



# The Gonzales Way

How we raise happy, healthy, successful children

<http://www.gonzalesca.gov>



# City of **Gonzales** Council Meeting



**Monday,**

**April 21, 2025 @ 6:00PM**

at the Gonzales Council Chambers located @  
117 4th street Gonzales CA 93926

Talk Openly, Share Opinions & Ask Questions  
Free & Open to the public



scan QR to view agenda packet



Join via Zoom:  
<https://us06web.zoom.us/j/87020263943>

View our Agenda Packet:  
<https://gonzalesca.iqm2.com/Citizens/Default.aspx>

# City of **Gonzales** Council Meeting



**Lunes,**

**Abril 21, 2025 @ 6:00PM**

en la Cámara del Consejo Gonzales ubicada en 117  
4th street

Hable abiertamente, comparta opiniones y haga  
preguntas  
Libre, abierto al público

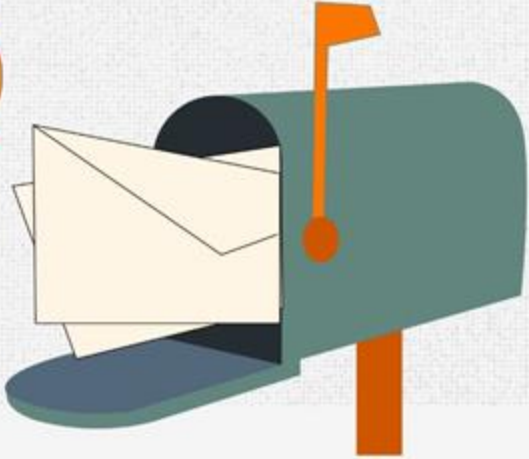


escanea QR para agenda

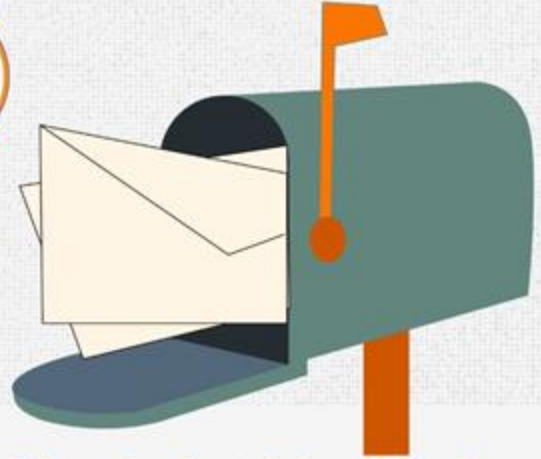


Únase a través de Zoom:  
<https://us06web.zoom.us/j/87020263943>

Vea nuestro paquete de agenda:  
<https://gonzalesca.iqm2.com/Citizens/Default.aspx>



Stay in the loop on all things in the City of Gonzales.  
Sign up today for updates/news occurring throughout  
the city with just a simple click.



Manténgase informado sobre todo lo relacionado con la ciudad de  
Gonzales. Regístrese hoy para recibir actualizaciones/noticias  
que ocurren en toda la ciudad con solo un simple clic.



**INTERNET IS FOR  
EVERYONE!**

To apply  
scan QR  
code



**INTERNET ES PARA  
TODOS!**

Escanee el  
código QR  
para aplicar





# Gonzales Community Church Clothing Closet

OPEN

TUESDAY - WEDNESDAY 2PM TO 4PM  
THURSDAY 1-3PM

LOCATED AT THE MISSION ANNEX ON  
4TH AND DAY STREET



# Armario de Ropa de la Iglesia Comunitaria de Gonzales

ABIERTO

MARTES - MIÉRCOLES 2PM A 4PM  
Jueves 1-3PM

UBICADA EN EL ANEXO DE LA MISIÓN  
EN LA CALLE 4 Y DÍA





*Weekly*

**FOOD  
DISTRIBUTIONS**

**EVERY 3rd THURSDAY OF THE MONTH**

At Saint Theodore's Church  
**9:30 AM TO 10:30AM**

**EVERY 3rd & 4th FRIDAY  
OF THE MONTH**

at the Mission Annex on 4th & Day Street

**9:00 AM**



*Semanalmente*

**DISTRIBUCIONES  
DE ALIMENTOS**

**CADA TERCER JUEVES DEL MES**

En la iglesia de San Teodoro  
**9:30 AM TO 10:30AM**

**CADA TERCERA y CUATRO VIERNES  
DEL MES**

en el anexo Misson en 4th & Day Street

**9:00 AM**





### CUSTOMER SERVICE LOCATIONS



**SALINAS TRANSIT CENTER**  
110 Salinas St., Salinas



**MARINA TRANSIT EXCHANGE**  
280 Reservation Rd., Marina



**BUS STOP SHOP**  
201 Pearl St., Monterey



# GROUP DISCOUNT PROGRAM

The Monterey-Salinas Transit Group Discount Program provides 31 Day MST GoPasses at reduced costs. Based on the number of GoPasses your organization orders, participants can enjoy substantially reduced costs – making riding the bus an outstanding benefit. For more information, or to enroll, please, visit [www.mst.org/fares/passes/group-discounts/](http://www.mst.org/fares/passes/group-discounts/) or call 1-888-MST-BUS1 (1-888-678-2871).

### SAVE UP TO

- 5-20 GoPasses – 25% Discount  
Monthly GoPass – \$52.00
- 21+ GoPasses – 35% Discount  
Monthly GoPass – \$45.00



**SHOP NOW**

[www.mst.org/fares/passes/group-discounts](http://www.mst.org/fares/passes/group-discounts)

A Place Of Learning For Unlicensed Childcare Providers And Children

## Do You Take Care of Kids?

**PARTICIPATE IN FREE PLAYGROUPS!  
IN: GONZALES, GREENFIELD, KING CITY**

Our program supports unlicensed Child Care Providers with playgroups, educational workshops, and resources for high quality child care. Join us and meet other providers within your community



Play



Learn



Have Fun

PLEASE CONTACT: DENISE JAIME

831.525.5057



Made with PosterMyWard.com



Un Lugar De Aprendizaje Para Cuidadoras Sin Liscensia y Niños!

## ¿Cuida niños en su casa?

**¡PARTICIPE EN GRUPOS DE JUEGO GRATIS!  
EN LAS COMMUNIDADES DE  
GONZALES, GREENFIEFIELD, KING CITY**

El programa apoya a proveedoras sin licencia con grupos de juego, talleres de aprendizaje y recursos para cuidado de alta calidad. Acompañenos y conozca a otras proveedoras de su comunidad.



Juega



Aprende



Diviértete

COMUNIQUESE CON: DENISE JAIME

831.525.5057



Made with PosterMyWard.com







## SSRC

Silver Star Resource Center (SSRC) is a multi-agency collaborative of prevention and early intervention services designed to promote positive youth developments by reducing risk factors that lead to gang involvement and delinquency of youth in Monterey County ages 6-21. The collaborative provides a "ONE-STOP" location of caring connection for youth and family services. SSRC employs an innovative, multi-agency approach that combines probation supervision, educational, vocational and job training, counseling and mediation services, anger management, truancy abatement, mentoring outreach to the community, substance abuse programs, a family support service to at-risk or gang involved youth.

## Our Services



**Partners For Peace**  
Building strong families

**PARTNERS FOR PEACE (P4P) FAMILY EDUCATION**  
754-3888

Providing a continuum of family education services:

- **Strengthening Family Program (SFP)** for caregivers and their youth ages 7-17.
- **Parent Project, Sr. (PPS)** for parents/caregivers only of youth with difficult or out-of-control behaviors 11-17.
- **Parent Project, Jr. - Loving Solutions (LS)** prevention program for parents and caregivers only of youth 8-10.
- **Family Adolescents** for caregivers and their youth 9-16. Program gives families new techniques for identifying stressors and risk factors and reduces the effects of acculturation stress.

**STEP UP GROUP MENTORING AND THE FAMILY ACCEPTANCE PROJECT**  
754-3888



- **Step Up Mentoring** serves youth in Salinas and Seaside and provides group mentoring for youth with one or more risk factors. Youth Step-Up an out of the circumstances that limit their options. Youth learn problem-solving skills for success and earn reward field trips. 7th and 8th graders only.
- **Family Acceptance Project** provides support groups for families of LGBTQ youth.

**MONTEREY COUNTY PROBATION DEPARTMENT**  
755-8917



Acts as the lead agency and provides referral processing family assessments, case management and truancy supervision in collaboration with the Monterey County DA's office.

**CHILDREN'S BEHAVIORAL HEALTH**  
796-1378



**MONTEREY COUNTY BEHAVIORAL HEALTH**  
Astonishing. Safe. Renewed Together.

Provides counseling for youth, ages 7-18, with mental health or substance abuse needs.



**community human services**  
hope. help. here.

**COMMUNITY HUMAN SERVICES DAISY/YATV**  
747-0717

- **DAISY, Drug and Alcohol Intervention Services for Youth** and family support for youth abusing substances ages 13-18.
- **YATV, Youth Alternatives to Violence** incorporate diverse education anger management resources and techniques for youth 13-18.

**MONTEREY COUNTY WORKS**  
796-1352



- Provides youth with employment services, job skills training, and encouragement to stay in school or help to find jobs.



**RESTORATIVE JUSTICE PARTNERS (RJP)**  
796-6896

- Provides a **Victim Impact Program** for youth to gain a deeper understanding of the impact crime has on victims, their families and the community. Enhances empathy skills and sensitivity to victims' perspectives. Additional case services/support on various campuses.



Families and youth can be referred by community agencies or self-referred for services.

## Additional Collaborative Partners



- **Harmony At Home** provides counseling that promotes alternatives to violence and healthy ways to communicate in relationships. 425-5260
- **California Youth Outreach** provides respite programs for determined youth and young adults. (959) 445-2660
- **Sun Street Centers** provides life skills training and parenting classes for at-risk youth and their families. 753-3150



# Silver Star Resource Center

## How SSRC Works?

Scan QR code to complete a referral form in English or Spanish



Assigned partner contacts family to enroll them in services

SSRC Multidisciplinary Team (MOT) Reviews Requests

## More Information

[www.co.monterey.ca.us](http://www.co.monterey.ca.us)  
Type in Probation Silver Star Resource Center

**Silver Star Resource Center**

103 E. Laurel Drive, Bldg. H, Salinas, CA 93905

## Silver Star Resource Center



**Services for families and at-risk (at-promise) youth.**

**YOU CAN MAKE A DIFFERENCE  
IN A CHILD'S LIFE!**



Court Appointed Special Advocates (CASAs) are community volunteers trained to advocate for the best interest of abused and neglected children in the foster care system.

\*CASA volunteers must be 21 or older

For more information, visit us at  
[www.casaofmonterey.org](http://www.casaofmonterey.org)  
or email at  
[info@casaofmongerey.org](mailto:info@casaofmongerey.org)

**SIGN UP FOR AN INFO MEETING:**



**Info Meetings Are Held  
Mondays and Thursdays**

Call the office to schedule a 1-on-1  
Info Meeting  
(831) 222-3965



**Be the Change  
Be the Voice of Hope  
Be a **CASA****

Court Appointed Special Advocates (CASAs) are community volunteers trained to advocate for the best interest of abused and neglected children in the foster care system.



Sign up for an  
**INFO  
MEETING**



**EMPOWER A  
CHILD IN  
FOSTER CARE.**

**CASA NEEDS  
YOUR SUPPORT!**

For more information please visit  
[www.casaofmonterey.org](http://www.casaofmonterey.org) or  
Call us 831-222-3965





Remember that plastic and trash don't go in your green organics cart. Food scraps & yard waste become compost for our fields, and lettuce won't grow from plastic. To learn more about food scraps and yard waste recycling, visit <https://svswa.org/residential/green-curb-side-cart/>



Waste Disposal & Recy  
(888) 678-6798



Recuerde que el plástico y la basura no van en su bote verde. Las sobras de comida y los desperdicios del jardín se convierten en abono para nuestros campos, y la lechuga no crecerá en el plástico. Para obtener más información sobre el reciclaje de sobras de comida y desperdicios de jardín, visite <https://svswa.org/residential/green-curb-side-cart/>



Waste Disposal & Recy  
(888) 678-6798



FREE & OPEN TO PUBLIC

**NARCAN**

**SAVE A LIFE**

Available @ Gonzales Fire Department

**PREVENT AN OPIOID OVERDOSE**

Given as a nasal spray, can reverse the effects of an opioid overdose.

**FREE nalcron kits**



Address: 325 Center St, Gonzales, CA 93926  
Contact #831-675-4204



Abierto al Publico

**NARCAN**

**SALVA UNA VIDA**

Disponible @ Gonzales Fire Department

**Prevenir una sobredosis de opiaceos**

Administrado en forma de aerosol nasal puede revertir los efectos de una sobredosis de opiaceos

**Kits de Nalcron Gratis**



Domicilio: 325 Center St, Gonzales, CA 93926  
Numero de Contacto: 831-675-4204



Blue Zones Project Monterey County presenta...

# LIBRO DE COCINA INSPIRADO EN BLUE ZONES

EDICION DEL CONDADO DE MONTEREY



Para ver el libro digital,  
escanea el código QR o visita:  
[bit.ly/BZPMCLibroDeCocina](http://bit.ly/BZPMCLibroDeCocina)

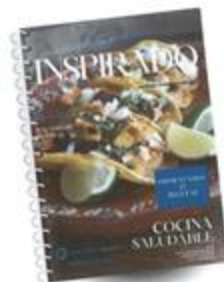


Descubre los sabores vibrantes del Condado de Monterey. Creado con amor, saborea los secretos de la longevidad y el bienestar. Disfruta un estilo de vida más saludable y feliz.

- ✓ Libro de cocina digital gratuito
- ✓ Ingredientes a base de plantas
- ✓ 25 recetas fáciles de seguir
- ✓ Recetas locales de chefs de restaurantes aprobados por BZP, miembros de la comunidad y el equipo de BZP.

APRENDE MÁS SOBRE BZP:  
[montereycounty.bluezonesproject.com](http://montereycounty.bluezonesproject.com)

@bzmmontereyco



## LIBRO DE COCINA INSPIRADO EN BZP

Descubre los vibrantes sabores del Condado de Monterey. Creado con amor, saborea los secretos de la longevidad y el bienestar. ¡Disfruta un estilo de vida más saludable y feliz! ¡DISPONIBLE AHORA!

- ✓ Libro de cocina digital
- ✓ 25 recetas fáciles de seguir
- ✓ Recetas locales de chefs de restaurantes aprobados por BZP y miembros de la comunidad.
- ✓ Ingredientes a base de plantas

¡GRATIS!

Para ver el libro digital, escanea el código QR o visita: [bit.ly/BZPMCLibroDeCocina](http://bit.ly/BZPMCLibroDeCocina)



## LIBRO DE COCINA INSPIRADO EN BZP

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- ✓ Libro de cocina digital
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- ✓ Recetas locales de chefs de restaurantes aprobados por BZP y miembros de la comunidad.
- ✓ Ingredientes a base de plantas

¡GRATIS!

Para ver el libro digital, escanea el código QR o visita: [bit.ly/BZPMCLibroDeCocina](http://bit.ly/BZPMCLibroDeCocina)





Loaves, Fishes & Computers

## Fortaleciendo la comunidad a través de la tecnología

LFC se dedica a la inclusión digital en los condados de Monterey, San Benito y Santa Cruz proporcionando recursos gratuitos y de bajo costo que apoyan el acceso a nuestra creciente sociedad digital.

830 Park Row  
Salinas CA, 93901

Abierto martes a sábado  
10:00 am - 4:00 pm

831-393-9260

## Nuestros Servicios



**Computadoras Renovadas**  
Computadoras y accesorios renovados. Las computadoras de escritorio empiezan en \$50



**Reparación y asistencia técnica**  
Obtenga ayuda con preguntas y problemas técnicos o deje su computadora para su reparación con nuestros técnicos.



**Alfabetización Digital**  
Clases gratuitas de alfabetización digital e información sobre una variedad de habilidades y aplicaciones tecnológicas. ¡Contáctanos para más información!



**Apoyo para personas mayores**  
Servicios tecnológicos gratuitos para adultos de 60 años. En asociación con la Agencia del Área del Condado de Monterey sobre el Envejecimiento. (No incluye reparaciones)

### A quién servimos

Cualquier persona puede acceder a nuestros servicios. Se proporcionan recursos gratuitos y de bajo costo para las siguientes personas:

- Bajos ingresos (Pautas de HUD)
- Personas mayores de 60
- Veteranos
- Desempleados
- Beneficiarios de Medi-Cal/Medicare
- Beneficiarios de SNAP
- Personas discapacitadas
- Estudiantes que reciben almuerzo gratis / reducido
- Beneficiarios de CARES/Lifeline

[Visitenos para averiguar si califica]

[www.LFCtech.org](http://www.LFCtech.org)

Tax ID: 27-0187805



Loaves, Fishes & Computers

## Strengthening Community Through Technology

LFC is dedicated to digital inclusion by serving the Monterey, San Benito & Santa Cruz counties by providing free and low-cost resources that support access to our ever increasing digital society

830 Park Row  
Salinas CA, 93901

Open Tuesday - Saturday  
10:00 am - 4:00 pm

831-393-9260

## Our Services



**Refurbished Computers**  
Refurbished computers & accessories for sale. Desktops start at \$50



**Repair & Tech Support**  
Get help with basic tech questions and issues or leave your computer for repair to our expert technicians



**Digital Literacy**  
Free digital literacy classes and information on a variety of tech skills and applications. Contact us for more information!



**Support for Seniors**  
Free tech services for adults 60+ years old. In partnership with the Monterey County Area Agency on Aging. (Repairs not included)

### Who we serve

Anyone can access our services. Low-cost and free resources are provided for the following individuals:

- Low-income (HUD Guidelines)
- Seniors 60+
- Veterans
- Unemployed
- Medi-Cal/Medicare Recipients
- SNAP Recipients
- Disabled
- Students receiving free/reduced lunch
- CARES/Lifeline Beneficiaries

Visit us to find out if you qualify!

[www.LFCtech.org](http://www.LFCtech.org)

Tax ID: 27-0187805



## LA PRINCESA MARKET

614 Williams Road, Salinas, CA  
516 East Alisal Street, Salinas, CA  
401 El Camino Real, Greenfield, CA  
620 Broadway Street, King City, CA

**UTILICE**  
su tarjeta de  
CalFresh/EBT card

**1**

**USE**  
your CalFresh/EBT  
card

**COMPRE**  
frutas y verduras  
cultivados en California

**2**

**BUY**  
California grown  
fruits & vegetables

**GANE**  
un 50% de descuento  
en su compra de productos  
cultivados en California

**3**

**EARN**  
a 50% discount  
on your California grown  
produce purchase

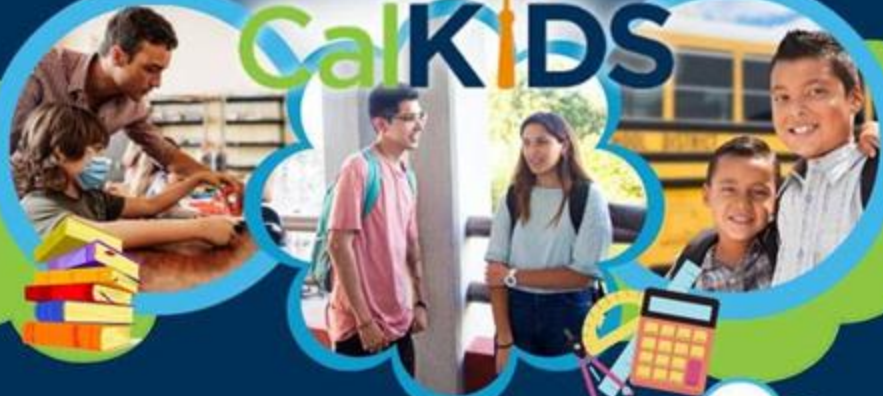
**HASTA \$15**  
**POR DIA**  
UP TO \$15 PER DAY







# CalkIDS



**OUR KIDS HAVE A FUTURE WORTH  
SAVING FOR. CLAIM YOUR CHILD'S  
SAVINGS ACCOUNT TODAY!**

**Up to \$1,500  
per child**

**FREE** funded college savings accounts  
for kids in Monterey County!

Over 64,000 eligible children in Monterey County



<https://calkids.org>



# CalkIDS

**NUESTROS HIJOS TIENEN UN FUTURO  
QUE VALE LA PENA AHORRAR.  
¡RECLAMA LA CUENTA DE AHORROS DE  
TU HIJO HOY MISMO!**



**Hasta \$1,500  
por niño**

¡Cuentas de ahorro universitario financiadas GRATIS  
para niños en el Condado de Monterey!

**EN ESPAÑOL**



<https://calkids.org>





# VISTA LUCIA COMMUNITY

**Vista Lucia is a planned community being proposed in Gonzales, Ca. on the north-east side of town, off Fanoë Rd.**

The Community includes 768 acres with 3,498 residential units of all sizes and affordability levels. It will take years to reach full build out with the first phase of the project comprising 400 homes.

The developer and city are hoping that construction on the project will start in Spring of 2026.



**The Vista Lucia Community will include various types of housing, including Apartments, Townhomes, and Single-Family Units.** It will also include New Schools, Large Parks and Open Space, a Fire Station, New Parkways and Trails and New Commercial Areas.

For more information contact Gonzales Community Development Director Taven Kinison Brown at [tkinisonbrown@ci.gonzales.ca.us](mailto:tkinisonbrown@ci.gonzales.ca.us)



# COMUNIDAD DE VISTA LUCIA

**Vista Lucia es una comunidad planeada que se está proponiendo en Gonzales, Ca. en el lado noreste de la ciudad, fuera de Fanoë Rd.**

La Comunidad incluye 768 acres con 3.498 viviendas de todos los tamaños y niveles de precio. El proyecto tardará varios años en completarse, la primera fase incluye 400 viviendas.

El desarrollador y la ciudad esperan que la construcción del proyecto comience en la primavera de 2026.



**La Comunidad de Vista Lucia incluirá varios tipos de viviendas, como Apartamentos, Casas Adosadas y Viviendas Unifamiliares.** También incluirá Nuevas Escuelas, Grandes Parques y Espacios Abiertos, una Estación de Bomberos, Nuevos Senderos y Caminos a Parques y Nuevas Zonas Comerciales.

Para más información, contacte a el Director de Desarrollo Comunitario de Gonzales, Taven Kinison Brown, en [tkinisonbrown@ci.gonzales.ca.us](mailto:tkinisonbrown@ci.gonzales.ca.us)



community  
human services  
hope. help. here.



#### OUR MISSION

Community Human Services is a nonprofit agency dedicated to providing high quality mental health, substance abuse and homeless services to Monterey County residents to help them reach their full potential.

#### ADMINISTRATION

2111 Garden Rd., Ste. A160  
Monterey, CA 93940  
(831) 658-2811  
www.chservices.org

#### JOINT POWERS MEMBERS

City of Carmel  
City of Del Rey Oaks  
City of Marina  
City of Monterey  
City of Pacific Grove  
City of Salinas  
City of San Jose  
City of Seaside  
Carmel Unified School District  
Monterey County Office of Education  
Monterey Peninsula Unified School Dist.  
Monterey Peninsula College  
Nis. Monterey County Unified School Dist.  
Pacific Grove Unified School District  
Salinas Union High School District  
Santa Rita Union School District



facebook.com/chservices



@CHS\_Monterey



communityhumanervicesmonterey



communityhumanervices

## DIRECTORY OF PROGRAMS AND SERVICES

### ABOUT CHS

Community Human Services (CHS) offers free and low-cost services to youth, adults and families experiencing difficulties with mental and emotional health, drugs and alcohol, children's behavior and parenting, domestic violence and homelessness.

#### MENTAL HEALTH SERVICES

Family Service Centers in Salinas & Seaside – (831) 757-7915; (831) 394-4622

- Outpatient mental health counseling on a variety of issues, from depression and anxiety to relationship, family life, and more
- Parenting education classes
- Domestic violence & anger management group counseling
- Supervised visitation and neutral exchanges for non-custodial parents and children

#### SUBSTANCE ABUSE SERVICES

Genesis House in Seaside – (831) 899-2436

- Residential drug treatment for adults
- Special program for pregnant and parenting women and their children up to age 5
- Medication-assisted treatment options

Outpatient Treatment Centers in Salinas & Monterey – (831) 237-7222; (831) 383-7800

- Outpatient drug treatment for adults
- Medication-assisted treatment options
- Assessments for all levels of care

Off Main Clinic in Salinas – (831) 424-4828

- Medication-assisted treatment and counseling support for opioid dependent adults
- Medication options include methadone, buprenorphine, disulfiram, and naltrexone

Elm House & Sonoma House in Seaside – (831) 899-2436

- Transitional sober housing for single men and women in recovery

Drug & Alcohol Intervention Services for Youth (DAISY) in Salinas – (831) 424-4828 x609

- Substance abuse intervention program for youth ages 12-18
- Parent support group

Substance Use Prevention Program (SUPP) – (831) 424-4828 x609

- School-based substance use prevention/intervention program for youth

#### HOMELESS SERVICES

Safe Place in Monterey and Salinas – (831) 373-4421; (831) 800-2688

- Youth Navigation and drop-in center for runaway and homeless youth up to age 24
- Overnight emergency shelter for homeless youth ages 18-24 (Monterey only)

Safe Passage in Monterey – (831) 717-4126

- Transitional supportive housing program for homeless youth ages 18-24

Monterey Peninsula and Salinas Valley Street Outreach Programs – (831) 373-4421; 753-8553

- Street outreach, survival aid, crisis counseling and case management for homeless youth up to age 24 throughout Monterey County

Casa de Noche Buena in Seaside – (831) 867-8200

- Emergency shelter and case management for single women and families with children

Shuman HeartHouse – (831) 200-1440

- Emergency shelter and case management for single women and families with children

SHARE Center – (831) 382-6582

- Emergency shelter and case management for women, men, and families

community  
human services  
hope. help. here.



#### NUESTRA MISIÓN

Community Human Services es una agencia sin fines de lucro dedicada a brindar servicios de salud mental, abuso de sustancias y personas sin hogar de alta calidad a los residentes del condado de Monterey para ayudarles a alcanzar su máximo potencial.

#### ADMINISTRACIÓN

2111 Garden Rd., Ste. A160  
Monterey, CA 93940  
(831) 658-2811  
www.chservices.org

#### JOINT POWERS MEMBERS

City of Carmel  
City of Del Rey Oaks  
City of Marina  
City of Monterey  
City of Pacific Grove  
City of Salinas  
City of San Jose  
City of Seaside  
Carmel Unified School District  
Monterey County Office of Education  
Monterey Peninsula Unified School Dist.  
Monterey Peninsula College  
Nis. Monterey County Unified School Dist.  
Pacific Grove Unified School District  
Salinas Union High School District  
Santa Rita Union School District



facebook.com/chservices



@CHS\_Monterey



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## DIRECTORIO DE PROGRAMAS Y SERVICIOS

### ACERCA DE CHS

Community Human Services (CHS) ofrece servicios gratuitos y de bajo costo a jóvenes y familias que experimentan dificultades con la salud mental y emocional, las drogas y el alcohol, el comportamiento de los niños, la crianza de los hijos, la violencia doméstica y la falta de vivienda.

#### SERVICIOS DE SALUD MENTAL

Centro Para Servicios de Familia en Salinas y Seaside – (831) 757-7915; (831) 394-4622

- Orientación de salud mental en una variedad de temas, desde la depresión, la ansiedad, relaciones sociales, vida doméstica y más
- Talleres educativos para la crianza de los niños
- Programa de Consejería de violencia doméstica y consejería en grupo sobre cómo controlar el enojo
- Visitas supervisada y Programa de intercambio para padres sin custodia y sus niños

#### SERVICIOS DE ABUSO DE SUSTANCIAS

Casa Génesis en Seaside – (831) 899-2436

- Tratamiento residencial para adultos en la recuperación del abuso de las drogas
- Programa especial de tratamiento para madres de familia y mujeres embarazadas
- Opciones de tratamiento asistido por medicamentos

Elm House y Sonoma House en Seaside – (831) 899-2436

- Vivienda sobria de transición para hombres y mujeres solteras en recuperación

Outpatient Treatment Centers in Salinas y Monterey – (831) 237-7222; (831) 383-7800

- Tratamiento ambulatorio para adultos en la recuperación del abuso de las drogas
- Opciones de tratamiento asistido por medicamentos
- Evaluaciones para todos los niveles de atención

Clinica Off Main en Salinas – (831) 424-4828

- Tratamiento Medicamento Asistido, consejería para adultos dependientes de opioides
- Las opciones de medicamentos incluyen metadona, buprenorfina, disulfiram, y naltrexona

Intervenciones para Jóvenes contra las Drogas y Alcohol (DAISY) en Salinas – (831) 424-4828

- Programa de intervención de abuso de sustancias para jóvenes de 12 a 18 años
- Grupos de apoyo para padres de familia

Programa de Prevención del Uso de Sustancias (SUPP) – (831) 424-4828 x609

- Programa de intervención/prevención del uso de sustancias basado en la escuela para jóvenes

#### SERVICIOS PARA PERSONAS SIN HOGAR

Safe Place en Monterey y Salinas – (831) 373-4421; (831) 800-2688

- Centro de refugio y navegación para jóvenes viviendo en la calle y sin hogar hasta los 24 años
- Refugio de emergencia durante la noche para jóvenes sin hogar de 18 a 24 años (solo en Monterey)

Safe Passage en Monterey – (831) 717-4126

- Programa de vivienda de apoyo de transición para jóvenes sin hogar de 18 a 24 años

Programas de Alcance en las Calles de la Península de Monterey y el Valle de Salinas – (831) 373-4421; (831) 753-8553

- Alcance en las calles, ayuda para la supervivencia, asesoramiento en caso de crisis y administración de casos para jóvenes sin hogar de hasta 24 años en todo el condado de Monterey

Casa de Noche Buena en Seaside – (831) 867-8200

- Refugio de emergencia y manejo de casos para mujeres solteras y familias con niños

Shuman HeartHouse – (831) 200-1440

- Refugio de emergencia y manejo de casos para mujeres solteras y familias con niños

SHARE Center – (831) 382-6582

- Refugio de emergencia y manejo de casos para mujeres, hombres, y familias

# OUR MISSION

The Epicenter exists to empower at-risk and systems involved youth ages 16-24 to flourish by connecting them to community resources that provide opportunities for equality and hope in order to improve youth outcomes in Monterey County.

## OUR FOUNDERS



# OUR HISTORY

The Epicenter was founded on September 4, 2014 with the support of the VOICES Center in Napa, CA. Eight young people worked together to identify the core needs of youth in Monterey County. Since then we have expanded to provide an array of services to reach the diverse needs of community.

# PROGRAMS HOURS & LOCATION

## THE EPICENTER

737 S. Main St.  
Salinas, CA 93901


Spring / Summer Hours  
Monday - Thursday  
12:00 p.m. - 6:00 p.m.


Fall / Winter Hours  
Monday - Thursday  
11:00 a.m. - 5:00 p.m.

## CONTACT US

(831)988-7291

INFO@EPICENTERMONTEREY.ORG  
WWW.EPICENTERMONTEREY.ORG

 @THEEPICENTER831

 EPICENTER MONTEREY

 @THEEPICENTER831

DONATE



WEBSITE



**MONTEREY  
COUNTY'S FIRST  
YOUTH-LED  
COMMUNITY  
RESOURCE CENTER  
THAT SUPPORTS  
YOUNG PEOPLE AS  
THEY TRANSITION  
INTO ADULTHOOD.**





## FREE ART & COOKING CLASSES!

### ART CLASSES

- 2.13.25
- 3.13.25
- 4.10.25
- 5.8.25
- 6.12.25

Location:

Gonzales Adult School

Address: 650 Elko St, Gonzales, CA.

### COOKING CLASSES

- 2.14.25
- 3.14.25
- 4.11.25
- 5.9.25
- 6.13.25

Location:

Taylor Farms Family Health & Wellness Center

Address: 850 5th St, Gonzales, CA.

*For questions please call 831-675-4206*



## CLASES GRATIS DE ARTE Y COCINA

### CLASES DE ARTE

- 2.13.25
- 3.13.25
- 4.10.25
- 5.8.25
- 6.12.25

Ubicacion:

Gonzales Adult School

Address: 650 Elko St, Gonzales, CA.

### CLASES DE COCINAR

- 2.14.25
- 3.14.25
- 4.11.25
- 5.9.25
- 6.13.25

Ubicacion:

Taylor Farms Family Health & Wellness Center

Address: 850 5th St, Gonzales, CA.

*Para preguntas favor de llamar a 831-675-4206*





## VOLUNTEERS SOUGHT FOR MST'S MEASURE Q OVERSIGHT COMMITTEE

On November 4, 2014, the voters of Monterey County approved the first-ever countywide sales tax measure for public transit. In July 2015, the Monterey-Salinas Transit Local Transit Funding for Senior Citizens, Veterans and People with Disabilities sales tax, otherwise known as Measure Q, began to raise approximately \$8 million per year to be used solely for services and equipment that support transportation programs for veterans, senior citizens, and persons with disabilities. An oversight committee was created in April 2015 to review and report on the revenue and expenditure of funds from the tax.

Monterey-Salinas Transit (MST) is seeking enthusiastic volunteers to apply as a member of the oversight committee to represent the following:

- The County of Monterey, to include a representative from an unincorporated area of Monterey County.
- The Seaside- Marina-Monterey urbanized area to include a representative from among the cities of Carmel-by-the-Sea, Monterey, Pacific Grove, Seaside, Del Rey Oaks, Sand City, and Marina.
- The non-urbanized areas to include a representative from among the cities of Gonzales, Greenfield, Soledad, and King City.

The representative will be appointed by the MST Board of Directors and serve up to a three-year term. Interested candidates can learn more and obtain an application by visiting [www.mst.org/about-mst/measure-q/](http://www.mst.org/about-mst/measure-q/).

For more information, visit [www.mst.org/about-mst/measure-q/oversight-committee/](http://www.mst.org/about-mst/measure-q/oversight-committee/) or contact Lisa Rheinheimer, Deputy CEO at [lrheinheimer@mst.org](mailto:lrheinheimer@mst.org).

## THE ONLINE PAYMENT PORTAL IS NOW OPEN



### MANAGE ACCOUNT AND GO PAPERLESS

- Scan QR Code
- Click on "Sign in or Sign up"
- **ONCE YOU ARE REGISTERED**
  - Choose the way you pay: one-time payment or autopay (set day)
  - Input card information
  - Receive payment confirmation
- **GO PAPERLESS**
  - Go to "Contact Preferences" tab
  - Click on "Email"
  - Enter Email and confirm it
  - Check on any reminders you want
  - Click on "Update" at the bottom of the page

**OR**

### MAKE A QUICK PAYMENT

- Scan QR code
- Click on "Quick Pay"
- Enter your account number
- Verify your Address
- Enter the amount
- Click on Continue and make your payment

**OR**

### MAKE A PAYMENT OVER THE PHONE

- call 833-511-8076 (Toll free, 24/7)
- will need account # and street number
- (Discover, Mastercard and Visa only)



## EL PORTAL DE PAGOS EN LÍNEA YA ESTÁ ABIERTO



### ADMINISTRA CUENTA Y FACTURAS ELECTRÓNICAS

- Escanea el código QR
- Haga clic en "Iniciar sesión o Registrarse"
- **DESPUES DE REGISTRARSE**
  - Elige la forma de pago: pago único o pago automático (elija el día de pago)
  - Ingresa Información de la tarjeta
  - Recibira una confirmación
- **Configurar Factura Electrónica**
  - Vaya a "Preferencias"
  - Haga clic en "correo electrónico"
  - Ingrese el correo electrónico y confírmelo
  - Aplica los recordatorios a su gusto
  - Haga clic en "Actualizar"

**OR**

### Haga un pago rápido

- Escanea el código QR
- Haga clic en "Pago rápido"
- Ingresa tu numer de cuenta
- Verifica tu dirrección
- Ingresa la cantidad
- haga clic en "Continuar" y ingrese la informacion de su tarjeta

**OR**

### Use la opción de pagar por teléfono

- Llama al 833-511-8076 (24 horas al día, 7 días a la semana)
- Necesitará el número de cuenta y el número de calle.
- (Aceptamos Discover, Mastercard y Visa)





# GONZALES ADULT SCHOOL

-Spring 2025-

JANUARY 21ST TO MAY 29TH



Gonzales Adult School Office, 650 Elko Street, Gonzales, CA  
Office hours: Mondays-Fridays, 8:00PM-4:30PM, Except Tuesdays 8:00AM-7:30PM  
Office: (831) 675-1081 or (831) 290-0105 Website: <https://ae.gonzalesad.net>

## ENGLISH AS A SECOND LANGUAGE – MULTI-LEVEL

Classes are designed for adults who wish to improve their English language skills through instruction in reading, writing, listening, and speaking. If student attendance permits, classes will be split into beginning and intermediate/advanced levels.

ESL Inter	Mondays -Thursdays	8:30AM-10:30AM	Gonzales	FREE
ESL Adv	Mondays -Thursdays	10:30AM-12:30PM	Gonzales	FREE
ESL-Low/Beg	Tuesdays & Wednesdays	5:30PM-8:00PM	Gonzales	FREE
ESL-High Beg	Mondays & Wednesdays	5:30PM-8:00PM	Gonzales	FREE
*ESL-Low Beg	Wednesdays	5:30PM-8:00PM	Greenfield	FREE
ESL-High Beg	Tuesday & Thursdays	6:00PM-8:30PM	Greenfield	FREE

## ESL-CITIZENSHIP

This class is designed for students who would like to prepare for the USCIS Naturalization Interview & Test.

Mondays & Thursdays	5:30PM-8:00PM	Hylflex: Gonzales & Greenfield	FREE
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## HIGH SCHOOL DIPLOMA & HIGH SCHOOL EQUIVALENCY (HSE) TEST PREPARATION

### (HSET/GED)

Students may take an individualized program combining traditional instruction, self-directed studies, online classes and/or independent study to get their high school diploma or prepare for the GED/HSET exam.

Mondays & Wednesdays	1:00PM-3:00PM	Gonzales	FREE
Tuesdays & Thursdays	5:30PM-8:00PM	Gonzales	FREE
Tuesdays & Thursdays	5:30PM-8:00PM	Greenfield/Hylflex	FREE
High School Diploma (Independent Study)	By Appointment	Gonzales & Greenfield	FREE
HSET TESTING (FEE)	Please call 831-200-4505 for more information.	Gonzales	FREE

## COMPUTER LITERACY

The beginning class is designed for students who have had little or no experience using a computer. Students will have the opportunity to take the NorthStar Computer Literacy Certification and a typing certification.

Fridays	10:30AM-12:30PM	Gonzales	FREE
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## LATINO FAMILY LITERACY PROJECT

My Family Stories: A series of educational and artistic workshops for parents

Fridays	8:30AM-10:30AM	Parent Resource Center, Room C
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## INDUSTRY CERTIFICATE TESTING & TRAINING

Are you looking for a new job or career? Gonzales Adult School now offers various low-cost, short-term training or testing options for adults to boost their skills and add to their resume. Call us today (831) 675-1081 for more information.

- Paraprofessional Test
- Food Safety
- Pilates/toning
- LFC Computer Literacy (4wks)
- HSET Testing Center
- Forklift Certification (24 hrs)
- Home Health Aide Certification
- Clerical: Typing Test
- Job Search

*Please note: Schedule is subject to change. If you are interested in a particular class not listed on this flyer, please contact our office. Thank you for your interest and support!*



# ESCUELA PARA ADULTOS DE GONZALES

Primavera 2025

21 De Enero – 29 de Mayo



Oficina de Gonzales Adult School, 650 Elko Street, Gonzales, CA  
Horario de oficina: lunes a viernes, de 8:00 p.m. a 4:30 p.m., excepto los martes 8:00 a.m. a 7:30 p.m.  
Oficina: (831) 675-1081 o (831) 290-0105 Sitio <https://ae.gonzalesad.net>

## INGLÉS COMO SEGUNDO IDIOMA – MÚLTIPLE NIVELES

Las clases de inglés están diseñadas para las personas que quieren mejorar su desarrollo en el idioma a través de la instrucción en lectura, escritura, y escuchar. Las clases se dividirán por nivel de principiante y intermedio/avanzado si la asistencia de los alumnos lo permite.

ESL Principiante	lunes - jueves	8:30AM-10:30AM	Gonzales	Gratis
ESL Avanzado	lunes - jueves	10:30AM-12:30PM	Gonzales	Gratis
ESL Nivel Principiante	martes y miércoles	5:30PM-8:00PM	Gonzales	Gratis
ESL Nivel Inter/Avanzado	lunes y miércoles	5:30PM-8:00PM	Gonzales	Gratis
*ESL-Principiante	miércoles	5:30PM-8:00PM	Greenfield	Gratis
ESL-Principiante avanzado	martes & jueves	6:00PM-8:30PM	Greenfield	FREE

## ESL-CIUDADANÍA

Esta clase está diseñada para los estudiantes que quieren prepararse para la entrevista y examen de Naturalización USCIS.

lunes y jueves	5:30PM-8:00PM	En Greenfield y Gonzales	*También se ofrece en línea	Gratis
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## PREPARACIÓN PARA EL EXAMEN EQUIVALENTE (HSE) A LA PREPARATORIA (HSET/GED)

Los estudiantes pueden tomar un programa individualizado que combina instrucción tradicional, estudios independientes, clases en línea y/o estudio independiente para obtener su diploma de escuela secundaria o prepararse para el examen GED/HSET.

lunes y miércoles	1:00PM-3:00PM	Gonzales	Gratis
martes y jueves	5:30PM-8:00PM	Gonzales	Gratis
martes y jueves	5:30PM-8:00PM	Greenfield/Virtual	Gratis
High School Diploma (Estudios Independientes)	Por Cita	Gonzales & Greenfield	Gratis
Examen de HSET	Llame al 831-200-4505 para más información.	Gonzales	(COSTO)

## CLASES DE COMPUTACIÓN BÁSICA

La clase de principiantes está designada para personas con poca o ninguna experiencia en el uso de las computadoras. Los estudiantes tendrán la oportunidad de obtener certificación en NorthStar Computer Literacy y certificado de mecanografía.

viernes	10:30AM-12:30PM	Gonzales	Gratis
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## LATINO FAMILY LITERACY PROJECT

Mis historias de familia: una serie de talleres educativos y artísticos para padres

viernes	8:30AM-10:30AM	Gonzales	Gratis
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## PRUEBA DE CERTIFICACIÓN Y ENTRENAMIENTO

¿Está buscando un nuevo empleo o carrera? La Escuela de Gonzales para Adultos ahora está ofreciendo varios entrenamientos a corto plazo de bajo costo u opciones de exámenes para que los adultos aumenten sus habilidades y agregan a su currículo.

- Examen de Asistente de Maestra (nivel avanzado de inglés)
- Seguridad alimentaria
- Fibromialgia
- LFC Clase de Computación Básica (4 semanas)
- Centro de Exámenes HSET
- Certificado de Mecanografía
- Home Health Aide Certification
- Certificado de Montacargas (Forklift) 24 horas
- Búsqueda de trabajo

*Por Favor anote: los horarios y fechas están a sujeto de cambio, si está interesado en alguna clase en particular y no está en este boletín, favor de comunicarse a la oficina. ¡Gracias por su interés y apoyo!*



# FAMILIA ADELANTE

IRIFAS EN CADA  
SESIÓN!

PROGRAMA DE 10 SEMANAS PARA  
PADRES/CUIDADORES Y JÓVENES DE 10 A 14 AÑOS

Te invitamos a ser parte de Familia Adelante, un programa diseñado para ayudar a las familias a desarrollar habilidades y herramientas que fortalezcan la resiliencia, la comunicación y el éxito en la cultura estadounidense.



CADA MARTES  
25 DE MARZO, 2025



HARTNELL COLLEGE  
SALON: SEC-114  
SOLEDAD, CA



5:50 PM - 7:30 PM

## TEMAS

### Aculturación

Como adaptarse y adoptar las costumbres, valores y tradiciones de otra cultura al interactuar con ella.

### Estrés

Cómo afrontar el estrés y encontrar la serenidad

### Comunicación

Cómo escuchar las necesidades de tu hijo

### Para más información

(831) 498-8535

[www.reallygreatsite.com](http://www.reallygreatsite.com)

[gsalgado@p4pmc.org](mailto:gsalgado@p4pmc.org)

Escanear para registrarse  
1 registro por persona







## Sun Street Centers' Prevention Department

Dedicated to building healthy and safe communities, the Prevention Department provides a variety of services to youth, adults and families, in order to build awareness and promote action toward resolving community health problems relating to drug and alcohol abuse in Monterey County.

Interested in scheduling a presentation or training?

### Contact us today:

**South County:** María Camacho, Manager  
(831) 401-5252 | [mcamacho@sunstreet.org](mailto:mcamacho@sunstreet.org)

**Salinas:** Gina Marin, Program Manager  
(831) 753-5150 | [gmarin@sunstreet.org](mailto:gmarin@sunstreet.org)

**Península:** Katia Gutiérrez, Program Manager  
(831) 401-5505 | [kgutierrez@sunstreet.org](mailto:kgutierrez@sunstreet.org)

## Prevention Services:

### Vaping and Cannabis Presentation

**Elementary/5th Grade Students**  
Informs students about the effects of vaping tobacco and marijuana products.

### Gateway Drug Presentation

**Youth and Parents**  
Highlights the risks associated with underage use of alcohol, tobacco/e-cigarettes, marijuana, and prescription medication.

### Drugged Driving Presentation

**High School Students**  
Informs high school students about the dangers of both: underage use and driving under the influence of cannabis.

### Substance Abuse and Bullying Presentation

**Youth and Adults**  
Information about bullying prevention and it's correlation with substance use.

### Bovin's Life Skills Training

**Youth and Parents**  
Interactive evidence-based 8-10 week program for students and parents designed to help promote a positive health style and the personal development of youth, parents, and their children.

### Cannabis Decoded

**Parents**  
Equips parents with the tools necessary to start the conversation about cannabis use by gaining knowledge regarding the dangers of underage use and legalities.

### Safe Teens Empowerment Project (STEPS)

**High School Students**  
STEPS aims to reduce alcohol-related traffic injuries and deaths by using peer-to-peer approach. Community services hours and job opportunities are available.

### P.A.R.T.S. Coalition

A county-wide coalition focused on preventing alcohol related trauma and substance use among youth and adults. Meetings are open to community groups and individuals.

### Darlene Acosta Youth Center

King City, CA  
The Youth Center provides a computer room, a teen clothes closet, a food pantry, and a student lounge equipped for meetings, group trainings and activities.



## Departamento de Prevención Sun Street Centers

Dedicada a construir comunidades saludables y seguras, el Departamento de Prevención brinda una variedad de servicios a jóvenes, adultos y familias, con el fin de crear conciencia y promover acciones para resolver los problemas de salud de la comunidad relacionados con el abuso de drogas y alcohol en el condado de Monterey.

¿Le interesa programar una presentación o capacitación?

### Contáctenos hoy:

**Sur del Condado:** María Camacho, Gerente  
(831) 401-5252 | [mcamacho@sunstreet.org](mailto:mcamacho@sunstreet.org)

**Salinas:** Gina Marin, Gerente del Programa  
(831) 753-5150 | [gmarin@sunstreet.org](mailto:gmarin@sunstreet.org)

**Península:** Katia Gutiérrez, Gerente del Programa  
(831) 401-5505 | [kgutierrez@sunstreet.org](mailto:kgutierrez@sunstreet.org)

## Servicios de Prevención:

### Presentación de Vapeo y Cannabis

**Estudiantes de Primaria/5to Grado**  
Informa a estudiantes sobre los efectos de los productos de vapeo de marihuana y tabaco.

### Presentación de Drogas de Iniciación

**Jóvenes y Padres**  
Destaca los riesgos asociados con el consumo de alcohol, tabaco/cigarrillos electrónicos, marihuana y medicamentos recetados por parte de menores.

### Presentación de Conducir Bajo la Influencia de Drogas

**Estudiantes de Secundaria**  
Informa a estudiantes de secundaria sobre los peligros del uso de menores y conducir bajo la influencia del cannabis.

### Presentación de Abuso de Sustancias y Acoso

**Jóvenes y Adultos**  
Información sobre la prevención del bullying y su correlación con el consumo de sustancias.

### Entrenamiento Destrezas de La Vida de Bovin

**Jóvenes y Padres**  
Programa interactivo de 8-10 semanas basado en evidencia para estudiantes y padres diseñado para ayudar a promover un estilo de salud positivo y el desarrollo personal de los jóvenes, los padres y sus hijos.

### Cannabis Decodificado

**Padres**  
Equipa a los padres con las herramientas necesarias para iniciar la conversación sobre el consumo de cannabis adquiriendo conocimientos sobre los peligros del consumo y la legalidad por parte de menores.

### Programa de STEPS

**Estudiantes de Secundaria**  
STEPS tiene como objetivo reducir las lesiones y muertes de tráfico relacionadas con el alcohol. Oportunidades de horas de servicio comunitario y trabajos están disponibles.

### Coalición PARTS

Una coalición de todo el condado enfocada en prevenir el trauma relacionado con el alcohol y el uso de sustancias entre jóvenes y adultos. Las reuniones están abiertas a grupos comunitarios e individuos.

### Centro Darlene Acosta para Jóvenes

King City, CA  
El centro de jóvenes ofrece una sala de computadoras, un armario de ropa para adolescentes, una despensa de alimentos y un salón para estudiantes equipado para reuniones, capacitaciones grupales y actividades.



# SENECA

FAMILY OF AGENCIES | UNCONDITIONAL CARE

## ENHANCED CARE MANAGEMENT

### WHAT IS ECM?

A Medi-Cal benefit that addresses clinical and non-clinical needs through highly coordinated care management.



Increase Health Promotion



Engage Family Members

### ECM SERVES YOUTH WHO ARE:

At risk of/or experiencing homelessness



Provide Coordination of Care

Transitioning from incarceration



Support with Transitional Care

At risk for Avoidable Hospitalization or ED Utilization



Connect to Community and Social Resources

Stepping down from intensive mental health services

Experiencing serious mental health and/or SUD needs

Involved in Child Welfare

TOLL FREE (833) 773 - 6322 [ECM\\_Info@senecacenter.org](mailto:ECM_Info@senecacenter.org)



# SENECA

FAMILY OF AGENCIES | UNCONDITIONAL CARE

## ECM CAN SUPPORT YOUTH WITH:



Accessing medical, dental, and eye care



Connecting with mental health services



Addressing academic-related needs



Scheduling appointments



Arranging transportation to/from appointments



Finding and receiving housing resources



Identifying interests & participating in community activities



Building stronger family and community connections

### TO REFER TO SENECA ECM:



(833) 773 - 6322



[ECM\\_Info@senecacenter.org](mailto:ECM_Info@senecacenter.org)

TOLL FREE (833) 773 - 6322 [ECM\\_Info@senecacenter.org](mailto:ECM_Info@senecacenter.org)



## ADMINISTRACIÓN DE LA ATENCIÓN MEJORADA (ECM, POR SUS SIGLAS EN INGLÉS)

### ¿QUÉ SON LOS SERVICIOS DE ECM?

Un beneficio de Medi-Cal que aborda las necesidades clínicas y no clínicas a través de la administración de la atención altamente coordinada.



**Aumentar la  
autonomía en la  
salud**

### ECM ATIENDE A JÓVENES QUE:

Están en riesgo de o ya sufren la falta de vivienda



**Buscar la  
participación de  
los miembros de  
la familia**

Están haciendo la transición del encarcelamiento



**Proporcionar  
coordinación de la  
atención**

Están en riesgo de hospitalización evitable o uso de la sala de emergencias



**Brindar apoyo con  
la atención de  
transición**

Están haciendo la transición de servicios intensivos de salud mental



**Conectar con los  
recursos  
comunitarios y  
sociales**

Presentan necesidades graves de salud mental o trastorno por consumo de sustancias

Están involucrados con los servicios de bienestar infantil

## ECM PUEDE AYUDAR A LOS JÓVENES A:



Acceder a atención médica, dental y oftalmológica



Conectarlos con servicios de salud mental



Abordar las necesidades escolares



Programar citas



Organizar el transporte hacia y desde las citas



Encontrar y recibir recursos de vivienda



Identificar intereses y participar en actividades comunitarias



Construir conexiones familiares y comunitarias más sólidas

## PARA REMITIR A LOS SERVICIOS DE ECM DE SENECA:



(833) 773 - 6322



ECM\_Info@senecacenter.org



## ¿Por qué CASA?

Los niños y jóvenes en cuidado de crianza que cuentan con CASAs tienen mejores resultados:

- Pasan un promedio de 7.5 meses menos en el sistema de cuidado de crianza.
- Experimentan menos cambios de hogar.
- Mejoran su desempeño educativo.
  - 83% de aumento en la asistencia escolar.
  - 74% de mejora en las calificaciones.
  - 70% de aumento en los créditos hacia la graduación de la preparatoria.

Como CASA, serás un defensor de un niño en el tribunal, el aula y la comunidad. Los CASAs empoderan a los jóvenes para imaginar un futuro más brillante y hacer que sus voces sean escuchadas.



## Contáctenos

Teléfono  
831-222-3965

Correo Electrónico  
info@casaofterrey.org  
Sitio Web  
www.casaofterrey.org

Dirección  
945 S. Main St. Suite 107  
Salinas, CA 93901

### NUESTRA MISIÓN

Reclutar, capacitar y apoyar a voluntarios de la comunidad que abogan por niños y jóvenes en el sistema de cuidado de crianza y en la justicia juvenil. Defender los derechos de los niños y jóvenes y buscar un hogar seguro y permanente, brindando el apoyo, el empoderamiento y los recursos necesarios para sanar y prosperar en la adultez.



CASA  
Court Appointed Special Advocates  
FOR CHILDREN

CASA OF MONTEREY COUNTY

Abogando, Apoyando y  
Empoderando a los Niños  
y Jóvenes del Condado de  
Monterey  
en el Sistema de Cuidado  
de Crianza  
y Justicia Juvenil.



## COURT APPOINTED SPECIAL ADVOCATES

Establecida en 1995, CASA del Condado de Monterey es la única agencia que ofrece defensa basada en los derechos para los niños en cuidado de crianza en el Condado de Monterey. En 2023, comenzamos a servir a jóvenes en el sistema de justicia juvenil. Somos uno de los más de 950 miembros del programa nacional CASA.

Con el apoyo del personal de CASA, los voluntarios aumentan el sentido de autoestima de un niño, abordan sus necesidades educativas, abogan por un hogar permanente y brindan orientación. Los defensores deben tener al menos 21 años de edad y se les pide hacer un compromiso mínimo de 18 meses, de 12 a 18 horas al mes, para asegurar la estabilidad y consistencia para los niños y jóvenes a los que servimos.

## ¿Quiénes son los CASAs?

CASAs son personas comunes con corazones extraordinarios que quieren hacer la diferencia.



### Nuestros Voluntarios:

- Abogan por un niño o joven en cuidado de crianza o en justicia juvenil en la escuela, en la comunidad y ante el juez de dependencia o de justicia juvenil.
- Se convierten en un adulto estable para el niño o joven.
- Introducen al niño o joven a un mundo de oportunidades y recursos.

Los voluntarios deben tener al menos 21 años de edad y se les pide hacer un compromiso mínimo de 18 meses, de 12 a 18 horas por mes, para asegurar la estabilidad y consistencia para los niños y jóvenes a los que servimos.

## Únete a nosotros hoy

¿Estás listo para embarcarte en un viaje gratificante lleno de aprendizaje, conexiones significativas y la oportunidad de marcar la diferencia?

Te invitamos a unirse a nuestra misión y convertirte en un defensor de los niños y jóvenes abusados y descuidados.

Regístrate para una sesión informativa usando el código QR o llamando al

831-222-3965  
¡y comienza hoy!



¡... y descubre  
tu superpoder!



**MARK YOUR CALENDARS AND JOIN US FOR FREE CHAIR YOGA  
SPONSORED BY SALINAS VALLEY HEALTH!**



**DATES:**

- Sat. February 8 & 22
- Sat. March 8 & 22



**TIME:** 9-10 AM



**LOCATION:** Taylor Farm Family Health & Wellness Center

**MARQUEN SUS CALENDARIOS Y ACOMPÁÑENNOS PARA YOGA EN  
SILLA GRATIS PATROCINADO POR SALINAS VALLEY HEALTH!**



**FECHAS:**

- Sabado. February 8 y 22
- Sabado. March 8 y 22



**HORARIO:** 9-10 AM



**DIRECCION:** Taylor Farm Family Health & Wellness Center



**MARK YOUR CALENDARS AND JOIN US FOR FREE CHAIR YOGA  
SPONSORED BY ALLIANCE ON AGING!**



**DATES:**

- Wed. February 12
- Wed. March 12
- Wed. April 9
- Wed. May 14
- Wed. June 11



**TIME:** 9-10 AM



**LOCATION:** Taylor Farm Family Health & Wellness Center

County of Monterey  
**Healthy Aging  
Program**



**MARQUEN SUS CALENDARIOS Y ACOMPÁÑENNOS PARA YOGA EN  
SILLA GRATIS PATROCINADO POR ALLIANCE ON AGING!**



**FECHAS:**

- Miercoles February 12
- Miercoles March 12
- Miercoles April 9
- Miercoles May 14
- Miercoles June 11



**HORARIO:** 9-10 AM



**DIRECCION:** Taylor Farm Family Health & Wellness Center

County of Monterey  
**Envejecimiento  
Saludable**





**NO PLASTIC IN THE GREEN CART!**



**¡NADA DE PLÁSTICO EN EL BOTE VERDE!**





# *Congratulations Jorge Ochoa*

THE MONTEREY BAY CHAPTER - AMERICAN PUBLIC WORKS  
ASSOCIATION AWARDED JORGE OCHOA, A GONZALES HIGH  
GRAD A SCHOLARSHIP OF \$3500  
JORGE IS PURSUING A DEGREE IN CONSTRUCTION  
MANAGEMENT.



## FREE PRODUCE BOX DISTRIBUTION

**WEDNESDAYS 10 AM**  
**CENTRAL PARK, 207 5TH ST**  
**GONZALES**

- ▶ In partnership with California Farms Together, Savor the Local, and Blue Zones Project Monterey County, the City of Gonzales is offering **FREE**, locally grown produce to the Gonzales community.
- ▶ Need fresh produce? Come pick up a box! No questions asked.
- ▶ The program will run **WEEKLY**

For more information please contact (831) 675-4206



Savor  
the  
Local

FARM TO RESTAURANT • HOME • MARKET



## DISTRIBUCIÓN DE CAJAS DE FRUTAS Y VERDURAS GRATIS

**CADA MIÉRCOLES 10 AM**  
**PARQUE CENTRAL, 207 5TH ST**  
**GONZALES**

- ▶ En colaboración con California Farms Together, Savor the Local, y Blue Zones Project Monterey County, la Ciudad de Gonzales está ofreciendo **CAJAS GRATIS** de productos frescos cultivados localmente, para la comunidad de Gonzales.
- ▶ Necesita frutas y verduras? ¡Venga a recoger una caja! - Sin preguntas.
- ▶ El programa se llevará a cabo **SEMANALMENTE**

Para más información, por favor comunicase al (831) 675-4206



Savor  
the  
Local

FARM TO RESTAURANT • HOME • MARKET



# GONZALES UNIFIED SCHOOL DISTRICT

Personnel Department ♦ 600 Elko St., PO Box G ♦  
Gonzales, California ♦93926  
Phone (831)675-0100 ♦ Fax (831) 675-1172

## ANNOUNCEMENT OF CLASSIFIED VACANCIES 2024/2025

### WHO MAY APPLY:

Both men and woman are encouraged to apply for any position. This organization is an Equal Opportunity Employer and does not discriminate on the basis of race, color, national origin, creed, age, gender or disability. Inquiries regarding compliance procedures may be directed to our personnel office.

This organization complies with the Americans with Disabilities Act. Persons with a disability who may need some accommodation in the hiring process should contact our personnel office.

This organization requires a successful candidate to provide it with employment eligibility and verification of a legal right to work in the United States in compliance with the Immigration Reform and Control Act. June 1997.

### HOW TO APPLY:

Current employee applicants should file a letter of interest. First time employee applicants should fill out an Employment Application at <http://www.edjoin.org/gonzales> or at the District Office.

### INSTRUCTIONAL AIDE ASSESSMENTS ARE HELD AT:

Gonzales Alternative Education Center, Room 1 · 650 Elko Street · Gonzales · (831) 675-1081 ext. 2649 – space is limited – register early to guarantee a seat · Testing will take place on Tuesdays at 9:00 a.m. and 5:00 p.m. Photo ID required · \$45.00 fee · 2 1/2-hour test (fee waived for Gonzales USD hires)

### DEADLINE:

The Personnel Department must receive applications and/or letter of interest by 5:00 p.m. on the deadline date posted with each position opening unless otherwise noted.



SCAN ME





**City of Gonzales Awarded Project of the Year Award for construction of an Emergency Disposal Pond**



# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's  association

THE BRAINS BEHIND SAVING YOURS.™





AOA  
MEMORY CAFÉ  
@ THE HUB



The AOA Memory Café @ The HUB is a new, welcoming space designed for individuals with memory loss and their caregivers to connect, engage, and find support.

- A warm and friendly atmosphere to meet others who understand your journey
- Engaging activities like Chair Yoga, Art, Music, and Games
- Complimentary healthy snacks and drinks
- Educational resources and expert insights on memory care

**JOIN US**

**WHEN:** FIRST & THIRD MONDAY EVERY MONTH  
2:00PM—4PM

SECOND & FOURTH TUESDAY EVERY MONTH  
10:00AM—12:00PM

**WHERE:** 236 MONTEREY STREET, SALINAS

**TO LEARN MORE CALL JODY at 831-646-4931**





EDUCATION WORKSHOP

# KEEPING THE CARE RECEIVER ACTIVE AT HOME



TUESDAY, APRIL 22ND

11AM- 12PM

ALLIANCE ON AGING HUB  
236 MONTEREY ST, SALINAS, CA 93901

## Join Us!

Learn practical tips and  
activities to keep your loved  
one engaged, active, and  
thriving at home.



CALL  
831-646-5050  
TO REGISTER

County of Monterey  
**Healthy Aging  
Program**



**Del Mar Caregiver  
Resource Center**  
A Program of Health Projects Center



EDUCATION WORKSHOP

# NUTRITION



MONDAY, MAY 19TH

2:30PM-3:30PM

ALLIANCE ON AGING HUB

236 MONTEREY ST, SALINAS, CA 93901

## Join Us!

Learn how proper nutrition  
can support healthy aging,  
boost energy, and improve  
overall well-being



CALL  
831-646-5050  
TO REGISTER

County of Monterey

Healthy Aging  
Program



Del Mar Caregiver  
Resource Center  
A Program of Health Projects Center





## Monterey County Free Libraries

# LIBRARY BY MAIL

Library materials are mailed to residents in Monterey County with a valid library card.

Postage for delivery and pick up is prepaid -  
**no cost to you!**

Adult, young adult, and children's materials, large print books, talking books, Playaways, DVDs, and more - sent right to your mailbox!



### Contact Us:

831-883-7544 or 1-800-322-6884

[www.eMCFL.org](http://www.eMCFL.org)

[Library-by-mail@countyofmonterey.gov](mailto:Library-by-mail@countyofmonterey.gov)



When you borrow through **Library by Mail**, you have several ways to select your materials!

## TO USE LIBRARY BY MAIL YOU CAN....

- Go online to [www.eMCFL.org](http://www.eMCFL.org), login to your account and place your materials on hold. Select "**Library by Mail**" as your pick-up location. Materials will be sent to you by mail.
- Call **Library by Mail** staff and let them know what you would like to order and they will put your selections on hold for you.
- Ask the **Library by Mail** staff to choose items for you. Simply provide the names of authors or subjects that interest you.

Once items are received they will be mailed to you in reusable shipping bags. Return postage is pre-stamped on the mailing label. Please return all items borrowed in the same shipping bag you received them in or return the complete bag to any Monterey County Free Library.



Serving Rural South Monterey County  
For Veterans, Seniors and Visually Impaired Adults

## RIDE

Become a member of ITNMontereyCounty.

- Trips for Medical, Grocery or Pharmacy needs M-F 7a-7p
- Rides provided in private autos, insured and inspected
- Sponsored \$25 Annual Membership Fee
- Flat rate cost based on mileage
- More affordable and reliable than a Taxi, Uber/Lyft
- Low income rates available



"Arm through arm, door through door service."

## VOLUNTEER

Become a volunteer driver for a member in need.

- Drive at your own convenience
- Most rides less than 30 minutes
- Meet interesting people while helping others
- Earn credits for yourself or a loved one, or get mileage reimbursement

## DONATE

Help make it possible for services to continue and grow.

## SHARE

Tell others about the wonderful work of ITNMontereyCounty!

**ITNMontereyCounty**  
Dignified transportation for seniors

A Nonprofit Organization

Call us at (831) 233-3447

236 Monterey Street, Salinas CA 93901

info@ITNMontereyCounty.org | ITNMontereyCounty.org



Sirviendo zonas sur rurales del condado de Monterey  
Para veteranos, personas mayores y adultos con discapacidad visual

## VIAJE CON NOSOTROS

Sea miembro de ITNMontereyCounty.

- Transportación a citas médicas, compras o farmacia de lunes a viernes de 7am – 7pm
- Transporte por autos particulares, asegurados e inspeccionados
- Cuota anual de afiliación patrocinada de \$25 dólares
- Costo en base a la tarifa fija de millaje total
- Más seguro y económico que un taxi, Uber o Lyft
- Tarifas especiales para personas de bajos ingresos



"Asistencia de brazo a brazo y puerta a través de puerta"

## VOLUNTARIO

Sea un chofer voluntario para un miembro necesitado.

- Done su tiempo a su conveniencia
- Viajes son de 30 minutos o menos
- Conozca a personas interesantes mientras ayuda a los demás
- Gane créditos para sí mismo o para un ser querido, o reciba reembolso de millaje

## CONTRIBUYE

Ayude a hacer posible que nuestros servicios continúen expandiendo.

## COMPARTA

¡Diga a otros de la importante obra de ITNMontereyCounty!

**ITNMontereyCounty**  
Dignified transportation for seniors

Transportación digna para personas mayores  
Organización sin fines de lucro

Llame a (831) 233-3447

236 Monterey Street, Salinas CA 93901

info@ITNMontereyCounty.org | ITNMontereyCounty.org

# GONZALES ADULT SCHOOL



GROWING TALENT • SUPPORTING BUSINESS

**ARE YOU 18+ AND LOOKING FOR A JOB?  
MONTEREY COUNTY WORKS CAN HELP!**



**Mondays**



**08:00 AM - 4:00 PM**



**Gonzales Adult School  
650 Elko St.  
Gonzales, Ca 93926**



**(831) 675-1081**



**<https://ae.gonzalesusd.net/>**




**<https://montereycountyworks.com/>**





HARTNELL COLLEGE  
**SOUTH COUNTY  
 EDUCATION CENTER TOURS**





**SOLEDAD**  
 EDUCATION CENTER  
 1505 METZ ROAD  
 SOLEDAD, CA 93960

**KING CITY**  
 EDUCATION CENTER  
 117 NORTH 2ND ST.  
 KING CITY, CA 93930

**TOURS OFFERED ALL YEAR ROUND**

[bit.ly/hcsctours](https://bit.ly/hcsctours)

K-12 SCHOOLS ENCOURAGED TO SIGN UP!

QUESTIONS OR NEED A SPECIFIC DATE?

WEBSITE	PHONE	PHONE NUMBER
<a href="https://bit.ly/hcsctours">BIT.LY/HCSCTOURS</a>	<a href="mailto:southcounty@hartnell.edu">SOUTHCOUNTY@HARTNELL.EDU</a>	831.755.6222

**MEET WITH A  
 COUNSELOR**  
 at a South County Education Center



[bit.ly/hcscc](https://bit.ly/hcscc)

Scan the QR code to set up an appointment with a counselor. We have counseling in person, online, both at King City and Soledad Education Centers.



**SERVICES**

- Develop Education Plans
- Graduation Petitions
- Course Equivalencies/ Transcript
- Evaluate Financial Aid / SAP Appeals
- Academic Dismissal/ Reinstatement
- Petitions Questions/ Concerns



HARTNELL COLLEGE

**WE ARE  
 HIRING!**  
**PART-TIME INSTRUCTORS**



**ABOUT POSITIONS**

- Teach at Hartnell's Soledad, King City Education Center &/or Rising Scholars Program
- Flexible Schedules: Daytime, Evenings, and Saturdays

**REQUIREMENTS**  
 Master's Degree in Discipline OR the Equivalent

**APPLY NOW**

Contact  
 Ana Gonzalez  
[agonzalez@hartnell.edu](mailto:agonzalez@hartnell.edu)  
 831.755-6779  
 1505 Metz Road  
 Soledad, CA 93960




South County Arts Empowerment  
**SCHOLARSHIP**  
**HARTNELL STUDENTS SHOWCASE YOUR TALENTS!**  
 Visual | Performing | Digital | Ceramic | Mixed Media | Literary

All selected recipients receive  
**up to \$500**

**APPLY BY MARCH 10, 2025**

With the Application will include:



**APPLY NOW**

<https://artscouncil.edu/hartnell/>



**SHOWCASE  
 MAY 9 2025**

117 N. 2ND ST.  
 KING CITY

1PM - 6PM



Spectrum▶

You're invited!



# INTERNET AWARENESS DAY

Thursday, May 8, 2025

5:30 PM

King City Recreational Center

401 Division St, King City, CA 93930

## FREE EVENT!

- Computer Distribution for the first 40 Families
- Tech Support
- Resources
- Refreshments for the first 40 people
- And More!

Sign Up to get a computer by calling 831-393-9260 or register on our website!

[www.lfctech.org](http://www.lfctech.org) 



Scan QR Code  
below to Register!



Special thanks to King City Recreational to use their facility for this event



Spectrum▶

Están invitados!



# DÍA DE LA CONCIENCIACIÓN SOBRE INTERNET

Jueves 8 de Mayo del 2025

5:30 PM


Centro Recreativo de King City

401 Division St, King City, CA 93930

## ¡EVENTO GRATUITO!

- Distribución de computadoras para las 40 primeras familias
- Apoyo técnico
- Recursos
- Refrescos para las 40 primeras personas
- Y mucho más

Inscríbete para conseguir una computadora llamando al 831-393-9260 o regístrate en nuestra página web.

[www.lfctech.org](http://www.lfctech.org) 



Escanee el código  
QR para registrarse



Un agradecimiento especial a King City Recreational por utilizar sus instalaciones para este evento.



Loaves, Fishes & Computers

## Strengthening Community Through Technology

LFC is dedicated to digital inclusion by serving the Monterey, San Benito & Santa Cruz counties providing free and low-cost resources that support access to our ever increasing digital society.

830 Park Row  
Salinas CA, 93901

Open Tuesday - Saturday  
10:00 am - 4:00 pm

831-393-9260

## Our Services



### Refurbished Computers

Refurbished computers & accessories for sale. Desktops start at \$50



### Repair & Tech Support

Get help with basic tech questions and issues or leave your computer for repair to our expert technicians



### Digital Literacy

Free digital literacy classes and information on a variety of tech skills and applications. Contact us for more information!



### Support for Seniors

Free tech services for adults 60+ years old. In partnership with the Monterey County Area Agency on Aging. (Repairs not included)

## Who we serve

Anyone can access our services. Low-cost and free resources are provided for the following individuals:

- Low-income (HUD Guidelines)
- Seniors 60+
- Veterans
- Unemployed
- Medi-Cal/Medicare Recipients
- SNAP Recipients
- Disabled
- Students receiving free/reduced lunch
- CARES/Lifeline Beneficiaries

Visit us to find out if you qualify!

[www.lfc.org](http://www.lfc.org)

Tax ID: 27-0187805



## CONNECTING SENIORS WITH TECHNOLOGY

FREE Computer and Technology Skills Classes for Seniors

Clases GRATUITAS de Computación y Tecnología para Adultos Mayores

### Learn about:

- Smartphones/Tablets
- Chromebooks/Computers
- Email
- Online Safety Tips
- Online Shopping
- Web search for Local Resources



## CONECTANDO ADULTOS MAYORES CON TECNOLOGÍA



SENIORS AGES 60 & OVER -  
ADULTOS MAYORES,  
EIDADES 60 Y MÁS

### Aprenda como usar:

- Celulares inteligentes/Tabletas
- Chromebooks/Computadoras
- Correo Electronico
- Consejos de Seguridad en Línea
- Compras en Línea
- Búsqueda de Recursos Locales en la Web

Call us for more information - Llámenos para más información

 **(831) 393-9260 Ext. # 302**

THE PROGRAM IS **FREE**. DONATIONS ARE APPRECIATED BUT NOT REQUIRED.  
EL PROGRAMA ES **GRATIS**. LAS DONACIONES SON APRECIADAS PERO NO REQUERIDAS.



# GONZALES ADULT SCHOOL

## ALFABETIZACIÓN DIGITAL PARA PRINCIPIANTES

Los invitamos a participar en la clase de alfabetización digital. Complete las 6 clases y reciba una computadora Chromebook GRATIS!



**COMIENZA EL 1 DE ABRIL!**

DEL 1 DE ABRIL AL 17 DE ABRIL

MARTES Y JUEVES

6:00-8:00PM

EN GONZALES!

650 ELKO ST. SALON 1

DATES: 4/1, 4/3, 4/8, 4/10, 4/15, 4/17



**lfc** 

**LLAME A LA OFICINA PARA REGISTRARSE**  
**(831)675-1081**



Enter a Drawing to  
Win a **\$500 Gift  
Card** & Support the  
Salinas Regional  
Soccer Complex  
(SRSC)—All in Just  
5 Minutes!

SCAN ME



<https://salinassoccer.org/#survey>



¡Completa la  
encuesta para tener  
la **oportunidad** de  
ganar **una tarjeta de  
regalo de \$500** y  
apoyar Salinas  
Regional Soccer  
Complex (SRSC) –  
Todo en solo 5 minutos!

SCAN ME



<https://salinassoccer.org/#survey>





# YOGA IS FOR EVERYBODY

Healthy Aging  
Program



# EVENTOS DE ABRIL 2025

MES DE VOLUNTARIOS



**Taste the blue zones  
in King City**  
martes 4/08 | 10AM  
Broadway Street  
KING CITY



**Caminata y Vino**  
domingo, 4/13 | 10AM  
CRU Winery  
37500 Foothill Rd.  
SOLEDAD



**Limpieza del  
complejo de Salinas**  
martes 4/29 | 4:30PM  
Soccer Complex  
1440 Constitution Blvd.  
SALINAS

Únase a nosotros para explorar temas centrales inspirados en los principios originales de Power 9® de las Zonas Azules que ayudan a las personas a vivir vidas más largas y saludables.



Para registrarse, escanee el código QR o visite: <https://bit.ly/BZPMCEventbrite>

# APRIL EVENTS 2025

VOLUNTEER MONTH



**Taste the blue zones  
in King City**  
Tuesday, 4/08 | 10AM  
Broadway Street  
KING CITY



**Hike and wine**  
Sunday, 4/13 | 10AM  
CRU Winery  
37500 Foothill Rd.  
SOLEDAD



**Soccer Complex  
Clean-up**  
Tuesday, 4/29 | 4:30PM  
Soccer Complex  
1440 Constitution Blvd.  
SALINAS

Join Blue Zones Project in exploring core themes inspired by the original Blue Zones Power 9® Principles that help people live longer, healthier lives.



To register, scan QR code or visit: <https://bit.ly/BZPMCEventbrite>

GONZALES COMMUNITY CENTER



# HONOR SOMEONE TODAY

BRICK MARKERS® USA  
(Optim. Brand)  
VITRIX® Process  
(Vital Fund)  
Marked For Life™  
(Either Name, Either Fund)



Be a Part of  
Tomorrow..... Today!  
Buy a Brick!

Buy a brick today to support the Dennis and Janice Community Center and be a part of history! The brick will be displayed in the Courtyard area.

The price will vary depending on dimension; please refer to the prices displayed below:

Scan QR Code for  
registration



4x8 pavers - \$250

8x8 pavers - \$500

12x12 pavers - \$1,500

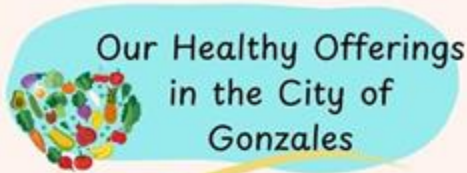
**LAST DAY TO REGISTER WILL BE FRIDAY, MAY 9TH.**

For questions please call: 831-675-5000





## The Power of Healthy Food



## Our Healthy Offerings in the City of Gonzales



Healthy Eating



Happy Living

-  Boost Your Immunity
-  Energize Your Body
-  Maintain a Healthy Weight
-  Enhance Your Mood
-  Support Digestion
-  Reduction of Chronic Disease: Obesity & Diabetes

Eating healthy is crucial for maintaining overall well-being and preventing various health issues.



-  Food Distribution (Every Wednesday at Central Park, 207 5th St) Starting @10AM
-  Cooking Classes 4/11, 4/15, 5/9, 5/20, 6/13 & 6/17 located at 850 5th St, @ 11:30AM Taylor Farm Clinic
-  Community Garden on the corner of Elko & Fairview Dr.
-  Luigi's offers a variety of dishes that cater to health-conscious diners (346 Alta St.)
-  La Plaza Bakery (33 3rd St.)
-  To get involved, in the sports we are currently offering visit the link below [www.teamsideline.com/sites/gonzales](http://www.teamsideline.com/sites/gonzales)




**SURVEY?**  
HELP US, MAKE A CHANGE

**QUESTIONS**  
Gonzales City Hall  
147 4th St, Gonzales, CA  
93926

831-675-5000

<https://gonzalesca.gov>




## El Poder de la Comida Saludable


Alimentación Saludable





Vida Feliz


 Fortalece tu Inmunidad

 Energiza tu Cuerpo


 Mantenga un peso saludable

 Mejora tu estado de ánimo

 Apoyar la digestión

 Reducción de enfermedades crónicas: obesidad y diabetes

Comer sano es crucial para mantener el bienestar general y prevenir diversos problemas de salud.



## Nuestras ofertas saludables en la ciudad de Gonzales



Distribución de alimentos (todos los miércoles en Central Park, 207 5th St) a las 10 a. m.



Clases de cocina los días 4/11, 4/15, 5/4, 5/20, 6/13 & 6/17 ubicadas en 850 5th St, a las 11:30 a. m Clinica de Taylor Farms



Jardín comunitario en la esquina de Elko y Fairview Dr.



Luigi's ofrece una variedad de platos que satisfacen a los comensales preocupados por la salud (346 Alta St)



La Plaza Bakery (33 3rd St.)



Para participar en los deportes que ofrecemos actualmente, visite el siguiente enlace.

[www.teamsideline.com/sites/gonzales](http://www.teamsideline.com/sites/gonzales)



## ¿Encuesta?

Ayúdanos a hacer un cambio.

## PREGUNTAS

Gonzales City Hall  
147 4th St, Gonzales, CA  
93926

831-675-5000

<https://gonzalesca.gov>