



July 2025

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
1 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am	2 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Metro Transit Passes 9:00am-12:00pm	3 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am	4 CENTER CLOSED 	5 Food Distribution 9:00am-12:00pm Diaper Distribution 9:00am-12:00pm Metro Transit Passes 9:00am-12:00pm
8 Resetting Your Mindset Part 1 8:30am-9:30am	9 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm	10 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am	11 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Community Resiliency Model (CRM) Workshop Part 1 9:45am-11:00am Metro Transit Passes 9:00am-12:00pm	12 CENTER CLOSED
15 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am Resetting Your Mindset Part 2 8:30am-9:30am	16 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 1 Nutrition Workshop Part 1 10:30am-11:30am Financial Literacy Class Bank Of America- Part 1 1:00pm-3:00pm	17 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am	18 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Diabetes Education Workshop Providence Community Health 9:45am-10:45am Community Resiliency Model (CRM) Workshop Part 2 9:45am-11:00am Financial Literacy Class Bank Of America- Part 2 1:00pm-3:00pm	19 Back to School Stars Backpack Distribution & Recourse Fair 8:00am-12:00pm Food Distribution 9:00am-12:00pm Metro Transit Passes 9:00am-12:00pm 
22 Resetting Your Mindset Part 3 8:30am-9:30am	23 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 1 Nutrition Workshop Part 2 10:30am-11:30am	24 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am Metro Transit Passes 9:00am-11:00am	25 Mindful Walking 8:15am-9:15am Food Distribution 9:00am-12:00pm Community Resiliency Model (CRM) Workshop Part 3 9:45am-11:00am	26 CENTER CLOSED
29 Resetting Your Mindset Part 4 8:30am-9:30am	30 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 1 Nutrition Workshop Part 3 10:30am-11:30am Metro Transit Passes 9:00am-12:00pm	31 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am		

IMPORTANT ANNOUNCEMENTS :

CNP Food Distribution: Available only once a week per family. Please bring your own bags to carry food items. No cutting in line or saving spaces in line. No pets allowed in the building. Street parking only. Please respect our neighbors and do not park on driveways.

Hope & Care Mindful Walking: Please wear appropriate shoes for the exercise activity's.

Hope & Care Workshops: Resetting Your Mindset– You will have fun and inspiring mornings of vision board creation with beautifully painted frames
Community Resiliency Model - You will learn skills to help understand the impact of trauma and stress, and how to restore or increase Resiliency. Financial Literacy Class—These classes are aimed at enhancing participant’s financial literacy and economic stability **(Must attend both classes to receive certificate of completion)** **For The Back to School Event-**Register your student to participate. On distribution day, students must be accompanied by a parent or legal guardian to receive their backpack and supplies. Call (818) 686-7365 TODAY to register! Available while supplies last.

Connections: Need help with accessing supportive community services? Meet with our team for referrals and assistance applying for the services you need



Julio 2025

Calendario De Actividades

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MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 Viviendo Sabiamente y Bien 55+ de Bienestar: Activida De 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am	2 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm	3 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30am -10:30am	4 	5 Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm
8 Reestructurando tu Mentalidad Parte 1 8:30am-9:30am	9 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm	10 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30 am -10:30am	11 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Taller sobre el Modelo de Resiliencia Comunitaria (CRM), Parte 1 9:45am-11:00am Pases de transporte del metro 9:00am-12:00pm	12 CENTRO CERRADO
15 Viviendo Sabiamente y Bien 55+ de Bienestar: Activida De 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am Reestructurando tu Mentalidad Parte 1 8:30am-9:30am	16 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos: 9:00am-12:00pm Taller de Nutrición, Cohorte 1, Parte 1 10:30am-11:30am Clase de Educación Financiera Bank of America - Parte 1 1:00pm-3:00pm	17 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30 am -10:30am	18 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Educacion Sobre la Diabetes 9:45am-10:45am Taller sobre el Modelo de Resiliencia Comunitaria (CRM), Parte 2 9:45am-11:00am Clase de Educación Financiera Bank of America - Parte 2 1:00pm-3:00pm	19 Estrellas de Regreso a Clases Distribución de Mochilas y Feria de Recursos 8:00am-12:00pm Distribución de Alimentos 9:00am-12:00pm Pases de transporte del metro 9:00am-12:00pm
22 Reestructurando tu Mentalidad Parte 3 8:30am-9:30am	23 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Taller de Nutrición, Cohorte 1, Parte 2 10:30am-11:30am	24 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30 am -10:30am Pases de transporte del metro 9:00am-11:00am	25 Grupo de Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Taller sobre el Modelo de Resiliencia Comunitaria (CRM), Parte 3 9:45am-11:00am	26 CENTRO CERRADO
29 Reestructurando tu Mentalidad Parte 1 8:30am-9:30am	30 Grupo De Caminata 8:15am-9:15am Distribución de Alimentos 9:00am-12:00pm Taller de Nutrición, Cohorte 1, Parte 3 10:30am-11:30am Pases de transporte del metro 9:00am-12:00pm	31 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30am -10:30am		

Información importante

CNP Distribucion de Alimentos: Disponible solo una vez a la semana por familia. Por favor, traiga sus propias bolsas para llevar alimentos. No se permite colarse ni guardar espacio en la fila. No se permiten mascotas en el edificio. Estacionamiento solo en la calle. Por favor, respete a nuestros vecinos y no estacione en las entradas.

Esperanza Y Cuidado Caminata Conciente: Por favor, use calzado apropiado para realizar actividades de ejercicio.

Esperanza Y Cuidado Redefiniendo tu Mentalidad: Disfrutarás de mañanas divertidas e inspiradoras creando tableros de visión con marcos bellamente pintados. Modelo de Resiliencia Comunitaria: Aprenderás habilidades para comprender el impacto del trauma y el estrés, y cómo restaurar o aumentar la resiliencia. Clase de Educación Financiera: Estas clases están diseñadas para mejorar la educación financiera y la estabilidad económica de los participantes (Es necesario asistir a ambas clases para recibir un certificado de finalización). Para el Evento de Regreso a Clases: Inscribe a tu estudiante para participar. El día de la distribución, los estudiantes deben estar acompañados por un padre o tutor legal para recibir su mochila y útiles escolares. ¡Llama al (818) 686-7365 HOY para inscribirte! Disponible hasta agotar existencias.

Conexiones: ¿Necesita ayuda para acceder a servicios comunitarios de apoyo? Reunase con nuestro equipo para referencias y asistencia para solicitar los