

HAPPY NEW YEAR! YOUTH NEWSLETTER



NATIVE FACT

POPULATION:

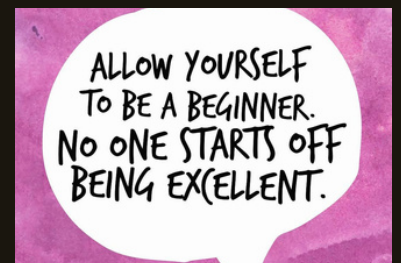
As of the 2020 U.S. Census, there are approximately 9.7 million Native American or Alaska Native people in the U.S. This includes both those who identify solely as Native American and those who identify with multiple races.

New Program At The Pala Housing Resouce Center

PHRC is now home to the Pala Tobacco Program. For more information on the services the program provides and how it can support our youth with educational and prevention resources, please reach out to us.



As we enter the new year, it's an ideal moment to reflect on our past and set goals for the future. New Year's resolutions help keep us focused, motivated, and inspired, whether we're in school, starting a career, or discovering ourselves.



It's never been a better time to shake things up and try something you've never done before. Even if you fail, you will surprise yourself. Don't be discouraged!

NEW PROGRAM AT PALA HOUSING RESOURCE CENTER



Pala Tobacco Program



ABOUT THE TOBACCO PROGRAM

The Pala Tobacco Program has relocated to the Pala Housing Resource Center to provide education and services on both sacred and commercial tobacco for individuals aged 12 and up. With a focus on promoting awareness of the harmful effects of commercial tobacco, the program offers a comprehensive approach to tobacco education, aiming to empower the community to make healthier choices. The program is supported by a five-year grant, ensuring its long-term impact.

WHATS TO COME?

The program will be attending events in 2025, including a Tobacco Youth Conference and Youth Summer Summit—stay tuned for more details. In addition to tobacco education, the Pala Tobacco Program will collaborate with the Pala Empowerment Initiative and other local youth programs to support local youth, providing valuable resources and guidance. The program operates from 9:30 AM to 6:00 PM and will be involved in various local outreach events to further engage the community. Whether at the Housing Resource Center or through outreach efforts, the program is dedicated to fostering a healthier, more informed community.



Hello Community Members,
Happy New Year to all, my name is Deandra Molina. I'm the new Tobacco Community Engagement Coordinator, at the Pala Housing Resource Center. I'm a wife and mom, who loves to spend time with them and go on new adventures.

In my previous role, I worked at California Indian Manpower Consortium which opened opportunities for me to work with people in the community. I grew up on the surrounding reservations and have worked in numerous settings with children. I'm excited and ambitious to start this year off and looking forward to working with everyone to make a positive impact.

Warm Regards,
Deandra

Email: dmolina@palatribe.com

Contact: (760) 893-0769

Trying New Things in 2025



SWITCHING UP THE ROUTINE

In the current age, doing what is familiar to us can bring a sense of safety and security. There's less risk of making a mistake. However, when we try something new, it can enhance our lives and boost confidence and change the way we see the world around us. Trying new things, such as food, sports, music, or even the kinds of games we play can be uncomfortable at first, but pushing past that discomfort is how we grow. You may make a mistake and feel embarrassed, but as the famous Chinese proverb says, *"A journey of 1000 miles begins with a single step."*

THE BENEFITS OF TRYING SOMETHING NEW

Here's just some of the ways trying something new can be beneficial:

- Improvement of mood and sense of well-being.
- Keeps our minds challenged and active.
- Can bring a sense of purpose and accomplishment.
- Helps us overcome fear.
- Makes life more interesting.

WHAT CAN I DO?

There are so many ways doing something you've never tried before can be a great thing for you. Try making a list of small, manageable goals, and try your best to execute them! It can be as simple as trying on a color you would never wear or listening to a song that's outside of what you normally like. You never know how these small things can change you!

FOLLOW UP!



Follow us on IG @palahousingresourcecenter and let us if you tried something new and how it went!





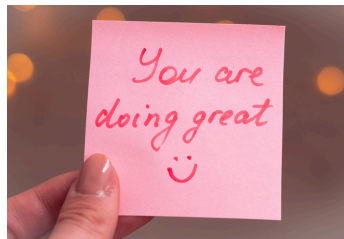
Self Love

COMMITMENTS FOR 2025

Just be
your
beautiful
self

SELF PROMISE

- I promise to speak up for myself
- I promise to live with purpose
- I promise to honor my calling
- I promise to forgive myself
- I promise to keep going
- I promise to protect my energy



Practicing self-love

Embracing a journey of self-love and empowerment is a vital step toward healing and cultural resurgence. Self-love for youth will foster confidence, resilience, and a strong sense of identity; empowering youth to navigate challenges, honor their uniqueness, and build a positive future.

Practicing self-love means treating yourself with kindness, setting healthy boundaries, embracing your uniqueness, and taking time for activities that nourish your mind, body, and spirit.

"Embrace Your Heritage: A Message of Strength and Pride for Native Teens"

Embrace your heritage, stay connected to your roots, and remember that your story is powerful. Honor who you are, take pride in your culture, and know that your voice matters—your strength comes from both within and the generations that came before you.



What are the youth up to

Pala Youth Empowerment Initiative Program

BLANKET MAKING

A few of our young participants embraced the challenge of testing their patience by crafting a chunky hand knit blanket. Some displayed remarkable patience, a creative spirit, and diligently worked with their hands. They designed a stunning color scheme and pattern for a blanket intended for a loved one.



YOUTH CHRISTMAS PARTY

On December 20th, the youth at the Pala Housing Resource Center came together to celebrate the holiday season with a festive Christmas party. The evening was filled with fun games, delicious treats, and plenty of holiday cheer. Each youth also received a special holiday gift. To top off the celebration, we ended the night with an exciting karaoke battle.

It's always a joy for the Pala Housing Resource Center staff to see our youth so engaged, enjoying themselves, and embracing the holiday spirit alongside their peers.

SKATEBOARD CLUB COMES TO A CLOSE

It's been a great time hanging out at the Pala Skate park and watching some beginners keep at it! Everyone took a slam or two, but they always picked themselves up and kept trying. Weekly trips to the skate park will continue in Spring. Stay posted!





Youth Support



For free 24/7 crisis support



SUICIDE AND CRISIS LIFELINE
DIAL OR TEXT: 988
WWW.988LIFELINE.ORG



Crisis Text Line
Text: NATIVE to
741 741
www.crisistextline.org/

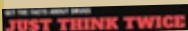
Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP
www.nida.nih.gov/research-
topics/parents-educators



Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-
quitting



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Local Support



Tuchily Healing Hearts
Pala's Mobile Crisis Response Team
Call: 1 (760) 292-6271



Indian Health Council INC.
Call: 1 (760) 749-1410
www.indianhealth.com

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



Teens Helping Teens
Call: 1-800-852-8336
Text: YLNATIVE to 839



863
www.theyouthline.org
We R Native: My Mind
Text: CARING to 65664
www.wernative.org/my-
mind



National Hotline. Reach
Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline

Additional Online Resource



Neverabother.org



PHRC January Events

2025

Pala Youth Empowerment Initiative

We Are Open Saturdays

HAPPY New Year

January Schedule
Monday - Friday 10:30 am-7 pm
Saturdays, January 11th & 25th 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

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.

January Events

2025

YOUTH AGES 12-24

MOVIE NIGHT

FRIDAY, JANUARY 31
3:00 PM - 6:00 PM



Pala Housing Resource Center
RSVP: Paula +760-638-1676



Youth Digital Media Lessons

Wanting to learn more about:

- Pod Cast Production
- Managing youth social media
- Developing Content
- Video and Audio Editing



Starting In February

RSVP RSVP

Where: PTHRC
Ages: 12 to 24
2 DAYS A WEEK
4:30 PM - 6:30 PM



Instructor : Dylan Luna



RSVP to Deandra Molina: dmolina@palatribe.com or (760) 893-0769

Saturday Skate Days!

All ages welcome!

Come hang out with us at
Pala Skate Park
Saturday, 1/11/25 and Saturday,
1/25/25 from 11am-2pm

All skill levels allowed and encouraged!
Snacks and drinks provided.

*Permission slips required

If interested, contact Matt 760-717-0448



Saturday



Upcoming Events

2025

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

What is CERT?
This program helps to train people to better respond to emergency situations in their communities.

CERT 3-Day Training @ Pala Fire Station:
Sunday, February 2nd
Saturday, February 8th
Sunday, February 9th
Time @ 9am - 5pm

Course Topics

- ☑ First Aid
- ☑ Disaster Preparedness
- ☑ Basic Fire Suppression
- ☑ National Weather Service Storm Spotter
- ☑ Disaster Medical Operations- Part I & II
- ☑ Search & Rescue Operations: Terrorism
- ☑ CERT Organization: Disaster Psychology

SCAN ME to sign up!

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

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 Morning Star
(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.