

»»» Newsletter «««

Winter Blues: Taking Care Of Your Mental Health



Topic 1

Winter Blues

Topic 2

Youth
Development
Investment
Program: Library

Topic 3

WHAT ARE THE
PALA YOUTH UP
TO?

Winter Blues «««

Winter Blues season is upon us. It is important to reach out to those you love and make sure they are doing well. This can help you maintain a strong bond and create a sense of security and comfort for both you and your family. Not only is taking care of your own mental health good but also checking in on your relatives and elders is important to stay connected to your loved ones and to check on them regularly.

»»» Native Facts

The Navajo Code Talkers are one of America's heroes who helped the US military in World War II. The code talkers used their native language to create an unbreakable code for military communications. The code was never broken by the enemy, and the Code Talkers provided an invaluable service to the US military. You can read more about it at the Pala Housing Resource Center by checking out the book Code Talker by Joseph Bruchac.



WINTER BLUES



TAKE CARE OF YOU
MENTAL HEALTH
THIS HOLIDAY
SEASON

What is Winter Blues?

The Winter Blues aka seasonal depression. Winter blues is categorized as a mood disorder. What directly causes winter blues? There are many theories but the many one always goes back to the lack of daylight.

With daylight saving, we tend to have shorter days and longer nights. This lack of daylight can affect our circadian rhythms, leading to changes in our mood, energy levels, and appetite. Additionally, the lack of sunlight can also have negative effects on our mental health, such as increased anxiety or depression.

Therefore, it is important to recognize the signs of winter blues and seek professional help if needed.





Signs & Symptoms of Winter Blues

Therefore, it is important to recognize the signs of winter blues and seek professional help if needed. The signs of winter blues include difficulty concentrating, difficulty sleeping, and feelings of sadness or isolation.

Winter blues can be a sign of Seasonal Affective Disorder (SAD), which is a mental health condition that affects people during the winter months. Not only can winter blues cause physical symptoms such as headaches, fatigue, and weight gain, but it can also lead to depression and other mental health issues.

Winter blues can be a sign of more serious mental health issues such as depression, and it is important to seek professional help if you suspect that you may be suffering.

Professional help can provide effective treatment, such as cognitive-behavioral therapy, medication, and other strategies to help you manage your symptoms and improve your overall well-being.

Seasonal Affective Disorder (SAD):

More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

**Do you have mild symptoms that These activities can make you feel better:
have lasted less than 2 weeks?**



Feeling down but still able to take care of yourself and others

- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

**Do you have more severe symptoms that Seek professional help:
have lasted more than 2 weeks?**



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

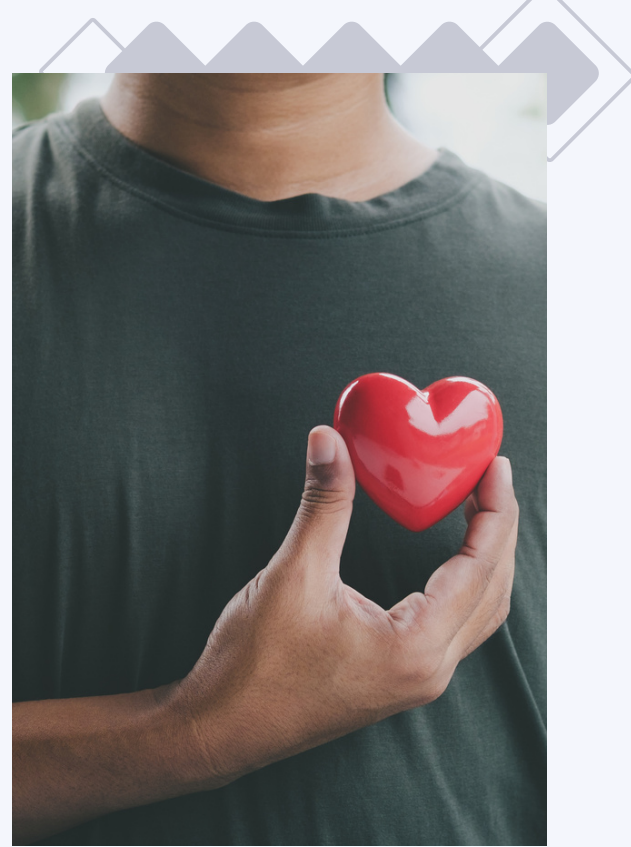
For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at [988lifeline.org](https://www.988lifeline.org).

Pala Housing Resource Center

Our Mission

Our youth-based program's mission is to help youth become independent and avoid being homeless while preparing them for adulthood. We strive to invest in our youth so they can gain the skills needed to invest in themselves.



For Youth By Youth

Services are offered in a group setting or individual bases.

About Our Project

We encourage our youth to actively participate with the newsletter content, trainings, podcasts, homework club, and other life skill building activities.

Services are being offered to youth ages 12- 24.

Hours of operation

10:30am- 7pm

Monday through Friday

- Mentorship
- Job Readiness
- Volunteer Opportunities
- Workshop's
- Educational Material
- Case Management
- Field Trips
- Care Packages for Hygiene or Other Needed Items
- Guest Speakers
- Other Special Events



Youth Development Investment Program

Big News

NEW LIBRARY AT THE PALA HOUSING RESOURCE CENTER



So many books

The youth from the Development Investment Program over at Pala Housing Resource Center want to thank Margueritte from Pala Tobacco Program for the very generous book donation to the youth program. The new library provides books by Native American authors. Stop by and check out a book or sit and read in our center!



What are the youth up to?



Chair Volleyball
Seniors VS Youth



The Youth Development Investment Program wants to thank the Senior Department and the Turtles Team for allowing the youth to participate in a friendly match on November 20th. Although the Senior's continue their winning streak the youth show great interest in the sport of Chair Volleyball and cannot wait until a future rematch.

*Seniors remain
undefeated.*

PEANUT BUTTER HERSHEY KISS COOKIES



Cookie Recipe Picked By Youth



Ingredients

- ½ cup sugar
- ½ cup brown sugar
- ½ cup creamy peanut butter
- ½ cup butter softened
- 1 egg
- 1½ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon baking powder
- 36 Hershey's Kisses unwrapped

Instructions

- In a large bowl, beat both sugars, peanut butter, butter, and egg until well blended. Stir in flour, baking soda, and baking powder until dough forms.
- Shape dough into 1-inch balls; roll in additional granulated sugar. Place on ungreased cookie sheets, about 2 inches apart.
- Bake at 375°F for 8-10 minutes or until edges are light golden brown. Immediately press 1 kiss in the center of each cookie. Remove from cookie sheets to cooling rack.

2023

December

Up Coming Events



Senior & Youth
Holiday Party
Admin Building
December 21 at 4:30pm

Celebrate Christmas with our elders and youth. There will be fun activities, cookie decorating, and lunch provided. Come enjoy and create long lasting memories.

SENIOR REGISTRATION
Eric Varela | (951) 480-1225
YOUTH REGISTRATION AGES 12-24
Maria Villegas | (760) 315-0104

The poster features a red background with white snowflakes, colorful string lights at the top, and two Christmas trees at the bottom. A reindeer is peeking over a row of wrapped gifts in the foreground.



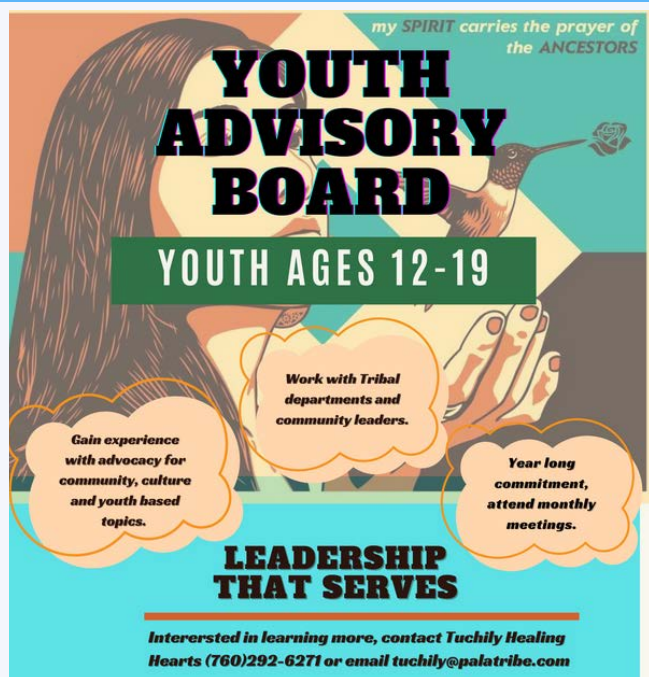
PALA YOUTH CENTER
CHRISTMAS BAZAAR
11772 PALA MISSION CIRCLE
PALA CA 92059

FRIDAY
DECEMBER 1ST
9AM-5PM

GIFTS IDEAS FOR EVERYONE
AND FESTIVE FOOD VENDORS

FOR MORE INFO CONTACT APRIL 760-638-6462

The poster has a light green background with white snowflakes. It features illustrations of a green and white striped tent, a yellow food cart with a red and green umbrella, and a red and white striped tent. A red scalloped-edged badge contains the event date and time.



my SPIRIT carries the prayer of the ANCESTORS

YOUTH ADVISORY BOARD
YOUTH AGES 12-19

Work with Tribal departments and community leaders.

Gain experience with advocacy for community, culture and youth based topics.

Year long commitment, attend monthly meetings.

LEADERSHIP THAT SERVES

Interested in learning more, contact Tuchily Healing Hearts (760)292-6271 or email tuchily@palatribe.com

The poster features a stylized illustration of a young woman with long dark hair, a hummingbird, and hands in prayer. The background is a mix of teal, orange, and white.

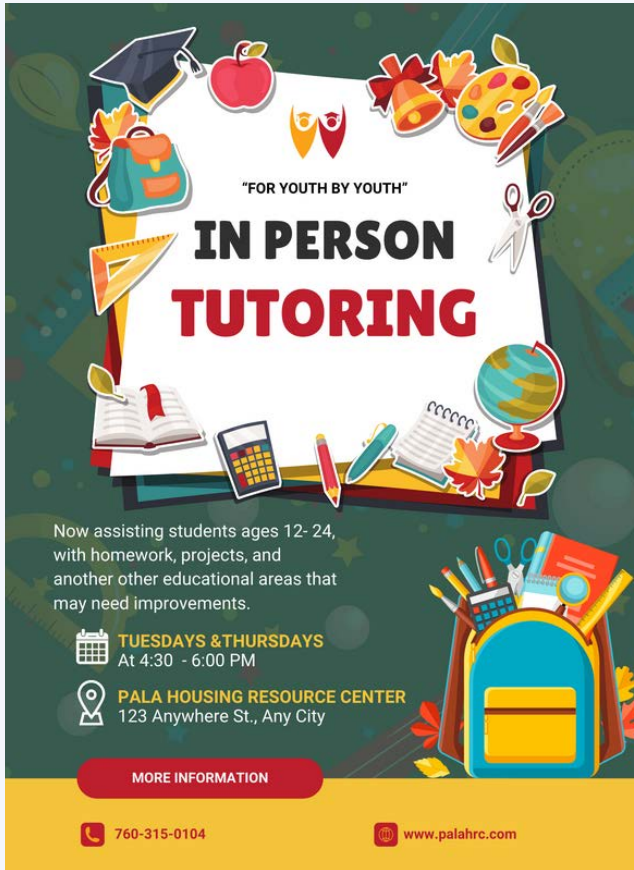
ATTENTION

Calling all youth ages 12-19 to be part of the Youth Advisory board. Youth advisory board will be a yearlong commitment for our members who would like to join. The youth will help plan any upcoming events and give input on there wants and needs.

2023

Novemeber

Up Coming Events



"FOR YOUTH BY YOUTH"
IN PERSON TUTORING

Now assisting students ages 12- 24, with homework, projects, and another other educational areas that may need improvements.

TUESDAYS & THURSDAYS
At 4:30 - 6:00 PM

PALA HOUSING RESOURCE CENTER
123 Anywhere St., Any City

MORE INFORMATION

760-315-0104 | www.palahrc.com

FREE EMERGENCY & DISASTER PREPAREDNESS TRAINING



INTERESTED IN THIS TRAINING?

Contact:
Susan Morla | susanm@cimcinc.com
Skyler Baltazar | skylerb@cimcinc.com
(800) 593-5273 | (916) 925-3582



California Indian Menpower Consortium, Inc.
Child Care and Development Block Grant Program



TRAINING TOPICS INCLUDE:

- Types of Emergencies
- Packing a "Go" bag
- How to start preparing
- Current location risks
- Resources

INCLUDES A BACKPACK FULL OF EMERGENCY
EQUIPMENT VALUED AT \$90 FREE



CHRISTMAS Tree DECORATING CONTEST



**SUMBIT A PICTURE BY
JANUARY 2, 2024**

CONTEST

**Take a picture of your Christmas tree
and text it to
Maria Villegas at (760) 315-0104
to be entered into the contest. The
Youth from the Youth Investment
Deveopment Program will choose the
lucky winner!**

2023

Novemeber

Up Coming Events

Youth Development Investment Program &
Fallbrook Food Pantry

COOKING CLASS

Pre Register Today!

16-week program,
2-days/week, 32 lessons

Classes will Fill up Quick

Introducing youth to the culinary arts and the science behind food and how it impacts their everyday lives. With the five food groups in mind, our chef students will prepare a variety of well-balanced meals.
For ages 12-24

Date and
Time to be
Determined

Contact: Maria Villegas (760) 315-0104 mvillegas@palatribe.com



CHRISTMAS
MOVIE
Night

22 DECEMBER, 2023 | 4PM TIL 6PM

MOVIE : DISNEY'S A CHRISTMAS CAROL

CONTACT MARIA FOR MORE
INFORMATION
(760) 315-0104

CLOSED

Attention all Pala Youth! The Housing Resouces Center will be closed the following days due to the up coming holidays
December 25 & 26
January 1st New Years



Sorry We Are
CLOSED
December 25-26 all day
And January | New Years Day!



Location:

35990 Pala Temecula Road
Pala, CA 92059

Contact

(760) 891-3529
www.palahrc.com
housing@palatribe.com
mvillegas@palatribe.com

The Pala Youth Development and Investment program is based on a "for youth by youth" approach. We encourage youth to actively be involved with the newsletter, content, trainings, podcasts and activities.