



May 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	
M			1 Skills Building Activity: 8:15 am-9:00am Food Distribution 9:00am-12:00pm	2 Diaper Distribution 9:00am-12:00pm Food Distribution 9:00am-12:00pm	
5 Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Living Wise & Well55+ Wellness Activities 9:00am-11:00am Metro Bus Pass 9:00am-12:00pm Tai Chi Class 10:30-11:30	6 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	7 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Cal-Kids Workshop 9:00am-11:00am Living Wise & Well Event 9:30am-10:30am GES Orientation 11:00am-12:30pm FEAST Week 10: 1:30pm-3:30pm	8 Skills Building Activity: 8:15 am-9:00am Food Distribution 9:00am-12:00pm "The Tomorrow Note" Workshop 9:30am-10:30 am	9 <p style="text-align: center;"><u>Center Closed</u></p>	
12 Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Tai Chi Class 10:30-11:30	13 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	14 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Living Wise & Well Event 9:30am-10:30am GES Hands-on Resume Workshop 11:00am-12:30pm FEAST Week 11: 1:30pm-3:30pm	15 Skills Building Activity: 8:15 am-9:00am Food Distribution 9:00am-12:00pm Cal-Kids Workshop 9:00am-11:00am "Art for Your Soul" Workshop 9:30am-10:30am	16 Buen Provecho Farmers Market 9:00am-12:00pm Workshop Cal-Kids 9:00am-12:00pm	
19 Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Living Wise & Well55+ Wellness Activities 9:00am-11:00am Tai Chi Class 10:30-11:30 Cal-Kids Workshop 2:00pm-5:00pm	20 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm	21 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Living Wise & Well Event 9:30am-10:30am Help Group-Bilingual Financial Literacy Workshop 11:00pm-12:30pm FEAST Week 12: 1:30pm-3:30pm	22 Skills Building Activity: 8:15 am-9:00am Food Distribution 9:00am-12:00pm	23 <p style="text-align: center;"><u>Center Closed</u></p>	
26 Child Development Workshop 8:15am-9:00am Food Distribution 9:00am-12:00pm Tai Chi Class 10:30-11:30	M	27 Walking Group 8:15am-9:00am Food Distribution 9:00am-12:00pm Metro Bus Pass 9:00am-12:00pm	28 First step 9:00am-11:00am Yoga Class 9:30am-10:30am Living Wise & Well Event 9:30am-10:30am GES Interview Navigation: Effective On Line Job searching 11:00am-12:30pm FEAST Week 13: 1:30pm-3:30pm	29 Skills Building Activity: 8:15 am-9:00am Food Distribution 9:00am-12:00pm	30 <p style="text-align: center;"><u>Center Closed</u></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.

Cal-Kids Workshop: Free money for your child's future. Join us for this workshop, where we will Help you check eligibility, walk through the process, and help you claim your child's scholarship.

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 (GES): We are excited to announce our collaboration with the Help Group and introduce the new Bilingual Financial Literacy Workshop taking place this month. Save the date for our next **JOB FAIR** taking place **Thursday June 25, 2026 from 9am-12pm**

Hope & Care: Mental Health Awareness Month! ❤️





Mayo 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

Martes	Miércoles	Jueves	Viernes	Sábado
			1 Actividades de Desarrollo de Habilidades: 8:15 am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	2 <u>Distribución de Pañales</u> 9:00am-12:00pm <u>Distribución de Alimentos</u> 9:00am-12:00pm
5 Taller de Desarrollo Infantil 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-11:00am Pases Metro Bus 9:00am-12:00pm Clase de Tai Chi 10:30am-11:30	6 Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	7 Primer Paso 9:00am-11:00am Taller de Cal-Kids 9:00am-11:00 Evento de Viviendo Sabiamente y Bien 9:30am-10:30am Orientación de GES 11:00am- a 12:30pm Semana FEAST-10 1:30pm-3:30pm	8 Actividades de Desarrollo de Habilidades: 8:15 am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm 9:00am-10:00am Taller: "Un Mensaje para su Mañana" 9:30am-10:30 am	9 <u>Centro Cerrado</u>
12 Taller de Desarrollo Infantil 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm Clase de Tai Chi :10:30-11:30	13 Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	14 Primer Paso 9:00am-11:00am Evento de Viviendo Sabiamente y Bien 9:30am-10:30am Taller Práctico de Elaboración de currículos de GES 11:00am-12:30pm Semana FEAST-11 1:30pm-3:30pm	15 Actividades de Desarrollo de Habilidades: 8:15 am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm Taller de Cal-Kids 9:00am-11:00 Taller: "Arte para el Alma" 9:30-am-10:30am	16 Buen Provecho Farmers Market 9:00am-12:00am Taller de Cal-Kids 9:00am-12:00pm
19 Taller de Desarrollo Infantil 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-11:00am Taller de Cal-Kids 2:00pm-5:00pm Clase de Tai Chi 10:30-11:30	20 Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	21 Primer Paso 9:00am-11:00am Evento de Viviendo Sabiamente y Bien 9:30am-10:30am Taller Bilingüe de Educación Financiera(en colaboración con Help Group) 9:30am-10:30am Semana FEAST-12 1:30pm-3:30pm	22 Actividades de Desarrollo de Habilidades: 8:15 am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	23 <u>Centro Cerrado</u>
26 Taller de Desarrollo Infantil 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm Clase de Tai Chi 10:30-11:30	27 Grupo de Caminata 8:15am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00 Pases Metro Bus 9:00am-12:00pm	28 Primer Paso 9:00am-11:00am Evento de Cal-Kids 9:00am-11:00 Evento de Viviendo Sabiamente y Bien 9:30am-10:30am Semana FEAST-13 1:30pm-3:30pm	29 Actividades de Desarrollo de Habilidades: 8:15 am-9:00am <u>Distribución de Alimentos</u> 9:00am-12:00pm	30 <u>Centro Cerrado</u>

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.

Taller de Cal-Kids: Dinero gratis para el futuro de su hijo. Acompáñenos en este taller, dónde le ayudaremos a verificar su elegibilidad, le guiaremos a través del proceso, y le ayudaremos a obtener la beca para su hijo/hija.

Caminos Hacia el Bienestar: El Grupo del Programa FEAST actualmente está completo. No se están aceptando nuevos participantes. Únete a nuestras actividades– Gana 1 sello por actividad. !Con 10 sellos accede al Pequeño Mercado de Salud!

Gateways Employment Services (GES): Nos complace anunciar nuestra colaboración con Help Group y presentar el nuevo Taller bilingüe de educación financiera que se llevará a cabo este mes. ¡Reserve la fecha para nuestra próxima **FERIA DE EMPLEO**, que tendrá lugar el **Jueves 25 de Junio de 2026, de 9:00 a. m. a 12:00 p. m.!**

Hope & Care: ! Mes de Concientización Sobre la Salud Mental ! ❤️

