



September 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
2 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am Transitions for Toddlers 8:30am-9:30am	3 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 2 Nutrition Workshop Part #1 10:00am-11:00am	4 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am	5 Mindful Walking 8:15am-9:00am Food Distribution 9:00am-12:00pm Community Resiliency Model workshop 9:45am –11:00am	6 Food Distribution 9:00am-12:00pm Diaper Distribution 9:00am-12:00pm
9 Listening and Connecting Part– 1 8:30am-9:30am	10 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 2 Nutrition Workshop Part #2 10:00am-11:00am	11 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am Job Skills workshops 2:00pm –3:30pm	12 Mindful Walking 8:15am-9:00am Food Distribution 9:00am-12:00pm Community Resiliency Model workshop 9:45am –11:00am	13 CENTER CLOSED
16 Living Wise & Well 55+ Wellness Activities 9:00am-10:00am Food Distribution 10:00am-11:00am Listening and Connecting Part– 2 8:30am-9:30am	17 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 2 Nutrition Workshop Part #3 10:00am-11:00am	18 First Step 9:00am-11:00am Yoga Class 9:30am-10:30am Job Skills workshops 2:00pm –3:30pm Staying Cool: Family Safety During Extreme Heat 11:30am-1:00pm	19 Mindful Walking 8:15am-9:00am Food Distribution 9:00am-12:00pm Diabetes Education Workshop Providence Community Health 9:45am-10:45am Community Resiliency Model workshop 9:45am –11:00am	20 Buen Provecho Framers Market & Resource Fair 9:00am-12:00pm
23 Listening and Connecting Part– 3 8:30am-9:30am	24 Walking Group 8:15am-9:15am Food Distribution 9:00am-12:00pm Cohort 2 Nutrition Workshop Part #4 10:00am-11:00am	25 First Step 9:00am-11:00am Exercise Class 9:30am-10:30am Job Skills workshops 2:00pm –3:30pm	26 Mindful Walking 8:15am-9:00am Food Distribution 9:00am-12:00pm Providence Flu Clinic 9:00am-12:00pm Community Resiliency Model workshop 9:45am –11:00am	27 CENTER COSED
30 Listening and Connecting Part– 4 8:30am-9:30am				

IMPORTANT ANNOUNCEMENTS :

Hope & Care Workshops: Transition for Toddlers-Assistance for Parents and Toddles as the family adjust to pre-K and T-K. Listening and Connecting— Participants will learn basic tools to redirect negative behaviors, including token economy, positive feedback and problem-solving. Community Resiliency Model (CRM) -Participants will learn skills to help understand the impact of trauma and stress, and how to restore or create resiliency Staying cool: impact of extreme heat on families, create strategies for at-home cooling stations, avoiding heat stroke, high utility bills and health risk.

Pathways to Wellness Clinics: To access Nutrition Series –6 week course beginning September 3rd (must attend first session to continue; next series starts October 22nd) Flu Clinic-Appointment is required Available for those 4 Years and older. We are providing the normal flu does For those 65+ interested in a higher does, Please see a physician or a pharmacist. No health insurance is required; Please bring your photo ID. Diabetes workshop– RSVP is required (Limited spots due to cooking demo) Exercise class open to all participants No registration required.

Gateways Employment Services: Job Skills Workshops: The workshop series is designed to equip participants with the essential tools for personal and professional growth. Through sessions on orientation, decision-making skills, dressing to impress, and resume building, participants will strengthen their confidence and prepare for future opportunities. The purpose is to provide practical guidance that supports career readiness, improves self-presentation, and empowers individuals to achieve their goals.



Septiembre 2025

Calendario De Actividades

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MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
2 Viviendo Sabiamente y Bien 55+ de Bienestar 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am Transiciones para niños pequeños 8:30am– 9:30am	3 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Cohorte 2 Taller De Nutri- cion Parte #1 10:00am-11:00am	4 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30 am -10:30am	5 Caminatas Conscietes 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Taller sobre el Modelo de Resiliencia Comunitaria 9:45am-11:00am	6 Distribución de Alimentos 9:00am-12:00pm Distribución de Pañales 9:00am-12:00pm
9 Escuchar y conectar Parte 1 8:30am-9:30am	10 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Cohorte 2 Taller De Nutri- cion Parte #2 10:00am-11:00am	11 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30 am -10:30am Talleres de Habilidades Laborales 2:00pm-3:30pm	12 Caminatas Conscietes 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Taller sobre el Modelo de Resiliencia Comunitaria 9:45am-11:00am	13 CENTRO CERRADO
16 Viviendo Sabiamente y Bien 55+ de Bienestar: 9:00am-10:00am Distribución de Alimentos 10:00am-11:00am Escuchar y conectar Parte 2 8:30am-9:30am	17 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos: 9:00am-12:00pm Cohorte 2 Taller De Nutri- cion Parte #3 10:00am-11:00am	18 Primer Paso 9:00am-11:00am Clase de Yoga 9:30 am -10:30am Talleres de Habilidades Laborales 2:00pm-3:30pm Mantenerse fresco: Seguri- dad familiar durante el calor Extremo 11:30am-1:00pm	19 Caminatas Conscietes 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Educacion Sobre la Diabetes 9:45am-10:45am Taller sobre el Modelo de Resiliencia Comunitaria 9:45am-11:00am	20 Buen Provecho Mercado de Agricultores y Feria de Recursos 8:00am-12:00pm
23 Escuchar y conectar Parte 3 8:30am-9:30am	24 Gropo De Caminata 8:15am - 9:15am Distribución de Alimentos 9:00am-12:00pm Cohorte 2 Taller De Nutri- cion Parte #4 10:00am-11:00am	25 Primer Paso 9:00am-11:00am Clase de Ejercicio 9:30 am -10:30am Talleres de Habilidades Laborales 2:00pm-3:30pm	26 Caminatas Conscietes 8:15am-9:00am Distribución de Alimentos 9:00am-12:00pm Providence Clinica De Gripe 9:00am-12:00pm Taller sobre el Modelo de Resiliencia Comunitaria 9:45am-11:00am	27 CENTRO CERRADO
30 Escuchar y conectar Parte 4 8:30am-9:30am				

Información importante:

Esperanza Y Cuidado: Transición para niños pequeños: Asistencia para padres y niños pequeños durante la adaptación familiar a preescolar y preescolar. Escuchar y conectar: Los participantes aprenderán herramientas básicas para redirigir comportamientos negativos, como la economía de fichas, la retroalimentación positiva y la resolución de problemas. Modelo de Resiliencia Comunitaria (MRC): Los participantes aprenderán habilidades para comprender el impacto del trauma y el estrés, y cómo restaurar o desarrollar resiliencia. Mantenerse fresco: impacto del calor extremo en las familias, crear estrategias para estaciones de enfriamiento en casa, evitar golpes de calor, facturas elevadas de servicios públicos y riesgos para la salud.

Caminos Hacia la Bienestar: Para acceder a la Serie de Nutrición, el curso de 6 semanas comienza el 3 de septiembre (es necesario asistir a la primera sesión para continuar; la siguiente serie comienza el 22 de octubre). Clínica de Gripe: Se requiere cita previa. Disponible para mayores de 4 años. Ofrecemos dosis normales de gripe. Para mayores de 65 años interesados en dosis más altas, consulte con un médico o farmacéutico. No se requiere seguro médico; traiga su identificación con foto. Taller sobre diabetes: Se requiere confirmar asistencia (plazas limitadas debido a la demostración de cocina). Clase de ejercicio abierta a todos los participantes. No es necesario registrarse.

Servicios de Empleo Gateways: Talleres de Habilidades Laborales: Esta serie de talleres está diseñada para dotar a los participantes de las herramientas esenciales para su crecimiento personal y profesional. Mediante sesiones de orientación, toma de decisiones, cómo vestirse para impresionar y cómo desarrollar un currículum, los participantes fortalecerán su confianza y se prepararán para futuras oportunidades. El objetivo es brindar orientación práctica que apoye la preparación profesional, mejore la imagen personal y empodere a las personas para alcanzar sus metas.