

YOUTH NEWSLETTER

HAPPY HOLIDAYS

Seasonal Depression

Seasonal depression, often triggered by shorter days and lack of sunlight, affects many young people, leading to feelings of sadness and isolation. The pressure to appear joyful during the holidays can exacerbate these feelings, making youth feel disconnected from the festivities. This emotional strain can be particularly challenging for those already struggling with mental health issues, as they navigate both personal struggles and societal expectations.



Holiday Community Service



Holiday celebrations provide an opportunity for family fun, creating lasting memories through activities like the Christmas tree lighting, snow play, and youth parties. Engaging in community events combats the winter blues, fosters connection, and boosts self-esteem, while volunteering spreads holiday joy. In Pala, you can assist with The Feast by helping prepare meals and contribute to the community through donations and volunteer work.



Honor Your Elders

The connection between elders and youth is vital as it ensures the transmission of wisdom, cultural knowledge, and spiritual practices. Elders provide guidance, teach traditional values, and help youth navigate life's challenges, fostering a sense of identity and belonging. This intergenerational bond strengthens the community, preserves traditions, and maintains harmony with the natural and spiritual world.



The Practice of Giving

The practice of giving can create a ripple effect. When one gives generously and freely, it can inspire another to pay it forward. There are several things and ways anybody can give. What matters is how you give, not what you give.

Overcoming Holiday Depression and Stress:

Tips for a Healthier Season

The holiday season can bring joy, but for many, it also brings stress and seasonal depression, particularly during the winter months. The pressure to meet expectations, manage busy schedules, and maintain a picture-perfect holiday can leave people feeling overwhelmed. Fortunately, there are ways to cope with these challenges.

Prioritize Self-Care

Physical activity, a balanced diet, hydration, and sleep are essential for managing stress and boosting mood. Even a few minutes of relaxation or deep breathing can help reduce anxiety.

Limit Social Media Exposure

The idealized holiday moments on social media can increase feelings of isolation. Set boundaries by limiting social media use and focusing on positive, authentic content.

Set Realistic Expectations

The holidays don't need to be perfect. Let go of perfectionism and focus on meaningful moments rather than stressing over the details.

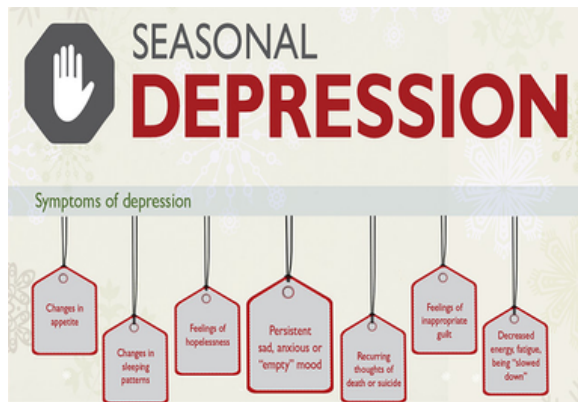
Seek Connection and Support

Talking to friends, family, or a therapist about your feelings can alleviate stress. Virtual therapy and hotlines also offer timely support.



Seasonal Depression

Research shows that around 20% of adolescents experience seasonal affective disorder (SAD), with symptoms intensifying during the winter months. Furthermore, studies indicate that up to 60% of young people report feeling increased stress and sadness during the holiday season due to expectations of happiness and social pressures. Engaging in activities like physical exercise and seeking professional support can significantly reduce these feelings and improve mental well-being. Seasonal and holiday depression among youth can be mitigated by focusing on self-care and seeking support. One helpful tip is to create a routine that includes regular physical activity and exposure to natural light, which can improve mood and energy levels. Additionally, talking to a counselor or trusted adult about feelings of isolation can provide emotional relief and a sense of connection during this challenging time.



Get Outside and Enjoy Natural Light

Sunlight is a natural mood booster. Even a brief outdoor walk can improve your well-being. If sunlight is scarce, try light therapy lamps.

Engage in Meaningful Activities

Focus on activities that bring fulfillment, like volunteering or spending time with loved ones, to shift the focus from material aspects of the holiday.

By prioritizing self-care, seeking support, and setting realistic expectations, you can make this holiday season more enjoyable and manageable. If you're struggling, remember it's okay to ask for help.



The Importance of Community Events

During the holidays, it's easy to get hit by the winter blues, and our emotions can feel like a roller coaster! To kick that funk to the curb, remember the magic of being surrounded by family, friends, and even some friendly faces you haven't met yet. A little human interaction can sprinkle joy, laughter, and unforgettable memories into your days! Dive into local events, spread some love by donating to families in need, or roll up your sleeves and volunteer to spread cheer like confetti!



Community Holiday Events

During the holiday season in and around Pala, there are events where you can contribute your time. In November, The Feast at the administration building offers an opportunity to assist in preparing traditional and cultural dishes. Enjoy a delightful dinner while being surrounded by family, friends, and community members.

Join us for a delightful family experience at the annual Christmas tree lighting! Enjoy playing in the snow, sipping on hot cocoa, and spreading joy all around. And attending the youth Christmas parties! Being with your loved ones and community will help create unforgettable memories that will last a lifetime!

Finally, cherish these moments with the people who matter most to you!

Happy Holidays!

A group of hands holding up wooden letters that spell out the word "VOLUNTEER". The background is a clear blue sky.

Engaging in volunteering or community service, especially during the holiday season, can significantly enhance your self-esteem while allowing you to give back to the community.



Give! Give! Give!
The items you no longer need at home can make a difference for someone in need!

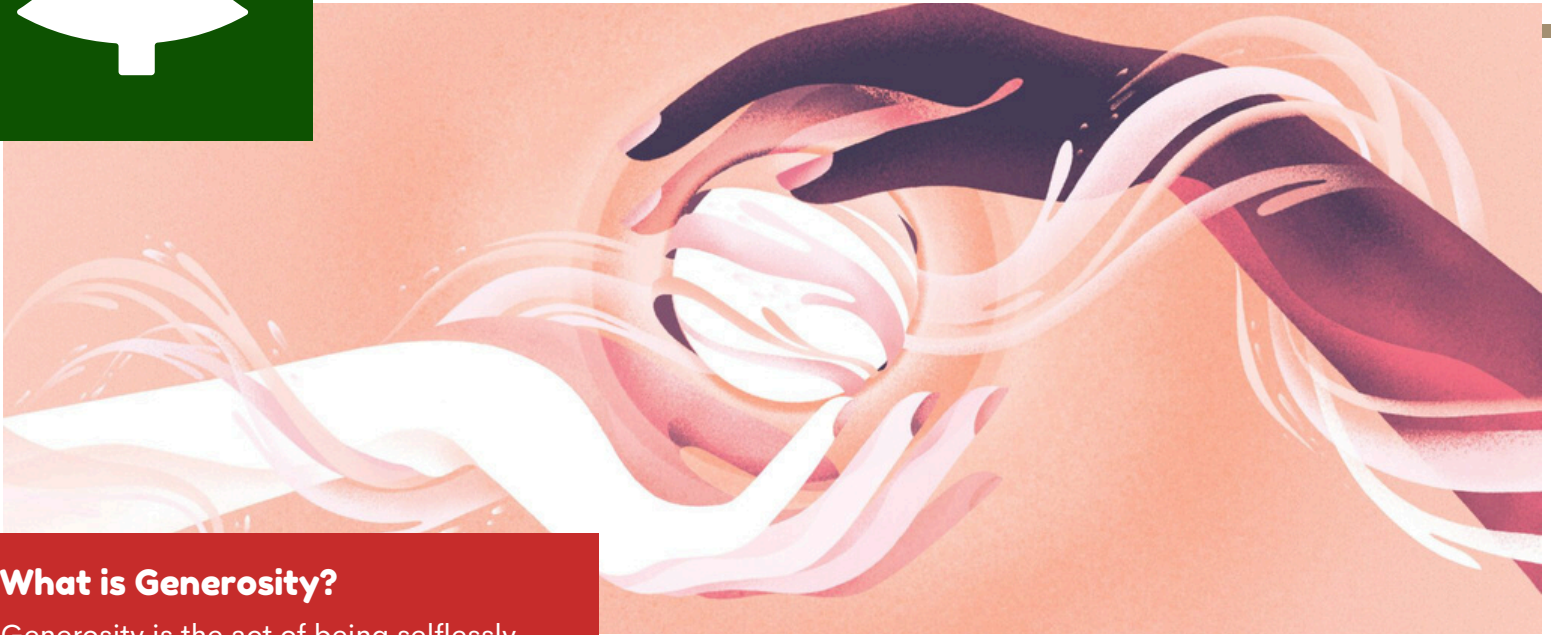


Your willingness to give back and volunteer reflects your humility in dedicating your time to those who may be seeking joy in their lives.



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THE PRACTICE OF GIVING



What is Generosity?

Generosity is the act of being selflessly kind and giving to others. Even though it helps other people, being a generous person can also improve your own well-being. When we give to someone we care about they may also give back and this can be a wonderful way to connect with someone and let them know that they're important to you. It can help us feel happy and less lonely.

How Can I be Generous?

There are many ways to be generous, but it takes a positive mindset to make giving meaningful. If you're unsure how to give, it's important to remember that it's not always about giving money or things. Sometimes the best thing you can give is your time. Here's a few things you can do for little to no cost.



Practice Gratitude

When we practice gratitude, we become aware of the things we already have. When we realize we have more than enough, we can become more likely to do more for others. Be grateful for what you have instead of focusing on what you don't yet have. Try making a list of things and people that you're grateful for in your life.

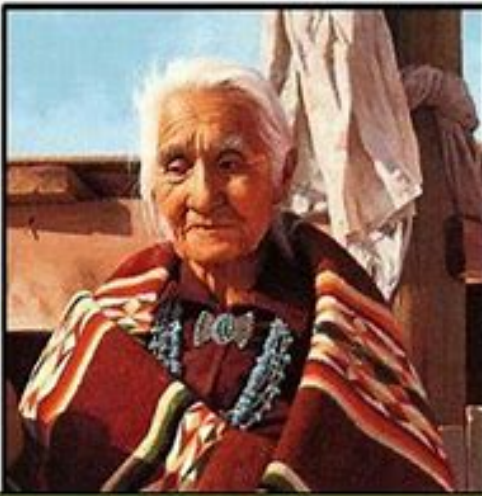
Start Small

Generosity doesn't have to be about giving the largest and most expensive gifts. You can get into the practice of being generous by volunteering your time at any number of organizations that you may be interested in. Animal shelters and food pantries are always happy to have another person help out! Consider helping your friend study for school or helping your neighbor with yard work. More personally, you could write an encouraging note to someone you care about or just give a random person a compliment. You never know who's day you could improve!

Give Away Your Things

Go through your things and really think about if it's something you want to keep around. If you no longer have much use for an item, consider donating. Thrift stores such as Goodwill and the Salvation Army will be happy to take things off your hands so others may enjoy them. Got an extra tool lying around? Let your neighbor borrow it. If you're handy yourself, you can even help them, too!

Take some time this winter break and speak to an Elder



“Honor your Elders”
For they have the Wisdom
to Teach what we have not
learned yet.



KEEPING TRADITIONS ALIVE

GUIDANCE AND WISDOM

Elders are regarded as wise due to their life experiences, offering valuable guidance on important decisions, leadership, and navigating modern challenges while staying connected to traditional values.

CULTURAL CONTINUITY

Elders act as a bridge between the past and future, ensuring that cultural practices, languages, and ways of life are passed down to the next generation.

SPIRITUAL ROLE

Elders are spiritually significant figures whose guidance in ceremonies, blessings, and spiritual counsel helps maintain balance and harmony with the natural world, offering youth a deeper connection to the Creator, ancestors, and spiritual practices.

Teaching Respect for All Life

Honoring elders is also a way of teaching younger people to respect all forms of life, including animals, plants, and the earth itself. The respect for elders is a reflection of the broader cultural belief that all things in the world deserve respect and care. Elders often teach these values, emphasizing how all living beings are interconnected and deserve to be treated with dignity and reverence.

Elders are the keepers of cultural knowledge, wisdom, and history. They hold the stories of the past, the traditions of their ancestors, and the teachings that have been passed down through generations. By honoring and listening to elders, younger generations learn about their heritage, language, spirituality, and customs, ensuring these vital elements are not lost over time.

Preservation of Knowledge and Traditions

Honoring elders is a central and deeply important practice in Native American communities. The respect and reverence for elders are rooted in cultural traditions, spiritual beliefs, and a sense of responsibility toward maintaining the well-being of the community.

In summary, honoring elders in Native American communities is not just about showing respect to older individuals but is a way of preserving culture, fostering wisdom, maintaining spiritual balance, and ensuring the survival of traditions for future generations. It reflects a deep-rooted value of interconnectedness and collective responsibility within the community.

What the Youth are up to...



Youth Empowerment Through Community Service: A Tradition with a Contemporary Twist

This November, the youth from the Pala Youth Empowerment Program came together to play a key role in the community's great feast. Preparing dishes with both traditional roots and modern flair. The youth worked hard in the kitchen, learning how to make beloved recipes like pumpkin squash soup and acorn bread stuffing, while adding their own creative touch to each dish.

Their involvement in this community event highlights the importance of youth in fostering strong, connected communities. By participating in such activities, the youth not only develop important life skills—such as cooking, teamwork, and leadership—but they also gain a deeper understanding of their cultural heritage. Preparing these traditional dishes connects them to the history and customs of their community while allowing them to innovate and adapt those traditions for the present.

The Pala Youth Empowerment Program's focus on community service empowers young people to take an active role in their community, helping to build social bonds, reinforce cultural values, and inspire future generations to continue giving back. By working alongside experienced community members, they learn the significance of tradition while contributing to the shared experience of a community feast.

Through their hard work and dedication, the youth not only gained valuable knowledge but also contributed to the spirit of unity and pride that defines the Pala community. Their efforts serve as a reminder that when we invest in our youth, we are investing in the future of our community.



EXCITING NEWS!!!

Pala Housing Resource Center to Launch Community Garden with Youth and Elders



Pala Housing Community Garden

The Pala Housing Resource Center is excited to announce the creation of a new community garden aimed at engaging youth from the Pala Youth Empowerment Initiative (PYEI) while promoting healthy eating, seasonal food choices, and traditional cultural practices. This new garden will serve as a dynamic space for learning, growing, and community building, bringing together the generations to share knowledge and foster healthier lifestyles.

In collaboration with the Pala Environmental Department, Pala Housing Resource Center is working diligently to design and build the garden, which will feature a wide variety of plants, including herbs, vegetables, and citrus fruits. The initiative's primary goal is to teach youth about the benefits of eating fresh, locally grown foods, and the importance of seasonal eating.

In addition to involving the youth, the garden project is designed to encourage intergenerational connection. The Pala Housing Resource Center is excited to collaborate with the Senior Department to invite elders to join in the gardening effort. Elders will have the opportunity to share their wisdom, tell stories, and pass on traditional knowledge about food, gardening, and community values.

This collaboration not only supports the physical and emotional well-being of both the youth and seniors but also strengthens cultural ties within the community. The community garden will serve as a place for storytelling, knowledge sharing, and creating lasting bonds between generations.

PHRC December Events

2024

Pala Youth Empowerment Initiative

We Are Open Saturdays

December Schedule

Monday - Friday 10:30 am - 7 pm
Saturday, Dec. 14th & 21st 9am - 5 pm

For Any Questions

Contact Maria Villegas
(760) 315-0104



"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

Tutoring services offered at the Pala Housing Resource Center
Monday through Friday from 10:30 am to 7:00 pm



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



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.

Upcoming Events 2024

HIGH ROAD

EQUITY | CLIMATE | JOBS
An Initiative of the California Workforce Development Board

This initiative targets – Native American participants 18+ years old with training, certification, case management, and supportive services to assist with accessing quality jobs in the Construction and Utilities industries. The project will partner with local tribal organizations and unions that provide quality jobs.

PROJECT HIGHLIGHTS
130 participants will have an opportunity to enroll in either an apprenticeship or pre-apprenticeship training program.
75% of project participants will receive supportive services.

KEY PARTNERS
The International Brotherhood of Electrical Workers Unions Local 440 and Labor Council AFI – CIO Local 93/1184 Inyo, Kern, Mono, and Riverside Counties Workforce Development Boards

~~~~This project will serve under-employed or low-income Indian and Native Americans~~~~  
**PLEASE CONTACT THE NEAREST CIMC OFFICE FOR MORE INFORMATION.**

CIMC – Escondido  
San Diego/Imperial Counties  
35006 Pala Temecula Road  
Pala, CA 92059  
(760) 742-0586

CIMC – San Bernardino / San Jacinto  
Riverside/San Bernardino Counties  
3750 E. Florida Avenue, Unit D  
Hemet, CA 92544  
(916) 618-5172

CIMC – Eastern Sierra  
Inyo, Kern, Mono Counties  
50 Tu Su Lane, Building 3A  
Bishop, CA 93514  
(760) 873-3419



**CALIFORNIA INDIAN MANPOWER CONSORTIUM, INC.**  
cimcinc.org | 800-640-CIMC

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.

December 2024

**SAN DIEGO STATE UNIVERSITY**  
Established 1897

**CAMPUS TOUR**  
**FEBRUARY 19TH!**

**What to expect:**

- Opportunities to meet school reps ✓
- Guided tour with SDSU staff ✓
- Transportation provided ✓
- Explore the campus ✓
- Lunch provided ✓

**HIGH SCHOOL STUDENTS ONLY: RSVP NOW! LIMITED SPOTS AVAILABLE**

Contact Rhiannon to RSVP or for any questions [rhjohnson@palatribe.com](mailto:rhjohnson@palatribe.com)



**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



**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

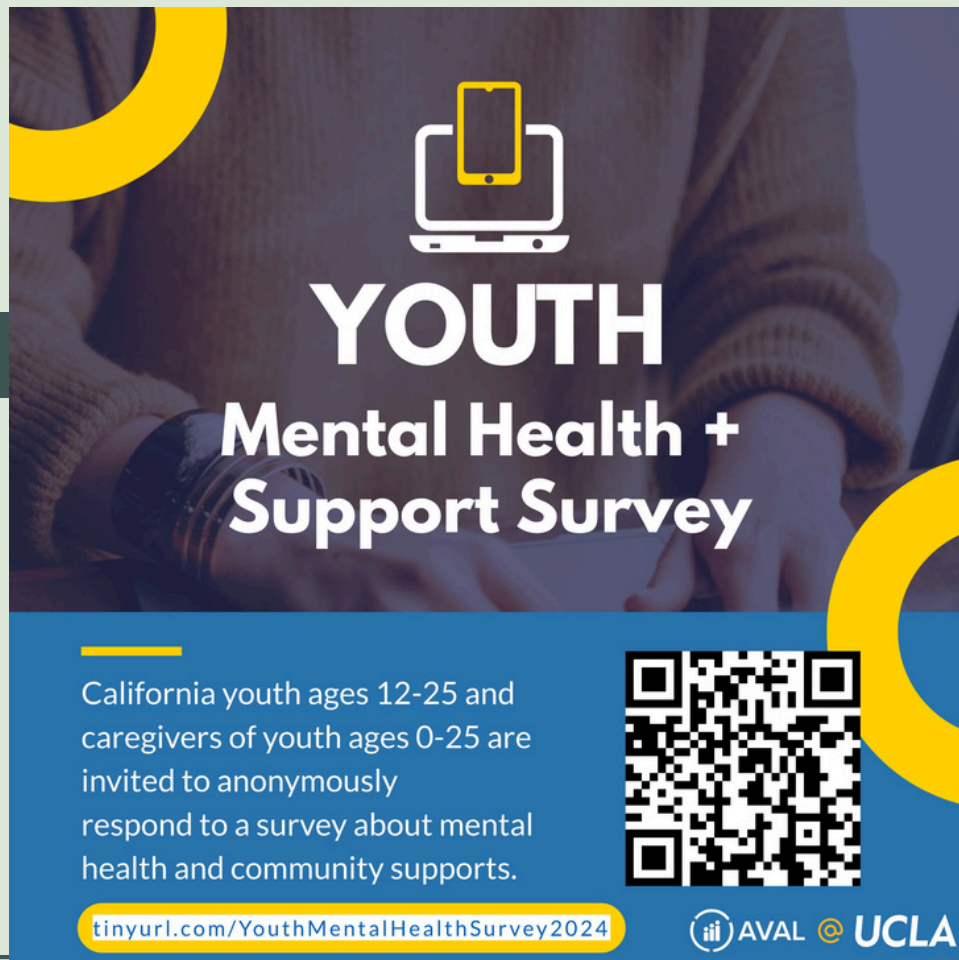
8am-5pm



**(760) 292-6271**



[Tuchily@palatribe.com](mailto:Tuchily@palatribe.com)


# HELP US SUPPORT YOUTH MENTAL HEALTH: PARTICIPATE IN OUR ANONYMOUS SURVEY



California youth ages 12-25 and caregivers of youth ages 0-25 are invited to anonymously respond to a survey about mental health and community supports.

[tinyurl.com/YouthMentalHealthSurvey2024](https://tinyurl.com/YouthMentalHealthSurvey2024)

 AVAL  UCLA



## Survey Details

The Youth Suicide Prevention Program at Pala, led by Paula Ellenwood and Matt MorningStar, is working to raise awareness, reduce stigma, and improve mental health support for young people. As part of our efforts, we are conducting anonymous surveys for youth aged 12-24 (with parental consent) and their caregivers.

Your participation will help us better understand the needs of our community and shape future mental health initiatives. The survey is designed to be sensitive to the topic, and participants can choose to skip any questions they find uncomfortable. The Youth Suicide Prevention Program is proud to support the Youth Empowerment Initiative and the "Never A Bother" campaign from the California Public Health Office. For those in need of support, we encourage reaching out to a trusted adult or calling 988.

Your input is invaluable in helping us create a stronger, more supportive environment for young people. Thank you for being a part of this important effort.

# Pala Youth Empowerment Initiative

*"For youth, by youth"*



Location:  
35990 Pala Temecula Road  
Pala, CA 92059  
[www.PalaHRC.com](http://www.PalaHRC.com)

Youth Contact:  
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Paula Ellenwood  
(760) 638-1676  
[pellenwood@palatribe.com](mailto:pellenwood@palatribe.com)

Matthew Morning Star  
(760) 717-0448  
[mmorningstar@palatribe.com](mailto: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.