



# March 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
<p><b>M</b> 3</p> <p>Living Wise &amp; Well55+ Wellness Activities 9:00am-11:00am            Food Distribution 9:00am-12:00pm            Child Development Part-1 8:15am-9:00am            Metro Bus Pass 9:00am-11:00am</p>	<p>4</p> <p>Walking Group 8:15am-9:00am            Food Distribution 9:00am-12:00pm</p>	<p>5</p> <p>First step 9:00am-11:00am            Yoga Class 9:30am-10:30am            Ges Orientation 1:30pm-2:30pm            FEAST Week 1 1:30pm-3:00pm</p>	<p>6</p> <p>Food Distribution 9:00am-12:00pm            Cal-KIDS Group 9:00am-10:00am            Self-Care Workshop (International Women's Day) 9:45am-10:45am</p>	<p>7</p> <p>Diaper Distribution 9:00am-12:00pm            Food Distribution 9:00am-12:00pm            CSUN Vita Tax 9:00am-1:00pm            San Fernando Transit Workshop 11:30am-2:30pm</p>
<p>10</p> <p>Food Distribution 9:00am-12:00pm            Child Development Part-2 8:15am-9:00am</p>	<p>11</p> <p>Walking Group 8:15am-9:00am            Food Distribution 9:00am-12:00pm</p>	<p>12</p> <p>First step 9:00am-11:00am            Yoga Class 9:30am-10:30am            Metro Bus Pass 9:00am-12:00pm            FEAST Week 2 1:30pm-3:00pm            Hands On Effective Online Job Searching Skills 1:30pm-2:30pm</p>	<p>13</p> <p>Food Distribution 9:00am-12:00pm            Cal-KIDS Group 9:00am-10:00am</p>	<p>14</p> <p><b>Center Closed</b></p>
<p>17</p> <p>Living Wise &amp; Well55+ Wellness Activities 9:00am-11:00am            Food Distribution 9:00am-12:00pm            Child Development Part-3 8:15am-9:00am</p>	<p>18</p> <p>Walking Group 8:15am-9:00am            Food Distribution 9:00am-12:00pm</p>	<p>19</p> <p>First step 9:00am-11:00am            Yoga Class 9:30am-10:30am            Soft-Skills/Job Readiness Workshop 1:30pm-2:30pm            FEAST Week 3 1:30pm-3:00pm</p>	<p>20</p> <p>Food Distribution 9:00am-12:00pm            Cal-KIDS Group 9:00am-10:00am            Self-Care Workshop (Celebrating 3 Fundamental Values) 9:45am-10:45am</p>	<p>21</p> <p>Hope &amp; Care Farmers Market 9:00am-12:00pm            CSUN Vita Tax 9:00am-1:00pm            Metro Bus Pass 9:00am-12:00pm</p>
<p>24</p> <p>Food Distribution 9:00am-12:00pm            Child Development Part-4 8:15am-9:00am            MEND Spring Job Fair 9:30am-12:30pm</p> 	<p>25</p> <p>Walking Group 8:15am-9:00am            Food Distribution 9:00am-12:00pm            Metro Bus Pass 9:00am-12:00pm</p>	<p>26</p> <p>First step 9:00am-11:00am            Yoga Class 9:30am-10:30am            FEAST Week 4 1:30pm-3:00pm</p>	<p>27</p> <p>Food Distribution 9:00am-12:00pm            Cal-KIDS Group 9:00am-10:00am</p>	<p>28</p> <p><b>Center Closed</b></p>
<p>31</p> <p>Food Distribution 9:00am-12:00pm            Support Group Mental Health Activity 8:15am-9:00am</p>				

**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:** Looking to land a new Job? Join us on our upcoming **Spring Job Fair here at MEND on Tuesday, March 24, 2026, from 9:30am-12:30pm.** On-the spot interviews, diverse industries, and networking opportunities. Bring multiple copies of your resume and dress to impress!





# Marzo 2026

## Calendario De Actividades



**MEND | Meet Each Need with Dignity**  
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Martes	Miercoles	Jueves	Viernes	Sabado
<b>3</b> <b>M</b> Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-11:00am Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-1 8:15am-9:00am Passes de Transportacion 9:00am-11:00am	<b>4</b> Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	<b>5</b> Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Orientación de Ges 1:30pm-2:30pm Semana FEAST-1 1:30pm-3:00pm	<b>6</b> Distribución de Alimentos 9:00am-12:00pm Grupo Cal-KIDS 9:00am-10:00am Taller de Autocuidado (Dia internacional de la Mujer) 9:45am-10:45am	<b>7</b> Distribucion de Alimentos 9:00am-12:00pm Distribucion de Pañales 9:00am-12:00pm Impuestos Vita de CSUN 9:00am-1:00pm Taller de Tránsito de San Fernando 11:30am-2:30pm
<b>10</b> Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-2 8:15am-9:00am	<b>11</b> Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	<b>12</b> <b>M</b> Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Taller Practico de Búsqueda de Empleo Efectiva en Línea 1:30pm-2:30pm Passes de Transportacion 9:00am-12:00pm Semana FEAST-2 1:30pm-3:00pm	<b>13</b> Distribución de Alimentos 9:00am-12:00pm Grupo Cal-KIDS 9:00am-10:00am	<b>14</b> <u>Centro Cerrado</u>
<b>17</b> Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-11:00am Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-3 8:15am-9:00am	<b>18</b> Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm	<b>19</b> Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Taller de habilidades blandas/preparación laboral 1:30pm-2:30pm Semana FEAST-3 1:30pm-3:00pm	<b>20</b> Distribución de Alimentos 9:00am-12:00pm Grupo Cal-KIDS 9:00am-10:00am Taller de Autocuidado (Celebrando 3 valores fundamentales) 9:45am-10:45am	<b>21</b> <b>M</b> Mercado De Agricultores Hope & Care 9:00am-12:00am Impuesto Vita de CSUN 9:00am-1:00pm Passes de Transportacion 9:00am-12:00pm
<b>24</b> Distribución de Alimentos 9:00am-12:00pm Desarrollo Infantil Parte-4 8:15am-9:00am Feria de empleo de primavera de MEND de 9:30am-12:30pm 	<b>25</b> <b>M</b> Grupo de Caminata 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Passes de Transportacion 9:00am-12:00pm	<b>26</b> Primer Paso 9:00am-11:00am Clase de Yoga 9:30am-10:30am Semana FEAST-4 1:30pm-3:00pm	<b>27</b> Distribución de Alimentos 9:00am-12:00pm Grupo Cal-KIDS 9:00am-10:00am	<b>28</b> <u>Centro Cerrado</u>
<b>31</b> Distribución de Alimentos 9:00am-12:00pm Actividad Del Grupo De Apoyo Para La Salud Mental 8:15am-9:00am				

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:** ¿Buscas un nuevo trabajo? Acompáñanos en nuestra próxima **Feria de Empleo de Primavera aquí en MEND el martes 24 de marzo de 2026, de 9:30am-12:30pm** Entrevistas en persona, diversas industrias y oportunidades para hacer contactos. ¡Trae varias copias de tu currículum y vístete para impresionar!

