

Monthly Newsletter



2024



HAPPY NEW YEAR



Happy New Year! Let's make 2024 the best one yet. Focus on our goals, take initiative, and strive for success. May we all be blessed with good health, prosperity, and happiness. Let us strive to create a better world for ourselves and others. Together, we can make the world a better place. Let's share our knowledge and help each other grow.

Native Fact:

Native innovation goes beyond the goods we use every day. In the Iroquois Confederacy, the constitution that governed the nation, the "Great Law of Peace," was modeled after the American Constitution. According to Benjamin Franklin, the Constitution we adhere to today was inspired by his study of the document.

→ In this newsletter you will find:

Latest upcoming events, workshops, New Year resolutions
free resources, and more. Keep Reading!



New Year New ME!

CREATE A NEW YEARS RESOLUTION AND SET SOME GOALS

Goals provides a clear direction and motivation to help achieve greater success. They can also help to measure progress and provide a sense of achievement when the goals are met. Additionally, goals can help to identify areas for improvement and provide a clear roadmap for success.

Setting realistic goals can help to ensure that efforts are focused and productive. They can also help to create a sense of responsibility and accountability. Finally, setting goals can help to create a sense of clarity and focus.

NEW YEAR NEW START



Short & Long term Goals

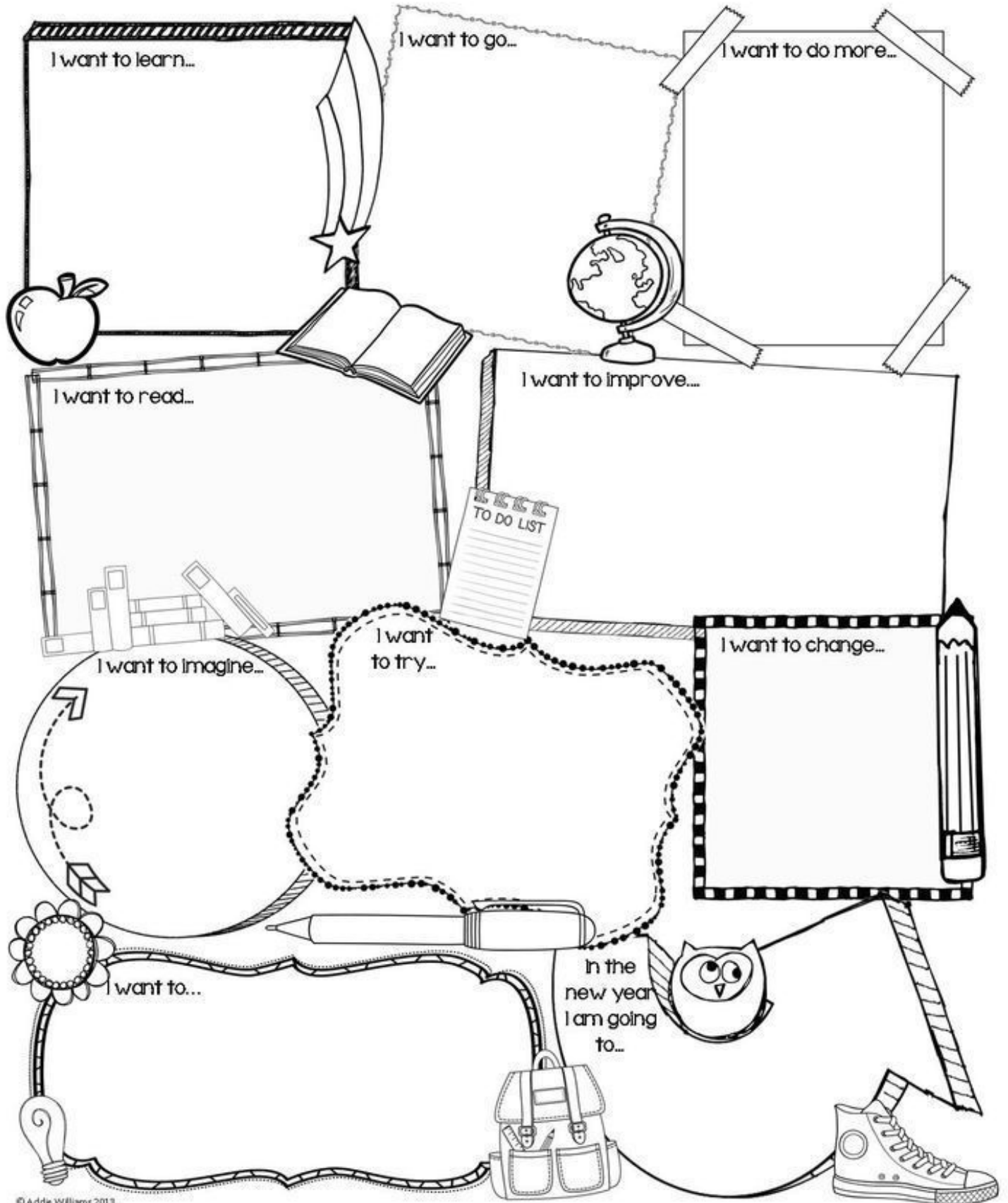
Short-term goals can provide a sense of achievement and satisfaction while long-term goals can provide a sense of direction and motivation. Setting goals can help youth to stay motivated and focused on achieving success.



LEARN HOW TO DO IT YOURSELF

Examples for youth-set goals include graduating high school, getting accepted to college, or getting a job. It is also important to set realistic goals that can be achieved within a specific timeframe. Setting goals can also help youth build self-confidence and self-esteem, as well as help them stay on track and reach their goals.

IN THE NEW YEAR...



VISION BOARD

Vision boards are usually collages of images representing goals and dreams. Your vision board can include cut-out pictures from magazines and words that inspire you to reach your goals. A vision board is a great way to stay focused on your goals and remind you of what you want to achieve. By creating a visual reminder of your dreams, you can help to keep the momentum going and stay committed to achieving your goals.

1.



HOW TO CREATE A VISION BOARD



There is no right or wrong way to creating a vision board; but it is important to have a clear vision of what you want to achieve. Take some time to reflect on your goals. Write them down and think about the steps you need to take to achieve them.

2.



GATHER MATERIALS

Collecting magazines, newspapers, photos, quotes, and using other materials that inspire you to reach your goals.



3.

BRING IT TO LIFE

Find images or objects that represent your goals and aspirations. For example, if you want to get good grades in school, find a picture of that would represent that. Paste all the materials onto a large poster board or corkboard. Review the board regularly and use it as a reminder of what you are working towards. Make adjustments to your board as needed to keep your motivation levels high.



4.

PLACE YOUR VISION BOARD WHERE YOU WILL SEE IT OFTEN



After arranging and assembling your board you can organize it by category or theme. Make sure to display the vision board where you will see it often. This will help motivate and keep you focused what you want to achieve for the year.



DRIVING LESSONS ARE COMING TO PALA

PALA HOUSING RESOURCE CENTER HAS PARTNERED WITH **TRTS** TEEN ROAD TO SAFETY DRIVING SCHOOL.

NAVIGATING THE DRIVER'S LICENSE PROCESS: WHAT TEENS AND FAMILIES SHOULD KNOW

Any family with a 15-year-old is likely feeling the pressure to understand how to help them successfully make their way through the process.

Following these simple steps will alleviate stress and ensure success:

1. A few months before the student turns 15 1/2, enroll in a DMV-approved Driver's Education Course. Many students find an online self-paced course best suits their learning style and activity schedule. Students may take the permit exam once they are 15 1/2.
2. Complete a Driver's License application online and schedule a written test appointment with the DMV. There are DMV requirements and documentation requirements that will be needed.

3. Enroll in behind-the-wheel training. Begin behind-the-wheel training course – the state of CA requires 6 hours of professional, licensed driver training.
4. Take the Driving Test. When you have completed all of the above and have had a permit for a minimum of 6 months and are at least 16 years old, you may make an appointment to take the final driver's license test.

5. Take it to the Next Level. Enroll in an all-day Advanced Training focusing on collision avoidance.

These next-level defensive driving skills are invaluable, and many insurance companies offer a discount to graduates.



PROVIDE • PREPARE • PREVENT

- All instructors active or retired law enforcement
- Learn to drive in a Ford Mustang
- One-on-one behind-the-wheel training
- Advanced driver training closed course offered monthly
- Online driver's ed included with any behind the wheel package - limited time offer!
- Fundraisers available

WWW.TEENROADTOSAFETY.COM • 855-81-DRIVE • 855-813-7483



Pala Housing Resources Center PRESENTS BEHIND THE WHEEL COURSE WITH TRTS.

January 30th at 4:30 pm Pala Housing Resource Center will be hosting an orientation with TRTS. The parents of youth 15 and older are required to attend orientations with the youth. This program is intended to help support youth who are interested in driving and getting that behind-the-wheel experience. Parents will have the opportunity to learn more about the program and the safety protocols that are in place. We will also provide a Q&A session to answer any questions and address any concerns that parents may have. We look forward to seeing you there!

Visit: www.teenroadtosafety.com for more information
TO PRE-REGISTER CONTACT
MARIA VILLEGAS (760) 315-0104

WHAT ARE THE YOUTH UP TO?



Family Night

Pala and the Pala community came together for our first Family Night, sponsored by all departments that provide services to youth and families. Family Nights is intended to bring youth and their families together while engaging in fun and meaningful activities. The evening included activities such as games, crafts, and dinner. It was an opportunity for families to bond, build relationships, and foster a sense of community. It was also an opportunity for youth to connect with their peers and learn new skills.



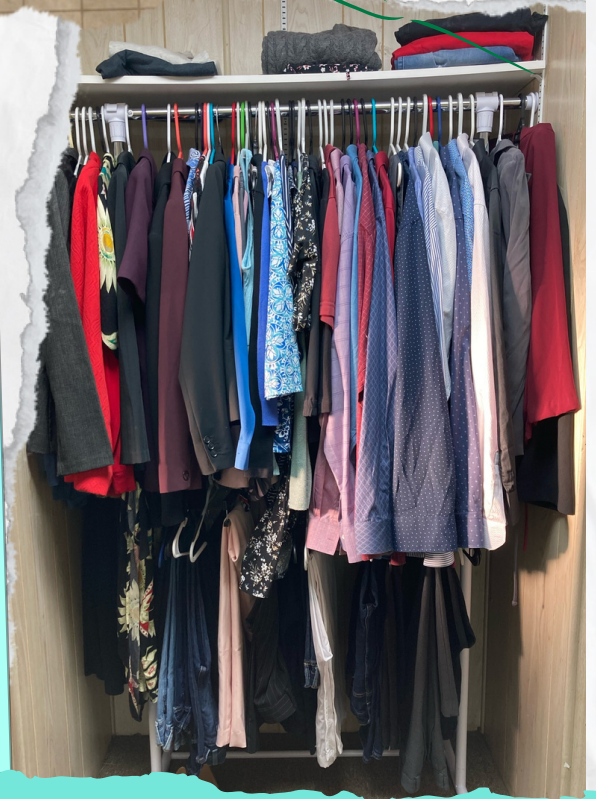
Senior & Youth Party

On December 21st, 2023 the youth from the Youth Development Investment Program engaged in a fun and festive night with the seniors. Laughter and joy filled the air as they gathered to play Christmas games and enjoy some tasty treats. The seniors shared their stories and experiences with the young people, while the young people offered their support and advice. It was an evening of connection and mutual understanding, where everyone felt welcome and accepted.



Free Work Clothing at CIMC

The Youth Development Investment Program has donated clothing from the FREE Clothing Drive to CIMC. The community can now access interviews and work clothes free of cost. Visit CIMC for further description of services and help with education and employment needs. Please call ahead of time and make an appointment at (760) 742-0586.



Exciting Programs Coming to Pala Housing Resource Center!

The Pala Housing Resource Center has been working hard to bring youth's interest to Pala. Part of the Youth Development Investment Program is to encourage youth and provide them with the necessary tools for success and an easy transition to adulthood. This 2024 we are bringing culinary courses, driver's ed, along with other extracurricular activities for ages 12-24. These courses will help the youth gain valuable skills, such as cooking and driving, that will benefit them in the future. We also plan to provide mentorship and career counseling to help them make meaningful decisions about their future. We hope this program will help the youth of Pala reach their full potential.

For update
Follow us on



@Pala Housing
Resource Center


2024 Jan

Up Coming Events

Youth Development Investment Program &
Fallbrook Food Pantry

COOKING CLASS

Starts February 8, 2024
16-week program,
Once a week



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

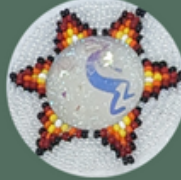
Grades 6-8th
Thursdays 3:45pm-5:05pm

Grades 9 and up
Thursday 5:05pm to 6:20pm

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

Cupa Cultural Center Presents

WEEKLY BEADING CLUB




It is never too late to pick up a new hobby

FRIDAYS @ CULTURAL CENTER

Date and Times

Jan 5.....2pm-5pm
Jan 12.....2pm-4:30pm
Jan 19.....1:30pm-3:30pm
Jan 26.....2pm-5pm
Feburary Schedule TBA

**AGES 12 AND UP
ADULTS AND SENIORS WELCOMED
BEADING SUPPLIES ARE PROVIDED
SPACE LIMITED
CALL TO SIGN UP**



CUPA CULTURAL CENTER 760-891-3590
Arameshwar@palatribe.com

APRON DECORATING

RESCHEDULED

Youth Interested
In Cooking
Classes

Come and attend the
information session while
decorating an apron

New Date
January 24 at 5pm
**At Pala Housing
Resouces Center**

Ages 12-24

JOIN NOW



More information :
Maria Villegas (760) 315-0104

CREATIVE WORKSHOP

Pala Housing Resouces Center will be host
an apron Decorating information session.
January 24 at 5pm. During this time, we will
discuss dates, times, and expectation of
the cooking classes starting in February.

2024 Jan

Up Coming Events

PLEASE JOIN US FOR A

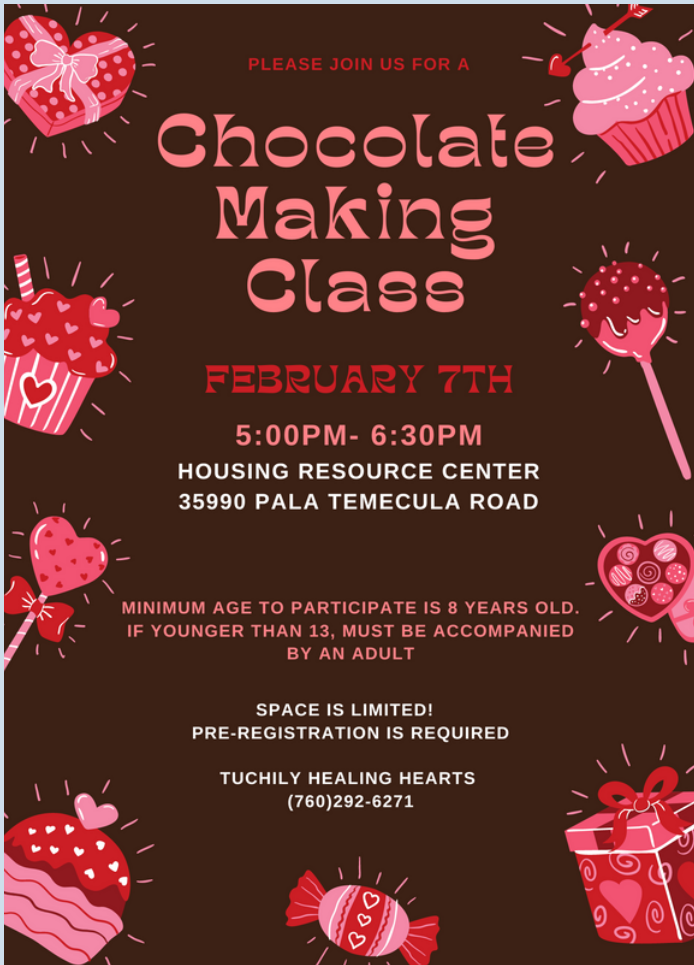
Chocolate Making Class

FEBRUARY 7TH
5:00PM- 6:30PM
HOUSING RESOURCE CENTER
35990 PALA TEMECULA ROAD

MINIMUM AGE TO PARTICIPATE IS 8 YEARS OLD. IF YOUNGER THAN 13, MUST BE ACCOMPANIED BY AN ADULT

SPACE IS LIMITED!
PRE-REGISTRATION IS REQUIRED

TUCHILY HEALING HEARTS
(760)292-6271



Native Learner Advisory Committee
We would like to invite you to our

PALA & BUSD
COMMUNITY MEETING



January 25th 2024 | Pala Administration Building
Start 5:00pm-6:30pm | 12196 Pala Mission Rd, Pala
CA 92059

Join us to discuss:
How we can work together as a team to improve our communication.
How to be able to express our academic concerns and needs.
How to build trust.

We hope you can make it. If you have any questions, please don't hesitate to reach out.

Contact Person:
Heather Golly
760-631-5200 x1011
heather.golly@bosallusd.com

Lazaro Martinez
760-891-3582
lmartinez@palatribe.com

-Dinner provided-



Pala Housing Resources Center Presents

DRIVING LESSONS

Calling all youth 15 and older to come get your driver's license with one-on-one behind the wheel training

Family Orientation

January 30 at 5:00pm



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104

ATTENTION

Calling all youth 15 and up and their families to come attend the behind the wheel orientation. Let's work together on getting our youth safely on the road. January 30th starting at 5:00pm at the Pala Housing Resource Center.

TRTS Registration
Scan the QR code

