



# Newsletter

## ■ Set Goals

Setting New Year goals gives youth a clear sense of direction and purpose as they grow and learn. Goal-setting helps build confidence, responsibility, and motivation to make positive choices throughout the year.

## ■ Be Yourself

As the new year begins, don't lose yourself while trying to figure things out. Trust yourself, stay true to who you are, and make anything happen.

## ■ New Opportunities

The next 12 months are full of chances to grow, learn, and get involved in your community. Show up, try something new, and make this year count.

1

## To New Beginnings

Pala Youth Empowerment Initiative Program would like to wish everyone a Happy New Year! As we move into this new chapter, we are committed to providing meaningful resources to our community and look forward to new experiences, growth, and adventures with our youth.



## New Year; Better You

**Embrace the unknowns; may they lead to the life you've always imagined**

You're gearing up for a new year, and you may not have any resolutions, and that's perfectly okay. There's always time to explore a new hobby or get more involved in your community. Just remember, there's no time limit. Move at your own pace, and most importantly, find joy and happiness in the process.



## NATIONAL HUMAN TRAFFICKING PREVENTION MONTH

In January, National Slavery and Human Trafficking Prevention Month brings together law enforcement and organizations across the nation in an strive to eliminate human trafficking. Join the effort to raise awareness and prevent human trafficking in your community.

# Mental Health in the New Year



New year, new opportunities—but remember to move at your own pace.

Take care of your mental health, make time for self-care, and honor your emotions along the way.

Don't be hard on yourself when it comes to New Year's resolutions—growth isn't a race.

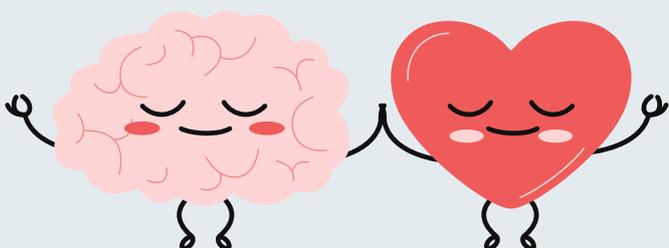
Every small step matters, every lesson counts, and you already have everything you need to become who you're meant to be.

Keep going. You're doing better than you think.



## Types of Self Care:

- Talking to a trusted friend, mentor, or family member
- Practicing positive self-talk
- Taking breaks from pressure or expectations
- Setting boundaries with schoolwork or activities
- Limiting screen time or social media breaks
- Getting enough sleep
- Moving your body (walking, dancing, sports, stretching)
- Eating regular meals and staying hydrated
- Spending time with people who make you feel safe
- Saying no when you need to
- Practicing gratitude
- Connecting with culture, traditions, or ceremonies



# NEW YEAR; NEW MINDSET

We deliver personalized and expert care in obstetrics and gynecology, providing attentive and compassionate treatment tailored our patient's individual needs.

Our experienced team is committed to promoting women's health through comprehensive and advanced medical practices.

## Realistic Goals

**Prioritize Doing Things That Make You Happy:** How many times did you put your happiness on the back burner this year? Prioritize your happiness this year by finding little ways to bring a smile to your face.

### **Write Down Your Goals and Look at Them Every Day**

**Break ONE Crummy Habit:** Whatever that crummy "habit" is, stop making excuses, stop blaming others, stop waiting for the perfect time, and just break it once and for all.

### **Get More Dang Sleep :**

Start the new year off right with a healthy sleep schedule so you can wake up feeling energized and refreshed – imagine that!

**Swap Out Soda for Water (Even Some of the Time):** Do yourself a huge favor by swapping out the soda and giving your body what it really needs WATER.

**Try Something New – Anything:** Maybe you want to take up a hobby, take a challenging hike, or go on an adventure with friends. Stop putting it off and just do it, there will never be a perfect time



# National Human Trafficking PREVENTION MONTH



According to the International Labor Organization, approximately 40 million human trafficking victims exist worldwide. Through a variety of tactics, including violence and threats, traffickers force their victims into labor or commercial sex. Every victim is forced against their will to comply. Human trafficking impacts all races, every class, religion, and gender. It even spans every ability. As a result, the issue belongs to every community in the country.



**STOP  
TRAFFICKING**

**STAY  
SAFE**

Understand how traffickers recruit and manipulate

Learn how to protect yourself and others

Promote community awareness and prevention

## How to help?

- Knowledge - Learn how human trafficking is happening. Visit [www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign) to inform yourself about what human trafficking looks like.
- Get involved - If you suspect human trafficking report it. In the U.S. call 1-866-347-2423. For more information visit [www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign). You can also volunteer through organizations committed to eliminating human trafficking. Contact local, state, and regional service organizations to volunteer time, services, or a donation.
- Get help - If you need help, call 1-888-373-7888. Visit [www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign)





*California's*

TOBACCO  
FLAVORED

**BAN**

## Notice about New Tobacco Rules

California law does not allow most flavored tobacco products to be sold.

Flavored tobacco means any tobacco that tastes or smells like something other than tobacco, such as:

- Fruit
- Candy
- Mint or menthol
- Chocolate
- Vanilla
- Alcohol flavors
- Cooling or icy sensations



Products that add flavor to tobacco are also banned.

If a tobacco product's packaging, colors, images, or words make it seem flavored, it is treated as flavored, even if the company says it isn't.

The state is creating an Unflavored Tobacco List (UTL).

Only tobacco products on this list will be allowed to be sold.



**Pala Tobacco**  
PROGRAM

## Unflavored Tobacco List Release

The California Department of Justice (DOJ) has released the Unflavored Tobacco List (UTL). The UTL clearly defines which products are legally allowed to be sold by retailers, wholesalers, distributors and delivery sellers in California.

For more information on listed products, please see the UTL [here](#):





# *Pala* COMMUNITY CHRISTMAS PARTY

🎄 Memories to last a lifetime 🎄  
Here's a glimpse into the joy and  
holiday spirit from the Pala  
Community Christmas festivities.  
Thank you to our community for  
making it so special!



## WHATS NEW AT PHRC



# NEW HOURS FOR JANUARY 2026

Our January hours are as follows:

Monday, Wednesday, and Friday from 10:30 a.m. to 7:00 p.m.

Tuesday and Thursday from 10:30 a.m. to 6:00 p.m.

We look forward to welcoming youth back and starting 2026 with engaging programs and activities.



For any questions, please contact Maria Villegas at (760) 315-0104

# 2026 EVENTS

Pala Youth Empowerment Initiative Presents

## DRIVING LESSONS

Attention all youth enrolled in online driving school classes! The PHRC is offering a space where you can complete your online classes and get answers to any questions you may have about the driving school.

**Every Wednesday starting January 14, 2025**  
**4:30 pm-6:30 pm**  
**\*check-ins are required**



**IN PARTNERSHIP WITH**



**REGISTRATION NOW**

Contact: Maria Villegas  
 (760) 315-0104



Pala Youth Empowerment Initiative Program

## DRIVING SCHOOL STUDENTS

### HONORING OUR ANCESTORS YOUTH PRESENTATION



**HONORING OUR ANCESTORS: Protecting Our Future**  
 Traffic Safety for Native American Youth

**TREES is addressing a serious issue in Indian Country: Traffic Safety.** Our project was built with the voices of local Kumeyaay & Soboba youth ages 16-26, inspired by local artists, storytellers, elders, and speakers.  
 Led by Kumeyaay student and coordinator, Alexxa Casanova, we're ready to share our curriculum with the community through our four local tribal Peer Trainers.

**WHAT WE OFFER:**

- Engaging, culturally influenced presentations
- Youth-led peer-to-peer learning
- A curriculum rooted in tribal assessments and traditions
- Certification of Completion

**OUR GOALS:**

- To collaborate with San Diego County, Tribal programs, Youth centers and Community organizations to host our Peer Trainers and bring this message to your clients and youth!
- Reduce the number of Native persons killed in traffic crashes.
- Reduce the number of Native persons injured in traffic crashes.
- Highlight local Native voices and advocates for traffic safety.

**LET'S EDUCATE AND ADVOCATE TRAFFIC SAFETY IN TRIBAL COMMUNITIES!**

**CONTACT:**  
 ALEXXA CASANOVIA  
 alexxamev@health.uscd.edu

**OTS CHECK OUT OUR TRAFFIC SAFETY WEBSITE!**

Attention youth participating in online driving education programs:PHRC is offering a culturally rooted traffic safety presentation designed to help you better understand your online driving program while learning about safety within tribal communities.

**January 21 from 4:30 to 6:30 pm**  
**At the Pala Housing Resource Center**




Stirring Up Culture, One Dish at a Time!

## FAMILY COOKING CLASSES

**LIMITED TO 30 PARTICIPANTS**  
**PALA ADMINISTRATION BUILDING**  
**12196 PALA MISSION ROAD PALA, CA 92059**

**What You'll Learn:**  
**Food Safety Essentials:** Understand how to handle food safely and correctly.  
**Kitchen Skills:** Gain confidence in using kitchen tools and equipment, including knife techniques.  
**Healthy and Cultural Recipes:** Discover traditional dishes made with locally sourced ingredients.

**REGISTER NOW**



**Why Join:**  
 This interactive course is more than just cooking, it's about learning valuable life skills, connecting with traditional foods, and having fun with friends.

**Youth under the age of 12 must participate with an adult.**

**3 WEEKS 2 DAYS PER WEEK**  
**EVERY TUESDAY & THURSDAY STARTING**  
**JANUARY 6<sup>TH</sup> FROM 4 PM TO 6PM**  
 Register for free with Maria Villegas  
 mvillegas@palatribe.com / (760)315-0104

THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP.



STIRRING UP CULTURE, ONE DISH AT A TIME!

## FAMILY COOKING CLASSES

**3 Week 6 classes**  
**Recipes for 30 Participants**

<b>TUE. JAN. 6TH</b> Pumpkin Stew & Acorn Bread	<b>THUR. JAN 8TH</b> Acorn Dumpling Soup with Ground Meat & Cole Bread
<b>TUE. JAN. 13TH</b> Coastal Salmon Black Berry Salad & Creamy Chia Cacao Pudding	<b>THUR. JAN 15TH</b> Walleye Chowder (with talipa instead) & Fry Bread with honey mesquite
<b>TUE. JAN. 20TH</b> Venison Meatballs with Mushroom Sauce & Wild Rice	<b>THUR. JAN 22ND</b> Prickly Pear Marinated Quail Mesquite Rub & Pine Nut Mush

**SURVEYS**

Pre-survey will be conducted on Jan. 6<sup>th</sup>      Post survey will be contacted on Jan. 22<sup>nd</sup>



# 2026 EVENTS

**Pala Tobacco Program**

## BE THE CHANGE




**BE A PART OF :**

- Build strong Leadership
- Advocacy
- Promote Cultural Teachings
- Strengthen Community voice

**When are Meetings:**

- Meetings will be held every 3<sup>rd</sup> or 4<sup>th</sup> Tuesday of the month.
- Time 5 PM- 6PM

**MORE INFO**

Deannra Molina  
dmolina@palatribe.com





NEW YEAR, NEW YOU.

## TOBACCO VISION BOARD NIGHT

*Create Your Vision. Set Your Goals.*

TUESDAY & THURSDAY  
JANUARY 13 & 15

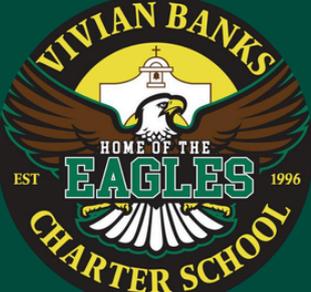
4:30PM -5:30PM

Pala Housing Resource Center

**\*\*AGES 12 AND UP**

Join us for a vision board workshop where you'll map out your goals for the year and create something inspiring to look back on.

CONTACT: DEANNRA MOLINA  
760-893-0769

## CELEBRATING 30 Years GATHERING

**Vivian Banks Charter School**

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

**FUNDRAISER**

**\$30 for 30 years!**

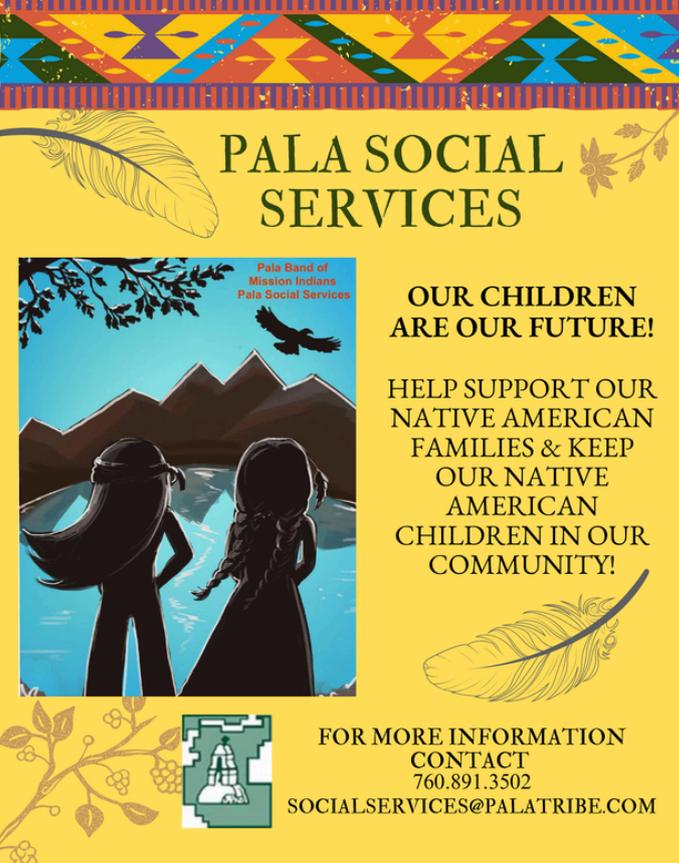
As we celebrate 30 years, we want to honor Vivian Banks' legacy by meeting the needs of our children and community. Money raised will go towards new programs, services, resources, and school site beautification at Vivian Banks.

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

**DONATE TODAY!!**  
SCAN ME




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



## PALA SOCIAL SERVICES

**OUR CHILDREN ARE OUR FUTURE!**

HELP SUPPORT OUR NATIVE AMERICAN FAMILIES & KEEP OUR NATIVE AMERICAN CHILDREN IN OUR COMMUNITY!

FOR MORE INFORMATION CONTACT  
760.891.3502  
SOCIALSERVICES@PALATRIBE.COM



# Events 2026



**Valentines Craft Week**  
2/09-2/13

**Monday 2/09:**  
Valentine's Picture Frames

**Tuesday 2/10:**  
"Love Yourself" Bracelet or Pin

**Wednesday 2/11:**  
Creating Your own Candle

**Thursday 2/12: Break the Habit**

**Friday 2/13:**  
Valentines Karoke Night

Pala Youth Empowerment Initiative Program  
Age 12- 24




**PALA YOUTH EMPOWERMENT PROGRAM**

## VALENTINE'S

**KARAOKE NIGHT**

FOOD CRAFTS MUSIC

COME SING YOUR FAVORITE LOVE JAMS AND FEEL THE VIBES!

**FEBRUARY 13th**

**LOCATION**  
PALA HOUSING RESOURCE CENTER

**TIME** 2PM TO 5PM  
**AGES** 12 TO 24

RSVP YOUR SPACE: (760) 315-0104  
Contact Maria Villegas for more information




Indian Health Council Is Seeking Local Artists!

## HARMONY IN HEALTH

23<sup>RD</sup> TRADITIONAL INDIAN HEALTH GATHERING

### ARTWORK CONTEST

**SUBMIT NOW!**

**FEB. 11, 2026 DEADLINE!**






Submit your artwork to represent "Harmony In Health" at the 23<sup>rd</sup> Traditional Indian Health Gathering!

Cash Prizes for top 3 entries!

\$200 for First Place  
\$100 for Second Place  
\$50 for Third Place

SCAN FOR DETAILS



Contact David Dawson, Communications Director  
ddawson@indianhealth.com for questions.

## DTI DREAM THE IMPOSSIBLE

18TH ANNUAL NATIVE YOUTH CONFERENCE

**SAVE THE DATE**  
**APRIL 18, 2026**

**THIS EVENT IS FOR NATIVE YOUTH 12-19**




← SCAN THE QR CODE TO COMPLETE THE DTI 2026 PRE-CONFERENCE SURVEY

**CLICK ON THE DTI LOGO FOR MORE INFORMATION**

NATIVE YOUTH WHO RESIDE IN SAN DIEGO, RIVERSIDE, ORANGE, LOS ANGELES & SAN BERNARDINO COUNTIES ARE ELIGIBLE TO PARTICIPATE

# 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

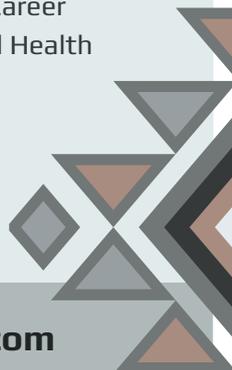
### Other Services

- Mentorship Guidance and Career
- Development Youth Mental Health
- Guidance



@palahousingresourcecenter

www.palahrc.com



# 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:

Maria Villegas  
(760) 315-0104  
[mvillegas@palatribe.com](mailto:mvillegas@palatribe.com)

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

Deandra Molina  
(760) 893-0769  
[dmolina@palatribe.com](mailto:dmolina@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.

The Pala Tobacco Program encourages our youth and community to respect the traditional use of tobacco, keeping our culture strong for future generations.