



Filling a Nutritional Need in Our Community

The annual Summer Lunch program, sponsored by La Manzano Community Resources (LMCR), a program of Community Bridges' Family Resource Collective, kicked off on June 10. As kids are out of school for the summer, this program offers FREE lunches to children 18 and younger at various sites in Santa Cruz and Watsonville through early August.

DATES AND LOCATIONS

June 10 – August 9 (12 PM - 1 PM, Monday through Friday)

- La Manzano Community Resources: 521 Main St., Watsonville, CA 95076
- Stone Creek Apartments: 300 Bree Lane, Watsonville, CA 95076
- Vista Verde Apartments: 45 Steward Ave., Freedom, CA 95019
- Corralitos Creek Apartments: 125 Pajaro Circle, Freedom, CA 95019

June 10 – August 2 (12 PM - 1 PM, Monday through Friday)

- Boys and Girls Club of Santa Cruz: 543 Center St., Santa Cruz, CA 95060
- Nueva Vista at Beach Flats Park: 131 Leibbrandt Ave. Santa Cruz, CA 95060

June 24 – August 2 (12 PM - 1 PM, Monday through Friday)

- Pippin Orchards: 56 Atkinson Lane, Watsonville, CA 95076
- Sunny Meadows: 220 Ross Ave., Watsonville, Freedom, CA 95019

- Schapiro Knolls: 33 Minto Rd., Watsonville, CA 95076

No eligibility documentation is required for children to receive a meal.

Combatting Childhood Hunger

Over the past three years, Community Bridges has served 30,000 meals through the Summer Lunch program, helping to combat local childhood hunger. When school districts close for the summer, many students miss out on what is sometimes their only complete meal of the day. Nationwide, more than 30 million children depend on free meal programs, making the availability of summer meal programs critical.

According to Feeding America, more than 9 million U.S. children faced hunger in 2021, with higher rates among Black and Latino children. Hunger can have serious impacts on children's development and academic performance.

Supporting the Summer Lunch Program

The Summer Lunch Program is funded through a combination of federal, state, and local funding, but approximately 30% of the costs are covered through donations. With local county CORE funding no longer available, community support is crucial.

How to Help

- Donate: Visit communitybridges.org/donate and select La Manzana Community Resource Center before making your contribution to support the Summer Lunch program.
- Volunteer: Visit communitybridges.org/volunteer to sign up to help serve lunches or support other programs.

Your support helps ensure that no child in our community goes hungry this summer. Thank you for making a difference!



HELP FEED OUR COMMUNITY



Join Our Triple P Parenting Classes for July!

We're excited to announce our upcoming summer series of virtual and in-person parenting seminars designed to empower families across Santa Cruz County. These seminars, presented by the Triple P (Positive Parenting Program), are made possible through the invaluable partnership between Triple P and Community Bridges. Whether you're a parent of a toddler, young child, or teenager, we have something for everyone this month.

This month we're featuring our Triple P Group for Spanish speaking families. This group meets every Monday and is a wonderful opportunity to connect with other families and learn practical strategies for fostering positive behaviors and strengthening family relationships. Read on for more details about our classes and how to register. We look forward to seeing you!

All courses presented in English unless stated otherwise.

Triple P Group

For Families with Children Aged 2 - 12

- Dates: Every Monday, July 1 - August 26 (Except August 12)
- Time: 6-8 pm
- Location: La Manzanita Community Resources, 18 W. Lake Ave, Suite E, Watsonville
- Presented by: Sandra Rodelo, Community Bridges - La Manzanita Community Resources

Join this FREE 8-week Triple P group to meet other families and learn simple strategies to help you:

- Strengthen relationships in your family
- Encourage positive behaviors

IN THE NEWS

Key headlines from Community Bridges' Family Resource Collective and challenges impacting local children, parents, and families.

- [Free summer lunch programs across the Central Coast](#)
- [California's Medi-Cal Expansion Is Lowering Poverty among Undocumented Immigrants](#)
- [How Community Bridges' Family Resource Collective is partnering to break the cycle of evictions](#)

Learn more about our Family Resource Collective Sites

- [La Manzanita Community Resources](#)
- [Live Oak Community Resources](#)
- [Nueva Vista Community Resources](#)
- [Mountain Community Resources](#)

- Teach your child skills and behaviors
- Handle disruptive or problematic behaviors with greater confidence
- Take care of yourself as a parent

Important Details:

- Sessions are presented in Spanish
- Free childcare provided
- Registration will close after the second class
- Participants who attend all classes will receive a Certificate of Completion

To Register: bit.ly/Grupo-Julio

For questions, contact Sandra Rodelo at (831) 724-2997 Ext. 211 or sandrar@cbridges.org.

OTHER JULY COURSES

Triple P Parenting Seminars

For Families with Teens Ages 13 to 16

- Location: Beach Flats Community Center, 133 Leibbrandt Ave, Santa Cruz
- Presented by: Lidia Montesino, Community Bridges - Nueva Vista Community Resources
- Sessions are presented in Spanish
- Free childcare provided
- Light snacks offered
- Attend 1, 2, or all 3 seminars

Seminar Topics:

Raising Responsible Teens

- Date: Monday, July 1
- Time: 6 - 7:30 pm
- Details: Encourage your teen's independence and responsibility.
- Sign Up Here: bit.ly/Responsable-1Jul

Raising Competent Adolescents

- Date: Monday, July 8
- Time: 6 - 7:30 pm
- Details: Guide your teen toward competence.
- Sign Up Here: bit.ly/Competente-8Jul

Connecting Teens

- Date: Monday, July 15, 2024
- Time: 6 - 7:30 pm
- Details: Support your teen's positive social connections.
- Sign Up Here: <https://bit.ly/Conectar-15Jul>

For questions, contact Lidia Montesino at (831) 423-5747 or lidiyam@cbridges.org.

It's Time for Potty Training

For Families with Toddlers from 1-3 Years

- Date: Tuesday, July 2, 2024
- Time: 6:00 – 7:30 pm
- Location: Live Oak Community Resources, 1740 17th Ave, Santa Cruz
- Presented by: Salma Albor, Community Bridges - La Manzana Community Resources

Workshop Details:

- How to decide when your child is ready for potty (toilet) training
- How to prepare your child to use the toilet
- Tips to make potty training a positive experience

Register here: bit.ly/Potty-July2

For questions, contact Salma Albor at (831) 724-2997 Ext. 220 or salmal@cbridges.org.

Strategies to Help Teens Manage Anxiety

For Families with Teens from 13 - 16 Years

Spanish Session:

- Date: Wednesday, July 3, 2024
- Time: 6:00-7:30 pm
- Register Here: bit.ly/Ansiedad-3Jul

English Session:

- Date: Tuesday, July 16, 2024
- Time: 6:00-7:30 pm
- Register Here: bit.ly/Anxiety-July16
- Common causes and signs of anxiety in teens
- What to do if your teen is anxious
- Tips for helping teens develop healthy coping skills

Workshop Details:

For questions, contact Mayra Martinez at (831) 288-2856 or mayram@cbridges.org.

How to Prevent Interrupting

For Families with Children 3 - 5 Years Old

- Date: Tuesday, July 23, 2024
- Time: 6:00-7:30 pm
- Location: Mountain Community Resources, 6134 Hwy 9, Felton
- Register Here: bit.ly/Interrupt-Jul23

English Session:

Spanish Session:

- Date: Thursday, July 11, 2024
- Time: 6:00-7 pm
- Location: Nueva Vista Community Resources, 711 E Cliff Dr, Santa Cruz
- Register Here: bit.ly/Interrumpir-11Jul

Workshop Details:

- Common reasons why young children interrupt adults
- Strategies to prevent interruptions from becoming a problem
- Tips to help children learn to keep themselves occupied while you are busy

For questions, contact Lidia Montesino at (831) 423-5747 or lidiam@cbridges.org.

Controlling the Fights for Power and Tantrums

For Families with Children Up to 5 Years Old

- Date: Thursday, July 25, 2024
- Time: 6:00 – 7:30 pm
- Location: La Manzana Community Resources, 18 W. Lake Ave, Suite E, Watsonville
- Presented in Spanish by: Salma Albor, Community Bridges - La Manzana Community Resources

Workshop Details:

- What your child may be trying to communicate by means of his behavior
- How to handle disobedience without getting caught in a fight for power
- Effective ways to prevent and manage tantrums
- To Register: bit.ly/Berrinche-25Jul

For questions, contact Salma Albor at (831) 724-2997 Ext. 220 or salmal@cbridges.org.

We hope to see you at our classes this July! Stay connected with us for more updates and resources to support your family's journey.

Join the FRC Team!

Community Bridges envisions a thriving community where everyone can unleash their full potential.

Our Family Resource Collective team works collaboratively with community partners, residents, businesses, foundations, donors, supporters, volunteers, and the Community Bridges family of programs to provide our participants with access to resources that offer stability and hope for the future.

Current open positions:

Nueva Vista Community Resources – Santa Cruz

[Program Coordinator](#)

[Advocate](#)

Live Oak Community Resources – Live Oak and Mid-County



[Operations Manager](#)
[Advocate](#)

La Manzana Community Resources – Watsonville & North Monterey County
[Master’s Level Therapist](#)
[Lead Care Manager](#)
[Summer Lunch Meals Driver](#)

These are full-time, 40-hour per week positions with competitive starting wages and a robust benefits package.

APPLY TODAY!



Explore options that can help you save money and energy!

Are you among the many Californians who are struggling financially, during these difficult times?

As your community advocate, Community Bridges’ Family Resource Collective is proud to share resources that can help you save energy and money.

Pacific Gas and Electric Company (PG&E) offers several assistance programs can help you save energy and money. Learn more by visiting pge.com/billhelpadvocate.

Assistance and support options may include:

- 1. Energy discount programs that provide longer term assistance to reduce future energy bills.
- 2. One-time financial assistance with past due energy bills.
- 3. Additional programs to help you manage life’s essentials like medical device support, phone and internet services and more!

SAVE MONEY & ENERGY

Tickets to Farm to Fork Now On Sale!

Celebrate with us at the 9th annual Farm to Fork Gala! This elegant event promises an evening filled with the charm of sunset sea breezes and a gourmet menu crafted from locally sourced, seasonal ingredients, all in the name of supporting Community Bridges, the Family Resource Collective, and the people that we serve.

Highlights of the evening include:

- **Live and Silent Auctions:** Bid on popular excursions, unique gifts, wines, and beers.
- **Live Music:** Enjoy performances in the company of fellow community supporters.

The Farm to Fork Gala is more than just a night out. It's a celebration of Community Bridges' ten essential programs that provide crucial services and resources to Santa Cruz County and the Monterey Bay Area. Your participation helps raise funds that directly benefit 20,000 local children, families, and older adults.

This year, we're celebrating the growth and expansion of our programs, as well as the continued improvement of ongoing services. As the leading human services agency in the Monterey Bay Area, Community Bridges is dedicated to evolving our services to meet the emerging needs and challenges within our community.

Details

- **Date:** Saturday, August 10, 2024
- **Time:** 5pm - 9pm
- **Location:** La Selva Beach Clubhouse, 314 Estrella Ave, Watsonville

How to Purchase Tickets and Support:

For tickets, sponsorship opportunities, and donation details, please visit communitybridges.org/events. For questions or more information, contact us at donations@cbridges.org or call 831-688-8840 ext. 205.

We look forward to seeing you there!

PURCHASE TICKETS TODAY





Show your support of Community Bridges and the Family Resource Collective by shopping at our TeePublic storefront! A portion of the proceeds of every sale go toward Community Bridges and the FRC!

BUY COMMUNITY
BRIDGES MERCH



Local advocacy makes a difference. The Family Resource Collective can not sustain its services without strong backing from local elected officials. Contact your representatives, ask questions, and advocate for our programs.

CONTACT YOUR
SUPERVISOR



The Family Resource Collective's work would not be possible without our dedicated volunteers. From helping with food distributions to conducting community outreach, our FRC centers have a plethora of volunteer opportunities.

HELP YOUR
COMMUNITY



Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

{{Unsubscribe}}