



PALA YOUTH

EMPOWERMENT INITIATIVE PROGRAM

SEPTEMBER 2025

ISSUE 27

School Motivation

As school begins, staying motivated means creating routines, getting enough rest, asking for help when needed, and setting small goals. Building healthy habits and surrounding yourself with positive peers will keep you focused and on track.

Native American Day 2025

Native American Day honors ancestors who endured hardships and reminds us that we are still here, strong and making a difference. It is a celebration of culture, language, and traditions, and a call for youth to carry this forward as the next generation of leaders and role models. Native American Day is celebrated the 4th Friday in September.

Pala Tobacco Program

Teen smoking is rising, but for Native youth, choosing health honors tradition and sets a strong example. Tobacco is sacred, not for abuse—true strength comes from culture, sports, art, and positive connections.

Suicide Prevention Month

Suicide Awareness Month reminds us to look out for one another. If you notice a friend feeling down, pulling away, or saying worrying things, reach out and show you care. Native youth are at higher risk, so support and resources are important. Remember—you are never alone. If you ever feel like you're in crisis, call 988 for help.



Upcoming Events

September 23 - Youth Automotive Workshop

October 16 - Family Paint Night

September 16 - November 18
Cupa Language

October 25 - Pala Fire Department
Open House

October 25 - Pala Youth Center's
Halloween Carnival

STAYING MOTIVATED

Motivation

As school is back in session, it's essential to establish routines. What can we do to sustain our motivation? To maintain this momentum, let's prioritize taking care of yourself! Ensuring we get adequate rest is crucial, along with seeking help when feeling overwhelmed.

Remember, this is a new beginning! Focus on building healthy habits and setting small, achievable goals to keep you on track.

Staying focused will help you accomplish your goals, plus surrounding yourself with positive peers.

A NEGATIVE
MIND WILL
NEVER
GIVE YOU A
POSITIVE LIFE

Reminders

- Take breaks when needed
- Ask for help
- Create healthy boundaries
- Celebrate small victories
- Eat healthy
- Sleep is essential

Focus
ON YOUR
Goals

Friendly reminder, PYEI staff are here to support you in your educational journey. Let us know if you have questions or need help in your homework. Staff are in Monday-Friday 10:30 am - 7:00 pm.

PALA YOUTH EMPOWERMENT INITIATIVE



"FOR YOUTH BY YOUTH"



WHO WE ARE

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, training's, podcasts, and activities. We service youth ages 12 to 24 years of age. We strive to provide Pala youth with the life skills needed to become successful adults. Hours of operation Monday through Friday from 11 am-7:30 pm and every other Saturday from 9 am -5 pm

MEET THE STAFF



Maria Villegas

Youth Empowerment Lead

Cell: (760) 315-0104

Email: mvillegas@palatribe.com



Paula Ellenwood

Youth Empowerment

Cell: (760) 638-1676

pellenwood@palatribe.com



Deandra Molina

Tobacco Coordinator

Cell: (760) 893-0769

dmolina@palatribe.com

OUR SERVICES

Life Skills

- Cooking Classes
- Driving School
- Budgeting Workshops
- Resume Building

Personal Skill Development

- After School Tutoring
- GED Classes
- Goal Setting
- Community Service

Community Events

- Youth Training/Field Trips
- Community Outreach
- Social Media

Other Services

- Mentorship Guidance
- Career Development
- Youth Mental Health Guidance

 FOLLOW US

@palahousingresourcecenter

www.palahrc.com



California Native American Day

September 26, 2025

Why we celebrate

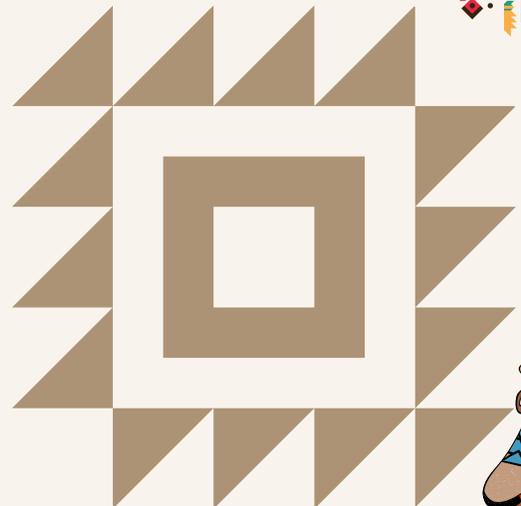
We celebrate Native American Day to honor our ancestors, those who carried the hardships so we wouldn't have to. It is a reminder that we are still here, standing strong, and making a difference for our people.

This day is about celebrating our culture, our language, and our roots. It's a time to embrace where we come from and to continue carrying our traditions forward.

As youth, you are the next generation, the ones children will look up to for guidance, knowledge, and strength. You are the ones who will keep the culture alive.



✦ **Remember: it's never too late to be part of the community, to learn, and to share what you know. Together, we carry the legacy forward.**





PALA TOBACCO

Program



TEENS & SMOKING: CHOOSE HEALTH: CHOOSE CULTURE

In California, teen smoking has been rising, and we know a lot of it comes from curiosity and peer pressure. At this age, it's easy to feel like you have to "try it" or go along with the crowd. But the truth is, smoking doesn't just affect today, it can impact your health and your future for a lifetime.

As Native youth, you carry something powerful: culture, tradition, and the chance to be role models for the next generation. Tobacco has always been sacred in our communities, not something to abuse or use to "fit in." By choosing health, you're also choosing to honor tradition and show others a better way.

There are so many stronger, healthier paths than smoking, whether it's through cultural practices, sports, art, language, or spending time with positive friends and family. Being proud of who you are and where you come from will always be more powerful than giving in to peer pressure.

Let's lead by example. Let's show the next generation that choosing culture and choosing health go hand in hand.

Save a teen from a lifetime of addiction and disease.



© 2024 California Department of Public Health

Scan or call to report tobacco products being sold to minors. It's illegal and harmful. **1-800-5-ASK-4-ID.**

CDPH
California Department of Public Health



PALA TOBACCO PROGRAM

PALA FAMILY PAINT NIGHT

OCTOBER 16, 2025

***AGES 8 AND UP**

Join us for a special evening to learn, create, and connect with culture. Enjoy a delicious meal while experiencing the art and stories of Bobby Von Martin, a talented Native American artist dedicated to empowering Native Communities and honoring tradition. Don't miss this uplifting and inspiring event for the whole family!

LEARN MORE ABOUT BOBBY VON MARTIN
[HTTPS://TOGETHERWEREMORE.COM/ARTISTS/BOBBY-VON-MARTIN/](https://togetherweremore.com/artists/bobby-von-martin/)

FOLLOW HIM ON IG:
[BOBBYVON14](https://www.instagram.com/bobbyvon14)

TO REGISTER CONTACT:
DEANDRA MOLINA
DMOLINA@PALATRIBE.COM
OR TEXT : 760-893-0769



LOCATION PALA ADMINISTRATION
TIME: 4:30-7:30 PM



UPCOMING EVENTS:

We're excited to welcome back Bobby Von Martin, a talented Native artist, for a special evening of culture, art, and storytelling on Wednesday, October 16th. Bobby will share his journey, how he achieved his accomplishments, the path that led him to where he is today, and his personal experience with traditional tobacco use. He will also present his art and tell the stories and meaning behind each piece. This is a chance to connect, learn, and be inspired by Bobby's powerful message and creative work. Don't miss it!



September

Suicide Awareness Month



There are many others who are experiencing the same difficulties. It's important to reach out for support. Talk to someone you trust. 988 is the number to call if you are in crisis. You can also reach out to a mental health professional. Taking care of your mental health is essential!

Suicide Prevention Month is essential to understand as Native Americans have the highest suicide rate of any ethnic group in the United States. It is important to recognize and address the mental health issues that are driving this high suicide rate.

Signs to recognize among youth include changes in behavior, mood swings, isolation, and withdrawal from social gatherings. In addition, self-medicating with alcohol or marijuana daily, using fatalistic language and saying, "I won't be a problem for you much longer," taking risky and self-destructive actions, and giving away belongings with no logical explanation are also examples of this behavior.

It is important to be aware of these signs and take action if necessary. Professional help is available and should be sought out. Native youth should be supported and given the resources they need to thrive.

SUICIDE WARNING SIGNS FOR YOUTH

You Are Not Alone



It's time to take action if you notice these signs in family or friends:

- 1 Talking about or making plans for suicide.
- 2 Expressing hopelessness about the future.
- 3 Displaying severe/overwhelming emotional pain or distress.
- 4 Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

988 SUICIDE & CRISIS LIFELINE

RP24988.017

#END THE STIGMA



NATIONAL
**SUICIDE
PREVENTION
MONTH**

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

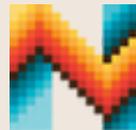
Mental Health



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

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



PLAYED WITH YOU TODAY

A day in the life of teenagers.



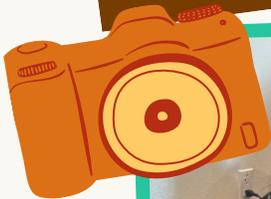
Ryder anticipated in putting the Traeger grill together for the program. He did it all by himself. Thank you, Rider!



Keith helped blow debris off the front entrance of housing.



Youth having fun making slime!

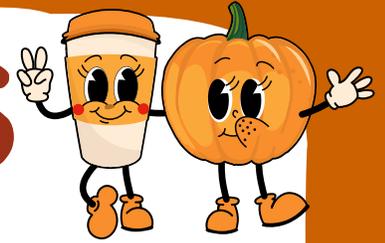


A group of youth enjoying each other's company after school!





PHRC EVENTS



YOUTH AUTOMOTIVE WORKSHOP

SEPTEMBER 23RD
4PM-7:30PM



Hands on Learning



EMERGENCY SAFETY

Flat tire, hydroplaning, loss of power while driving, how to jump a dead battery, ect.



AUTOMOTIVE MAINTENANCE

checking fluids, understanding the consequences of not performing repairs and common vehicle problems.



NAVIGATING A MECHANIC

How to find a good mechanic and how to confirm or deny repairs.



FINANCIAL LITERACY

Best tips when purchasing a used vehicle and understanding private and used car dealership .

Limited Space Available!

For youth 15 and up! In this hands-on workshop, learn essential automotive skills like financial literacy, car care, and more. Participants are encouraged to bring their own vehicle for practice. Each participant will receive:

- Reusable work gloves
- A tire pressure gauge
- Printed materials

Sign up today and start your automotive journey!

Contact Maria:



(760) 315-0104



mvillegas@palatribe.com



Pala Housing Resources Center





PHRC EVENTS



PALA TOBACCO PROGRAM

PALA FAMILY PAINT NIGHT

Join us for a special evening to learn, create, and connect with culture.

Enjoy a delicious meal while experiencing the art and stories of Bobby Von Martin, a talented Native American artist dedicated to empowering Native Communities and honoring tradition.

Don't miss this uplifting and inspiring event for the whole family!

Join us in celebrating Indigenous Peoples Day

OCTOBER 16, 2025

LEARN MORE ABOUT BOBBY VON MARTIN
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**TO REGISTER CONTACT:
DEANN DRA MOLINA
DMOLINA@PALATRIBE.COM
OR TEXT : 760-893-0769**



**LOCATION PALA ADMINISTRATION
TIME: 4:30-7:30 PM**





PHRC EVENTS 2025



Pala Youth Empowerment Initiative
**WE ARE OPEN
 IN
 SEPTEMBER**

SEPTEMBER SCHEDULE
 Monday - Friday 10:30 am-7 pm
 Closed: Sept. 26th, 2025

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 Registr

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 you by: Pala Senior Department,
 Pala Youth Empowerment Initiative, and Indian Health Council





PALA EVENTS



PALA'S SCHOLARSHIP PROGRAM

FURTHER YOUR EDUCATION THROUGH THE PALA LEARNING CENTER

Dreaming of a brighter future but worried about the costs? The Pala Tribal Scholarship Program is here to support enrolled tribal members like you in achieving your goals, whether you're pursuing college, vocational training, trade school, or junior college. Invest in your future with the support you deserve!

WHAT YOU'LL GET:

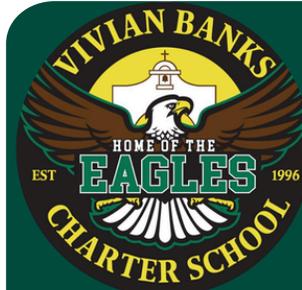
- ✓ Covers 75% of tuition and 100% of books and fees
- ✓ Access to free and low-cost tutoring resources
- ✓ Discounts and special offers on school supplies, technology, and more
- ✓ Academic support every step of the way



ROLLING APPLICATION DEADLINE

APPLY NOW!

CONTACT INFORMATION:
rhjohnson@palatribe.com
760-742-1997



CELEBRATING 30 Years GATHERING

Vivian Banks Charter School

4:30 PM - 6:30 PM
AT VIVIAN BANKS CHARTER SCHOOL
WEDNESDAY, MAY 13TH, 2026

As we celebrate 30 years, we want to honor Vivian Banks' legacy by meeting the needs of our children and community. Money raised will go towards new programs, services, resources, and school site beautification at Vivian Banks.

Show your support!!!
Donate \$30 per family, \$1 per year.
All Donations are Tax Deductible

FUNDRAISER

\$30 for 30 years!

DONATE TODAY!!

SCAN ME



Website: vb.bonsallusd.com/
11800 Pala Mission Rd, Pala, CA 92059
Media Contact: Principal, Tina Calabrese

MUSIC MONDAYS

Pala Youth Center

10am-11am



Learn how to play:

- Guitar**
- Bass**
- Keys**
- Drums**



For more information contact:
Acantu@palatribe.com
Arameshwar@palatribe.com



Report Card Program

How it Works

- Bring It In:** Drop off a copy or photo of your report card at the Learning Center anytime after you receive it. Before submitting, stop by the front desk to get an Approval Form from Learning Center staff. A parent or guardian must sign this form, and then staple it to your report card to confirm your entry.
- Quarterly Drawings:** We hold a prize drawing four times a year (Each report card = 1 entry into our prize drawing):
Fall Drawing – October
Winter Drawing – December
Spring Drawing – March
Summer Drawing – June
- Quarterly Bonus Challenges:** Each quarter, we will have a challenge on the Report Card Dropbox. Put your answer in the box along with your report card and signed Approval Form for an extra entry!
- All report cards with signed Approval Forms dropped off before the drawing date are included!**

How to Find Out if You're a Winner!

We will have 3 winners each quarter! Students can come by the Pala Learning Center and pick out their prize! Winners will be announced on our Instagram page @palalearningcenter and posted on the Report Card Dropbox until the next quarter.

Need a little extra support? Contact our Academic Assistant, Rhiannon, for questions or tutoring resources
760-742-1997 or rhjohnson@palatribe.com



PALA EVENTS



Cupa Language

With: John, Bud, Machado

Class

16 Sept. - 18 Nov. 2025*

Only 9 weeks
Tuesday's @ 6:30 PM

In person:
@Cupa Cultural Center

Everyone, let's learn together!

Palatribe.com
More Info, Call/Email Bud:
(760)420-2265 jmachado@palatribe.com

20TH ANNUAL OPEN HOUSE

Please Join Us!

For our 20th Annual Fire Prevention Open House! Spend the day with your local firefighters. There is something for all ages to enjoy at this annual event. There will be food, fire safety booths, tours of the fire station, fire truck demonstrations & much more!

Halloween Goodie Handouts

SATURDAY
10AM - 2PM
OCTOBER 25TH

34884 Lilac Extension Road Pala, CA 92059

PALA YOUTH CENTER'S HALLOWEEN CARNIVAL

OCTOBER 25, 2025
5PM - 9PM
JIM BANKS SPORTS PARK

TRUNK OR TREAT
FOOD
MUSIC
VENDORS
COSTUME CONTEST
CARNIVAL RIDES

To enter a trunk contact April @ 760-638-6462



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
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Paula Ellenwood

(760) 638-1676
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Deandra Molina

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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.

The Pala Tobacco Program is dedicated to inspiring and motivating our community, especially our youth, to learn and honor the traditional use of tobacco. Our mission is to promote a culturally forward mindset, ensuring that our traditions are preserved and respected in today's world. By reconnecting with our roots, we strive to build a healthier future for generations to come, keeping our traditions alive for a long time to come.