



BACK TO SCHOOL MESSAGE

Back-to-school season is an exciting time for youth. It marks the beginning of a new semester and the promise of learning new things. It also signals the end of summer vacation and the start of a new school year. As we embark on this school year, the Pala Youth Empowerment Initiative wishes all of our youth the very best of luck with their studies. We want to encourage all of you to continue to work hard, stay focused, and never give up. We wish you all the best of success in your studies and hope you have an enjoyable and successful school year.

Best,
Pala Housing Resource Center Staff



READING SUGGESTIONS

- Back to School Tips
- How Sleep affects the Developing Brain
- What are the youth up to?

FRIENDLY REMINDERS

The Pala Housing Resource Center is open from 11:00am-7:00 pm Monday – Friday. Come in and work on homework or learn new life skills.

- Tutoring
- Driving School
- Cooking Classes
- Community Service

NATIVE FACT

Native people have many unique languages. There are approximately 175 Indigenous languages spoken in the United States today. Here in Pala the native language is known as the Cupeño.

If you are interested in learning the language contact John 'Bud' Machado, the Cupeño Instructor, at jmachado@palatribe.com or you can find him at the Pala Learning Center .

BROUGHT TO YOU BY ALL
PALA YOUTH PROGRAMS

Summer Movie Night

Blue skies, sparkling stars and the enticing smell of popcorn,
Prepare yourself for an unforgettable summer movie night!
This is an open Pala community event for all ages.

August 9, 2024
Location: Back of Youth Center

Start 5:00pm to 9:00pm
Supplies & games - 5-7pm
Movie - 7-9pm

OUTDOOR MOVIE

Back to School Supplies Cultural & Family Games Raffles
Food: Hot dogs & Burgers Movie snacks Movie in the park

*Bring your own lawn chairs and blankets

For more information contact Rhiannon: rjohnson@palatribe.com or (760) 292-6275

ARE YOU BACK TO SCHOOL READY?



School Supplies

When purchasing school supplies, it is important to remember to prioritize items that are essential for learning. Check with the teacher to see what items are needed. Shop around for the best deals and compare prices. Ask family and friends for help if needed.



Set an Alarm!

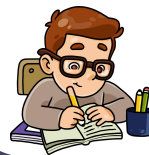
Back to school can be challenging, but creating a schedule and setting an alarm again is the key to getting back in the habit of getting up early again. It's important to remember to create a routine and stick to it. This will help create a sense of structure and normalcy, making it easier to stay motivated and productive.

Study Area

It's also important to create a workspace that is conducive to learning. Having an organized and clutter-free area can help students stay focused and productive.

To achieve this, make sure all materials are at hand, minimize distractions, and provide adequate lighting. Having a comfortable chair and desk can also help reduce fatigue and improve concentration.

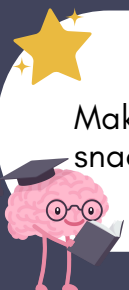
Having a workspace that is free from distractions is essential. Make sure to keep electronics turned off and create an atmosphere that is conducive to studying.



STUDY
SMART

Being Ready...

Make sure to have all your school supplies organized and ready. Pack your lunch and snacks the night before. Get a good night's rest so you are energized and ready to learn.



SLEEP



Getting a good night's rest

As summer is winding down youth need to start adjusting their sleeping schedules. Getting enough sleep is essential for youth, as it regulates hormones, increases focus, and boosts energy levels. It's important for youth to get enough sleep in order to remain healthy and productive. Poor sleep habits can lead to fatigue, difficulty concentrating, and health problems.

A good night's sleep can help improve concentration, academic performance, and overall health. Getting enough sleep is essential for your physical and emotional well-being. Youth who get enough sleep also tend to have better relationships with their peers and teachers, as well as improved problem-solving skills. Sleep can also help to reduce stress and anxiety, which can lead to better academic performance.

Minimize screen time.



Limiting screen time can help youth get better sleep as it reduces the amount of blue light that is exposed to their eyes. Blue light can interfere with the body's natural production of melatonin, a hormone that helps the body prepare for sleep. Additionally, limiting screen time can help youth develop healthier habits and more time for other activities.



WHAT ARE THE *Youth up to??*

Summer Break

Although summer is about kicking back and relaxing some of our youth engaged in the summer programs that Pala had to offer. Youth from the Pala Youth Center and the Pala Youth Empowerment Program engaged in cooking classes, chair volleyball against our Pala Seniors, and participated in the ropes course taught by the National Guard. These programs provided youth with the opportunity to gain valuable skills and knowledge.



Kite Festival

The Pala Youth Suicide Prevention Program took to the skies at the Jim Banks fields with its first community kite festival! It was a hot one, but we express our gratitude to the many families who came out and helped decorate kites and persevered to get theirs in the air! Snacks and drinks were provided in addition to the kites and materials, and music helped keep the hot evening fun!

Knotts Berry Farm

The Pala Youth Empowerment Program partnered up with the Youth Suicide Prevention grant and took a group of eight active individuals who got to have a fun-filled day with screams and cheer at Knotts Berry Farm. The Pala Youth Empowerment Program and the Youth Suicide Prevention Program provided transportation, food, and activities for the day. The participants were able to attend the park and ride the rides, play games, and have a blast. The participants were also able to bond with each other and form a stronger support system. The day was filled with joy and laughter, and everyone was grateful for the opportunity to attend. It was a wonderful day for everyone involved.



Pala Youth

After School Activities at PHRC

- **Tutoring Club** (Monday-Friday)
- **Listening Circle** (3rd Tuesday of the month)
- **Wellness Workshop** (Last Tuesday of the month)
- **Sign ups for Skateboarding Club** (Fridays starting in September)



NEVER A BOTHER YOUTH SUICIDE PREVENTION PROGRAM SUMMIT 2024

Matt Morning Star, Paula Ellenwood, and our youth participant, Keith Redfern were fortunate to be able to attend the summit in Sacramento, Ca. Aug. 1 - Aug. 2, 2024.

We all got to hear amazing stories from youth and partner panels. Youth engaged with one another doing ice breakers and co-creating up lifting messages and art pieces. The partnering grantees engaged with other programs on topics that were specific for the grant to help better promote Never a Bother.

Thank you to Keith's family for letting him participate! We are appreciative for him tagging along with us!

Best,

YSPP

AUGUST EVENTS

2024

Pala Youth Empowerment Initiative

We Are Open
Saturdays

AUGUST SCHEDULE
MONDAY - FRIDAY 10:30AM-7PM
Saturday August 17th & 24th 11am-7pm

FOR ANY QUESTIONS



Contact Maria Villegas
(760) 315-0104

Pala Housing Resources Center Presents

DRIVING LESSONS

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



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104

SCAN ME




TRTS Registration

REGISTER NOW

The Pala Housing Resource Center is Calling all youth 15 and up to join the waiting list for driving school. Let's work together on getting our youth safely on the road.

AUGUST EVENTS

2024




MSJC | Mt. San Jacinto College
ADULT EDUCATION

GED ORIENTATION

AUG. 8TH 2-3PM

Prepare to Get Your High School Equivalency

Mt. San Jacinto College Adult Education is partnering with Pala Band of Mission Indians in offering a Free GED class!



LOCATION: PALA HOUSING RESOURCE CENTER
35990 PALA TEMECULA ROAD PALA, CA 92059
CONTACT: MARIA VILLEGAS (760)315-0104



So Cal Tribal Tobacco Coalition

YOUTH SUMMIT

HONORING OUR ANCESTORS-KEEPING TOBACCO SACRED



THIS EVENT FOCUSES ON THE HARMS OF COMMERCIAL TOBACCO AND THE NEED FOR SACRED TOBACCO IN INDIGENOUS CULTURES.

JOIN US FOR **YOUTH-LED** PRESENTATIONS, TOBACCO EDUCATION, EXHIBITS, **TOBACCO WASTE PICK-UP**, CULTURAL IMPACT, RAFFLE PRIZES, "FILLED" **BACKPACKS**, AND LUNCH. WE FINISH THE DAY WITH A TRIP TO THE **WATER PARK!**

AUGUST 7, 2024 | 9AM TO 1PM
LOCATION: LA JOLLA CAMPGROUND AND WATERPARK.

Listening Circle

CALLING ALL YOUTH AGES 12-24
LET US KNOW WHAT WE CAN DO TO HELP PALA
YOUTH WITH JOB TRAINING, MENTORSHIP,
EDUCATION, AND SUMMER ACTIVITIES.

Incentives will be provided

Tuesday August 13th at 4pm

AT THE PALA HOUSING RESOURCE CENTER

CONTACT MARIA FOR MORE INFORMATION

(760) 315-0104 | mvillegas@palatribe.com



Tie and Dye Workshop

August 17th at 2pm - 6 pm
Location: Pala Housing Resource Center
Ages 12 to 24

Fun and super easy!
We will be decorating
Backpacks & Tote bags.

Please dress accordingly, dye will stain clothing!

RSVP with Paula Ellenwood (760) 638-1676
Matt Morning Star (760) 717-0448



*Subject to change



AUGUST EVENTS

2024

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PALA YOUTH PROGRAMS



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Pala Youth Empowerment Initiative



KARAOKE NIGHT

TIME 4 PM-6PM

AUGUST 23TH

Youth Ages 12-24

TIME TO SING
Pala Housing Resource Center

Karaoke nights are a great way for the community to come together and bond over a shared love of music and self-expression. It provides a platform for individuals to showcase their talents and entertain others, fostering a sense of camaraderie and connection.

RSVP with Maria Villegas → (760) 315-0104



Pala Honoring Traditions Gathering

Pala Rey Youth Camp
August 31, 2024

THE GATHERING BEGINS 12:00PM BIRD SINGING BEGINS 1:00PM PEON GAMES BEGINS DUSK

BIRD SINGING, PEON, BOW AND ARROW MAKING + CONTEST, SHINNY GAMES (LOCAL TEAMS ONLY), OAKSTRAVAGANZA, + OTHER ACTIVITIES

THE PUBLIC IS WELCOME

34650 Pala Rey Youth Camp Road Pala, CA 92059

Vendor Inquires Contact Na'Leigha Aguayo At (760) 891-3590 / NAGUAYO@PALATRIBE.COM

SPONSORS: CUPA CULTURAL CENTER, PALA CULTURAL RESOURCE COMMITTEE, AND PBM




Let's Talk About Wellness

JOIN US THE LAST TUESDAY OF EVERY MONTH FOR CRAFTS, FOOD, AND OPEN DISCUSSION

Open to ages 12 and up

Location: Pala Housing Building
35990 Pala Temecula Rd, Pala, CA 92059
Time: 3pm- 5pm



Brought to by: Pala Senior Department, Pala youth Empowerment Initiative, and Indian Health Council





UPCOMING EVENTS

2024



SAVE THE DATE

SEPTEMBER 16TH, 2024

1ST ANNUAL IHC
988 TRIBAL RESPONSE CONFERENCE

Addressing obstacles to effectively support American Indian 988 callers in *crisis*

To Register, Scan the QR Code or visit <https://wkf.ms/4d0ZBX0>



Art Moen
Program Coordinator
amoen@indianhealth.com
760-749-1410 ext 5268

Cabrini Loreda
Community Outreach Worker
cloredo@indianhealth.com
760-749-1410 ext 5232



Skateboard for Resilience

Community event for suicide awareness and prevention at Pala Skate Park

Save the date!
Saturday, September 14, 2024

Times to be announced



For details contact Matt Morning Star
Email: mmorningstar@palatribe.com
Cell: (760) 717-0448



Follow us @palahousingresourcecenter

Let's Go Skateboarding!

Weekly youth trips to



Fun and no judgement!

Open to all ages, ability and skill level!

Starting Friday, September 20, 2024
From 6pm-7pm

RSVP with Matt Morning Star
Email: mmorningstar@palatribe.com
Cell: (760) 717-0448



RESOURCES

2024



COMMUNITY SERVICE SIGN UP SHEET

Are you a youth who needs community service hours to graduate high school? sign up for monthly opportunity for community service in the area.

We Need Help For:

- Chair Volleyball events
- Youth events
- Earth days
- Holiday events

Contact Maria Villegas
760-315-0104

SIGN UP NOW



MC3 Apprenticeship Readiness Training

Are you ready to start a career in the Trades? The MC3 Apprenticeship Readiness Training will provide the basics to make an informed decision when choosing a career in the Trades.

DATE & TIME: TBA

Contact Jennifer Falco for more information
(916) 618-5172
(760) 742-0586
jenniferf@cimcinc.com



Training Requirements

- Eligible for CIMC Program
- 18+ years old
- HS Diploma or GED
- Valid Driver's License
- Must have reliable transportation
- Able to attend 4-6 weeks of training (120 hours)



**CALIFORNIA INDIAN MANPOWER CONSORTIUM, INC
BETTER CAREERS FUND-THE JAMES IRVINE FOUNDATION
AMERICAN INDIAN APPRENTICESHIP INITIATIVE**

CIMC is funded in part by the U.S. Department of Labor. CIMC is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.



TUCHILY HEALING HEARTS
Tribal Mobile Crisis Response Team

Our Services:

- Behavioral Health Screenings and Assessments
- Case Management
- Referrals
- Transportation for continuing care

NEED HELP?

Monday - Friday | 8am-5pm

(760) 292-6271
Tuchily@palatribe.com



"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.

MONDAY- FRIDAY
At 4:30 - 6:00 PM

PALA HOUSING RESOURCE CENTER
35990 Pala Temecula Rd,
Pala, CA 92059

MORE INFORMATION CONTACT:
MARIA VILLEGAS
760-315-0104
www.palahrc.com

PALA YOUTH EMPOWERMENT INITIATIVE

"FOR YOUTH, BY YOUTH"



Location:
35990 Pala Temecula Road Pala, CA
92059
www.PalaHRC.com

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

Paula Ellenwood
(760) 638-1676
pellenwood@palatribe.com

Matthew MorningStar
(760) 717-0448
mmorningstar@palatribe.com

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

To empower Native youth, ages 3-25, to be resilient, positive, and productive members of the community. Youth Suicide Prevention engages youth with a culturally sensitive, trauma-informed approach through social group events, and peer mentoring.