

The Gonzales Way

How we raise happy, healthy, successful children

<http://www.gonzalesca.gov>



City of Gonzales Council Meeting

Monday,

May 19, 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,

Mayo 19, 2025 @ 6:00PM



en la Cámara del Consejo Gonzales ubicada en 11;
4th street

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

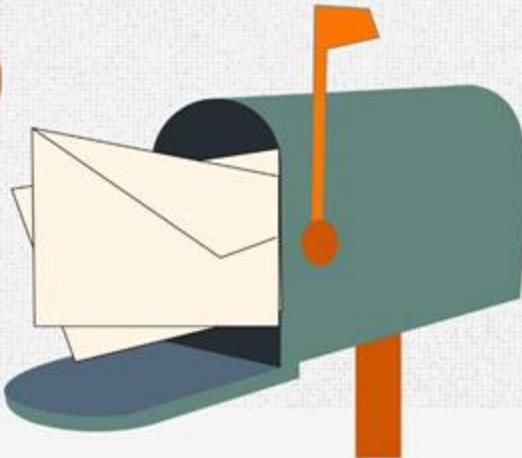


escanea QR para agenda



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.**

SCAN ME



**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



GETCONNECTED!



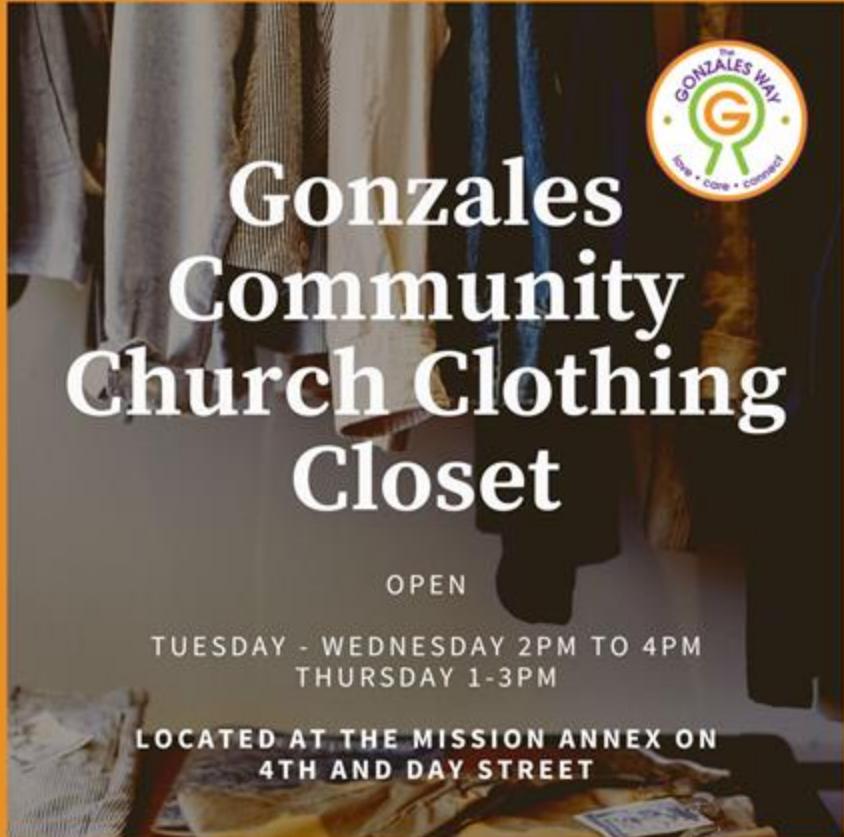
**INTERNET ES PARA
TODOS!**



Escanee el
código QR
para aplicar



GETCONNECTED!





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

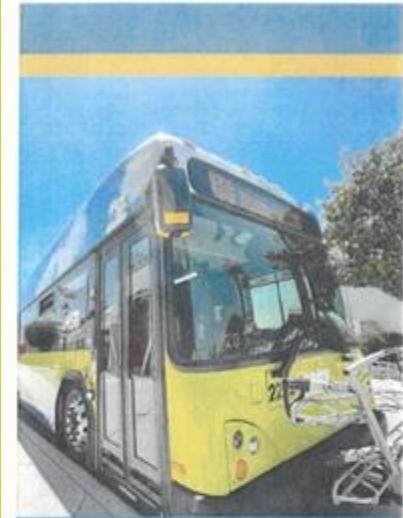


En la iglesia de San Teodoro
9:30 AM TO 10:30AM



CADA TERCERA y CUATRO VIERNES
DEL MES

en el anexo Misson en 4th & Day Street
9:00 AM



MST
MONTEREY-SALINAS TRANSIT

GROUP DISCOUNT PROGRAM



CUSTOMER SERVICE LOCATIONS



SALINAS TRANSIT CENTER

110 Salinas St., Salinas



MARINA TRANSIT EXCHANGE

280 Reservation Rd., Marina



BUS STOP SHOP

201 Pearl St., Monterey

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

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 PreschoolRead.com



Un Lugar De Aprendizaje Para Cuidadoras Sin Licensia y Niños!

¿Cuida niños en su casa?

**¡PARTICIPE EN GRUPOS DE JUEGO GRATIS!
EN LAS COMUNIDADES DE
GONZALES, GREENFIELD, KING CITY**

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



Juega

Aprende

Diviertete

COMUNÍQUESE CON: DENISE JAIME
831.525.5057





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, family support service to at-risk or gang involved youth.



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.

Our Services



**PARTNERS FOR PEACE (P&P)
FAMILY EDUCATION**
754-3888

- Providing a continuum of family education services:
 - Strengthening Family Program (SFP) for caregivers of youth ages 6-17
 - 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.
 - Families Adelante for caregivers and their youth 6-12.
- Provides education on parenting, anger management, problem solving, communication, setting boundaries, addressing 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 Salinas and provides group mentoring for youth with one or more risk factors. Youth Step-Up is an out-of-life consequences that lost their options. Youth learn about life skills, gain confidence and earn reward field trips. 7th and 8th graders only.
- Family Acceptance Project provides support groups for families of LGBTQ+ youth.

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

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



**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 Attitudes Towards Violence incorporates 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 through online video lectures/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 resiliency programs for children and young adults. (559) 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

More Information

www.co.monterey.ca.us
Type In Probation Silver Star Resource Center

Silver Star Resource Center

833 E. Laund 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
or email at
info@casaofmonterey.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 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-curbside-cart/>



Soda Disposal & Recy
(858) 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-curbside-cart/>



Soda Disposal & Recy
(858) 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 narcan 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

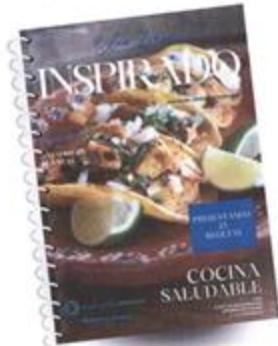
Kits de Narcan Gratis

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

Blue Zones Project Monterey County presenta...

LIBRO DE COCINA INSPIRADO EN BLUE ZONES

EDICIÓN DEL CONDADO DE MONTEREY



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

 @bzpmontereyco



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

¡GRATIS!

Para ver el libro digital, escanea el código QR o visita: bit.ly/BZPMCLibroDeCocina



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!

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¡GRATIS!

Para ver el libro digital, escanea el código QR o visita: 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

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

(Visítenos para averiguar si califica!)

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)

www.LFCTech.org

Tax ID: 27-0187805



Loaves, Fishes & Computers

Strengthening Community Through Technology

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

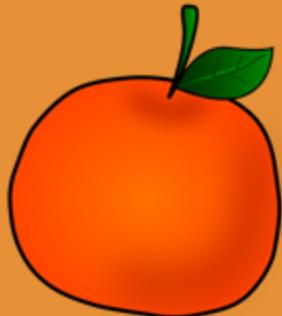
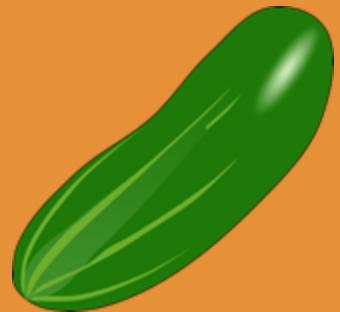
 **Repair & Tech Support**
Get help with basic tech questions and issues or leave your computer for repair to our expert technicians

 **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)

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



Tiene preguntas? Visite www.doubleupca.org | Para registrarse, visite www.getcalfresh.org
Questions? Visit www.doubleupca.org | To sign up, go to www.getcalfresh.org



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

FREE funded college savings accounts for kids in Monterey County!

Over 64,000 eligible children in Monterey County

Up to \$1,500 per child

<https://calkids.org>

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 Fanoe 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



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 Fanoe 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, contácte a el Director de Desarrollo Comunitario de Gonzales, Taven Kinison Brown, en tkinisonbrown@ci.gonzales.ca.us





OUR MISSION

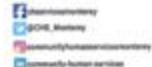
Community Human Services is a nonprofit agency dedicated to providing high quality mental health, substance abuse, and domestic violence services to Monterey County residents to help them reach their full potential.

ADMINISTRATION

2111 Garden Rd., Ste. A160
Monterey, CA 93940
(831) 658-2611
[www.chservices.org](http://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 Sand City
City of Seaside
Carmel Unified School District
Monterey County Office of Education
Monterey Peninsula Unified School Dist.
Monterey Peninsula College
No. Monterey County Unified School Dist.
Pacific Grove Unified School District
Salinas Union High School District
Santa Rita Union School District



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 naloxone
- 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) 737-4126
- 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



NUESTRA MISIÓN

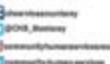
Community Human Services es una agencia sin fines de lucro dedicada a brindando servicios de salud mental, atención de sustancias y personas sin hogar a través de las agencias de salud mental del condado de Monterey para ayudarles a alcanzar su máximo potencial.

ADMINISTRACIÓN

2111 Garden Rd., Ste. A160
Monterey, CA 93940
(831) 658-2611
[www.chservices.org](http://chservices.org)

JOINT POWERS MEMBERS

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City of Del Rey Oaks
City of Marina
City of Monterey
City of Pacific Grove
City of Salinas
City of Sand City
City of Seaside
Carmel Unified School District
Monterey County Office of Education
Monterey Peninsula Unified School Dist.
Monterey Peninsula College
No. Monterey County Unified School Dist.
Pacific Grove Unified School District
Salinas Union High School District
Santa Rita Union School District



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

SERVICIOS DE ABUSO DE SUSTANCIAS

Casa Génesis en Seaside

- 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 & Sonoma House en Seaside

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

- Outpatient Treatment Centers in Salinas & 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

Clínica Off Main en Salinas

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

Intervenciones para Jóvenes contra las Drogas y Alcohol (DAISY) en Salinas

- 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)

- 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

- Centro de refugio y navegación 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

- 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

- 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

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

Shuman HeartHouse

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

SHARE Center

- 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.

7 3 7 S M A I N



FREE ART & COOKING CLASSES!



ART CLASSES

- 2.13.25
- 3.13.25
- 4.10.25
- 5.8.25
- 6.12.25
- 2.14.25
- 3.14.25
- 4.11.25
- 5.9.25
- 6.13.25

Location:

[Gonzales Adult School](#)

Address: 650 Elko St, Gonzales, CA.

For questions please call 831-675-4206

Location:

[Taylor Farms Family Health & Wellness Center](#)

Address: 850 5th St, Gonzales, CA.



CLASES GRATIS DE ARTE Y COCINA



CLASES DE ARTE

- 2.13.25
- 3.13.25
- 4.10.25
- 5.8.25
- 6.12.25
- 2.14.25
- 3.14.25
- 4.11.25
- 5.9.25
- 6.13.25

Ubicacion:

[Gonzales Adult School](#)

Address: 650 Elko St, Gonzales, CA.



CLASES DE COCINAR

- 2.13.25
- 3.13.25
- 4.10.25
- 5.8.25
- 6.12.25
- 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/.

For more information, visit www.mst.org/about-mst/measure-q/oversight-committee/ or contact Lisa Rheinheimer, Deputy CEO at 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)
 - Ingresá Información de la tarjeta
 - Recibirá una confirmación
- **Configurar Factura Electrónica**
 - Vaya a "Preferencias"
 - Haga clic en "correo electrónico"
 - Ingrese el correo electrónico y confirmelo
 - Aplica los recordatorios a su gusto
 - Haga clic en "Actualizar"

O

Haga un pago rápido

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

O

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://se.gonzalesand.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	Hyflex: 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/Hyflex	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*
- *LFC Computer Literacy (4wks)*
- *Food Safety*
- *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 flier, 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://se.gonzalesand.net>

INGLÉS COMO SEGUNDO IDIOMA – MÚLTIPLE NIVELES

Las clases de inglés están diseñadas para las personas que quieran 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	junes - jueves	8:30AM-10:30AM	Gonzales	Gratis
ESL Avanzado	junes - jueves	10:30AM-12:30PM	Gonzales	Gratis
ESL Nivel Principiante	martes y miércoles	5:30PM - 8:00PM	Gonzales	Gratis
ESL Nivel Inter/Avanzado	junes y miércoles	5:30PM - 8:00PM	Gonzales	Gratis
*ESL-Principiante	miércoles	5:30PM-8:00PM	Greenfield	Gratis
ESL-Principiante avanzado	junes & jueves	6:00PM-8:30PM	Greenfield	FREE

ESL-CIUDADANIA

Esta clase está diseñada para los estudiantes que quieren prepararse para la entrevista y examen de Naturalización USCIS. Junes y jueves 5:30PM-8:00PM En Greenfield y Gonzales * También se ofrece en línea Gratis

PREPARACION 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.

Junes y miércoles	1:00PM-3:00PM	Gonzales	Gratis
martes y jueves	5:30PM-8:00PM	Gonzales	Gratis
miércoles y jueves	5:30PM-8:00PM	Greenfield/Virtusl	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 diseñada 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

¿Estás 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 agreguen a su currículo.

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

Por Favor note: Los horarios y fechas están sujetos a 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

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



g.salgado@p4pmc.org



Escanear para
registrar
1 registro por persona



Prevention Services:

Vaping and Cannabis Presentation

Elementary/6th 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.

Bolvin'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 legality.

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.

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:

Santa Cruz: Maria Camacho, Manager
(831) 401-5252 | mcamacho@sunstreet.org

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

Peninsula: Kalia Gutierrez, Program Manager
(831) 401-5505 | kgutierrez@sunstreet.org



Servicios de Prevención:

Presentación de Vapeo y Cannabis

Estudiantes de Primaria/6to 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 recibidos 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 Bolvin

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 positiva 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 relacionados con el alcohol. Oportunidades de horas de servicio comunitarias 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.

Departamento de Prevención

Sun Street Centers

Dedicado 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?

Confáctenos hoy:

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

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

Peninsula: Kalia Gutierrez, Gerente del Programa
(831) 401-5505 | kgutierrez@sunstreet.org



ENHANCED CARE MANAGEMENT

WHAT IS ECM?

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

ECM SERVES YOUTH WHO ARE:

At risk of/or experiencing homelessness

Transitioning from Incarceration

At risk for Avoidable Hospitalization or ED Utilization

Stepping down from Intensive mental health services

Experiencing serious mental health and/or SUD needs

Involved in Child Welfare



Increase Health Promotion



Engage Family Members'



Provide Coordination of Care



Support with Transitional Care



Connect to Community and Social Resources



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



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.

ECM ATIENDE A JÓVENES QUE:

Están en riesgo de o ya sufren la falta de vivienda

Están haciendo la transición del encarcelamiento

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

Están haciendo la transición de servicios intensivos de salud mental

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

Están involucrados con los servicios de bienestar infantil



Aumentar la autonomía en la salud



Buscar la participación de los miembros de la familia



Proporcionar coordinación de la atención



Brindar apoyo con la atención de transición



Conectar con los recursos comunitarios y sociales



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@casaofmonterey.org
Sitio Web
www.casaofmonterey.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.



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

Established in 1995, CASA of the 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 unirte 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!





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



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 comunicarse al (831) 675-4206





**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.



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.



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 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

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

Library-by-mail@countyofmonterey.gov

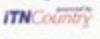


When you borrow through **Library by Mail**, you have several ways to select your materials!

TO USE LIBRARY BY MAIL YOU CAN....

- Go online to www.eMCFL.org, 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



"Assistencia 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 si 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



MONTEREY
COUNTY
WORKS

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 N. 2ND ST.
 KING CITY, CA 93930

TOURS OFFERED ALL YEAR ROUND

bit.ly/hcsctours

K-12 SCHOOLS ENCOURAGED TO SIGN UP 

QUESTIONS OR NEED A SPECIFIC DATE
 WEBSITE: bit.ly/hcsctours | PHONE: SOUTHCOUNTYHARTNELL.EDU | PHONE NUMBER: 831.755.4252

MEET WITH A COUNSELOR
 at a South County Education Center



bit.ly/hckesc

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
- Evts 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

Contact:
 Ana Gonzalez
#gonzalez@hartnell.edu
 831.755.6719
 1505 Metz Road
 Soledad, CA 93960

APPLY NOW



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

Scan the Application QR Code or
<http://tinyurl.com/yd8fjy3n>

ARTS COUNCIL for Monterey County

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

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



Escanee el código QR para registrarse



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

www.lfctech.org

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



Loaves, Fishes & Computers

Strengthening Community Through Technology

830 Park Row
Salinas CA, 93901

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

831-393-9260

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!

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)

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 Locals Resources

CONECTANDO ADULTOS MAYORES CON TECNOLOGÍA



SENIORS AGES 60 &
OVER -
**ADULTOS MAYORES,
EDADES 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.





YOGA IS FOR EVERYBODY



Healthy Aging
Program





GONZALES COMMUNITY CENTER

HONOR SOMEONE TODAY

BRICK MARKERS® USA
VITRIX® Process
Marked For Life™
(Same Day Return Policy)

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

Buy a brick today to support the Dennis and Janice Caprara 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 16TH.
For questions please call: 831-675-5000



GONZALES COMMUNITY CENTER

RINDE HONOR A ALGUIEN HOY

BRICK MARKERS® USA
VITRIX® Process
Marked For Life™
(Same Day Return Policy)

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

Compre un ladrillo hoy mismo para apoyar al Centro Comunitario Dennis y Janice Caprara y ¡formé parte de la historia! El ladrillo se instalará en la zona del patio. El precio variará dependiendo de la dimensión; por favor refiérase a los precios mostrados abajo:

Scan QR Code for registration



Ladrillo 4x8 - \$250
Ladrillo 8x8 - \$500
Ladrillo 12x12 - \$1,500

EL ULTIMO DIA PARA INSCRIBIRSE SERA EL VIERNES 16 DE MAYO.
Para preguntas por favor llame al: 831-675-5000



Supervisor's
Lopez



SOUTH COUNTY
YOUNG LEADERS



"Being part of the program helped me grow in ways I never expected. It guided me to stay focused on my goals, helped me build a strong network, and gave me the chance to meet community leaders—which I really enjoyed. And most of all, it was fun! I'll always be grateful for the experiences and connections I made."

-Luis Cruz, 2023 alumni



South County Young Leaders -Class of 2024



EDUCATIONAL STIPEND
Provided by the Grower-Shipper Association of Central California

SOUTH COUNTY YOUNG LEADERS

Summer Internship Program

June 12th through July 31st, 2025

Supervisor Chris Lopez and the Grower-Shipper Association of Central California invite high school seniors and college students from Southern Monterey County to apply for the South County Young Leaders Summer Program. This exciting opportunity offers students a chance to learn about local government, build leadership skills, and connect with community leaders and industries that shape our region. Participants will attend workshops, take part in community events, and work alongside the District 3 team — all while gaining valuable experience and insight into the place we call home.

For more information or to request an application, email district3@countyofmonterey.gov or call (831) 755-5033.

Application deadline: Wednesday, May 16, 2025

Supervisor's
Lopez

SOUTH COUNTY
YOUNG LEADERS

GROWER-SHIPPER
ASSOCIATION
of Central California

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Chair Yoga 9-10AM Wreath Class 11-12:30PM		8 Art Class 10AM-11AM	9 Cooking Class 11:30-12:30PM	10
11 <i>Mother's Day</i>	12	13 Chair Yoga 9-10AM	14	15	16	17
18	19	20 Chair Yoga 9-10AM Cooking Class 11:30-12:30PM	21			
25	26	27 Chair Yoga 9-10AM	28			

Art & Wreath Class
Gonzales Adult School
650 Elko St. Gonzales CA.

Chair Yoga & Cooking Class
Taylor Farms Health & Wellness Center
850 5th St Gonzales, CA.

Mayo 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Yoga de Silla 9-10AM Clase de Corona 11-12:30PM		8 Clase de Arte 10AM-11AM	9 Clase de Cocina 11:30-12:30PM	10
11 <i>Mother's Day</i>	12	13 Yoga de Silla 9-10AM	14	15	16	17
18	19	20 Yoga de Silla 9-10AM Clase de Cocina 11:30-12:30PM	21			
25	26	27 Yoga de silla 9-10AM	28			

Clase de Arte y Corona
Gonzales Adult School
650 Elko St. Gonzales CA.

Yoga de Silla y Clase de Cocina
Taylor Farms Health & Wellness Center
850 5th St Gonzales, CA.

2025 LAW ENFORCEMENT TORCH RUN

Join Officer Perez as he leads the 2025 Torch Run being held in Gonzales on Wednesday June 25th. All of the proceeds will go towards the Special Olympics Northern California.



SCAN QR
CODE TO
REGISTER
OR DONATE

REGISTRATION
DEADLINE:

JUNE 6TH

RACE:
JUNE 25TH



mperez@ci.gonzales.ca.us



Special
Olympics
Northern California



Miguel Perez *



Up Team Page

Miguel is doing the 2025 Law Enforcement Torch Run to raise awareness and money for Special Olympics Northern California

Miguel Perez's Fundraising Progress

RAISED
\$140

GOAL
\$2,000

Donate

Show me where Miguel Perez ranks



South County Youth Summit

Arrival & Check-In

9:30am - 10am

Event Time:

9:30am - 3:30pm

Location

Greenfield High School

225 S El Camino Real,
Greenfield, CA 93927

Opportunity to gain community service hours or clear tardies/absences
(varying by school district/community). Transportation available (varying by
community).

Raffle
Prizes

Work-
shops

Resource
Fair

Free
Lunch

Guest
Speakers

Gain Inspiration, Resources, & Caring Connections to Make a Positive Change in your Community
- For Youth, By Youth

“Planting the Future”

Proudly Planned and Hosted In Unity by:



Register
today!

Scan QR code



For questions, email:
cindy@myc4strategist.com
jchavez@ci.greenfield.ca.us



Share Your Safety Concerns on Monterey County Roadways

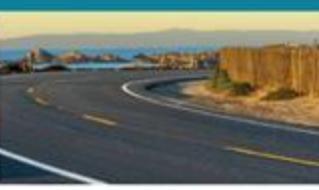
It takes all of us to eliminate fatalities and serious injuries on our roadways. Help us create the plan for your community.

JOIN US FOR A PUBLIC WORKSHOP:

Wednesday, May 14
5:30–7:00 pm

Community Room at the
Gonzales Police Station
109 4th St, Gonzales

SCAN TO LEARN MORE ABOUT THIS PLAN:



Comparta sus preocupaciones sobre la seguridad en las carreteras del condado de Monterey

Necesitamos la colaboración de todos para eliminar las muertes y las lesiones graves en nuestras carreteras. Ayúdenos a crear el plan para su comunidad.

ÚNETE A NOSOTROS PARA UN TALLER PÚBLICO:

miércoles 14 de mayo
5:30–7:00 pm

Salón Comunitario en la Estación
de Policía de Gonzales
109 4th St, Gonzales

ESCANEE PARA OBTENER MÁS INFORMACIÓN SOBRE ESTE PLAN:



MONTEREY COUNTY REGIONAL
VISION ZERO
ACTION PLAN



TAMC
TRANSPORTATION AUTHORITY OF MONTEREY COUNTY

MONTEREY COUNTY REGIONAL
VISION ZERO
ACTION PLAN



TAMC
TRANSPORTATION AUTHORITY OF MONTEREY COUNTY



Free Zumba Classes

Class Led by:

Martha Grimes

Certified Zumba Instructor

**Join us for FREE
community Zumba classes!**

Registration is highly recommended -
walk-ins are also welcome.
For more information, please contact the
Health Promotion Department at
HealthPromotion@SalinasValleyHealth.com
or 831-759-1890.

Open to ages 16 and above.



Scan the QR Code
for more information
and to register

Mondays, 6:00-7:00pm
April 7 and 14
May 12 and 19
June 2 and 9

Taylor Farms Family Health
& Wellness Center
Community Room
850 5th Street
Gonzales, CA 93926

Fridays, 6:15-7:15pm
April 4 and 11
May 2 and 9
June 6 and 13

Boys & Girls Club Salinas
85 Maryal Drive
Salinas, CA 93906





Free Yoga Classes

Join us for **FREE** community
Yoga classes!

Reduce stress, gain strength and find your peace through free yoga classes offered by Salinas Valley Health. For more information, please contact the Health Promotion Department at HealthPromotion@SalinasValleyHealth.com or 831-759-1890.



Scan the QR Code
for more information
and to register

SalinasValleyHealth.com

Virtual Class
Mondays, 5:30-7:00pm

In-person Class
Saturdays, 9:00-10:00am
April 12 and 26
May 10 and 24
June 7 and 17

Location
Taylor Farms Family Health & Wellness Center
Community Room
850 5th Street
Gonzales, CA 93926

 **Salinas Valley**
HEALTH



JOIN THE GYC!

ARE YOU A YOUNG LEADER LOOKING TO MAKE A CHANGE IN YOUR COMMUNITY? WOULD LIKE TO LEARN MORE ABOUT CITY GOVERNMENT?

THE CITY OF GONZALES IS NOW ACCEPTING APPLICATIONS FOR STUDENTS THAT ARE INTERESTED IN TAKING PART IN THE GONZALES YOUTH COUNCIL.



WHAT IS THE GONZALES YOUTH COUNCIL?

The GYC was established in 2014 and is a youth-led organization working to amplify youth voices by addressing issues within our school and community, providing guidance, support and resources to develop distinguished confident leaders of tomorrow!



HOW TO BECOME A MEMBER:

- Must be a High School student who attends Gonzales Unified School District and / OR lives in the City of Gonzales.
- Complete application.
- Participate in interview.
- Attend Welcome/Orientation.
- **Not sure if you qualify? Apply anyways!**



BENEFITS OF THE GYC

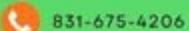
- Gain valuable leadership skills and hands-on experience.
- Learn to lead, collaborate, and navigate real-world challenges.
- Earn College letters of recommendations.
- Amplify your voice on matters affecting you and your community.



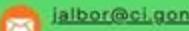
PAST ALUMNI TESTIMONIALS

- "The city gave us, the youth, a seat at the table. I was a teenager invited to share my ideas. I learned at a young age that my voice matters. The world can seem like a scary place. But just because we come from a small town doesn't mean that we can't do big things." **Jeffery Alvarez, Youth Commissioner, 2013-2015**
- "We had GYC members whose parents were farmworkers, whose background was very different from what a city council did. I got exposure to it at a very young age, and it helped me make decisions later on. It opened doors to opportunities I didn't know existed." **Fabiola Moreno, Youth Commissioner, 2017-2018**
- "This was my first time being a member of a group that participated in the life of the community, not just the school. I gained an overall understanding of how the city works. **Valeria Timoco, GYC member 2020-2022**

CONTACT US



831-675-4206



jalbor@ci.gonzales.ca.us

cindy@myc4strategist.com

