habilidades de empleabilidad 11:00am-12:30pm</p> | <p>19</p> <p>ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: 8:15 am-8:45am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> | <p>20</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Buen Provecho Market 9:00am-12:00am</p> <p>Taller para padres: “Arte para el Alma”9:30am-10:30am</p> |
| <p>23</p> <p>Viviendo Sabiamente y Bien 65+ de Bienestar: Grupo de Caminata 8:00am-9:00am</p> <p>Taller de Desarrollo Infantil 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Clase de Tai Chi 10:30am-11:30am</p> | <p>24</p> <p>Caminos Hacia el Bienestar: Grupo de Caminata 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> | <p>M</p> <p>25</p> <p>Primer Paso 9:00am-11:00am</p> <p>Feria de Empleo Summer Splash de MEND 9:00am-12:00pm</p> <p>Pases Metro Bus 9:00am-12:00pm</p> | <p>26</p> <p>ESPERANZA Y CUIDADO Actividades de Desarrollo de Habilidades: 8:15 am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00</p> <p>Taller: “Celebrando Generaciones” 9:30am-10:30am</p> | <p>27</p> <p>Centro Cerrado</p> |
| <p>30</p> <p>Viviendo Sabiamente y Bien 65+ de Bienestar: Grupo de Caminata 8:00am-9:00am</p> <p>Grupo de Apoyo de Salud Mental 8:15am-9:00am</p> <p><u>Distribución de Alimentos</u> 9:00am-12:00pm</p> <p>Taller: Testamento y Planificación de Patrimonio : 10:00am-2:00 pm</p> <p>Clase de Tai Chi 10:30am-11:30am</p> | | | | |

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. **Talleres:** “Arte para el Alma”, junio **20** de 9:30a.m.-10:30a.m.—“Celebrando Generaciones”, junio **26** de 9:30am-12:30pm.

Caminos Hacia el Bienestar: El grupo de Tai Chi está cerrado; no hay plazas disponibles.El grupo de FEAST está cerrado; si le interesa participar en el próximo grupo, por favor comuníquese con la Coordinadora del Programa, Karla Curiel, al **818-686-7309**.

El **Grupo de Caminata** y la **Clase de Yoga** están abiertos a cualquier persona mayor de 18 años: obtenga 1 sello por actividad. ¡Reúna 10 sellos para acceder al Little Health Market!

Servicios de Empleo Gateways: ¿Está buscando conseguir un nuevo trabajo? Únase a nosotros el [Jueves, 25 de Junio de 2026, para nuestra Feria de Empleo Summer Splash de 9:00am-12:00pm](#). Entrevistas en el momento, diversas industrias y oportunidades de networking. ¡Traiga varias copias de su currículum y vístase para el éxito! Únase a nuestros talleres semanales de empoderamiento enfocados en brindar habilidades, recursos y ayudar a las personas a lograr la autosuficiencia e ingresar a un empleo estable.

