



Wrapping Up a Summer of Fun at Nueva Vista Community Resources

As Santa Cruz students prepare to return to the classroom next week, Nueva Vista Community Resources' Summer Fun program concludes another exciting season of life-changing trips, activities, and experiences fueled by the community investment of the David and Lucile Packard Foundation.

Over the past six weeks, our team at Nueva Vista Community Resources has collaborated with various local organizations, including O'Neill Sea Odyssey, the Santa Cruz Museum of Art and History, the Coastal Watershed Council, the Santa Cruz Beach Boardwalk, State Parks, and Ecology Action, among others. Together, we've brought local youth closer to nature, introduced them to potential careers, taught them about safety, and, most importantly, ensured they had fun and stayed active!

Our participants hiked the trails in Big Basin, learned about the environment and conservation while swimming in the San Lorenzo River, and explored history at museums and parks such as the Museum of Natural History, Castro Adobe, Mission State Park, and the Santa Cruz Museum of Art & History.

The Santa Cruz Sentinel covered our youth's recent trip to the San Lorenzo River with help from our partners at the Coastal Watershed Council. Check out the coverage [here!](#)



Our Nueva Vista Summer Fun participants recently had a fantastic day learning about bike safety and enjoying a scenic ride from the beach flats all the way to Santa Cruz Mission State Park.

With the support of our partners, the Summer Fun program has provided 27 Santa Cruz kids and teens with over 4,000 hours of curiosity-driven activities across three sessions.

The positive impact of this program cannot be overstated. Most participants would not have access to these enriching experiences during the summer due to their parents' work commitments. Moreover, studies have shown that programs like Summer Fun have lasting positive effects on youth, including improvements in physical and mental health, social and emotional development, and academic performance. Read more about these benefits [here](#).

Thanks to the Packard Foundation's decade-long support, hundreds of Santa Cruz youth have enjoyed enriching community experiences, fostering a generation of children with a deep connection to the earth, land, and water. Soon, however, Summer Fun will be without a lead funder, as the Packard Foundation's investment will expire after the upcoming fiscal year. If you're interested in sustaining this program, you can donate today at communitybridges.org/donate. Foundations, businesses, or organizations interested in more information about sponsoring Summer Fun contact Community Bridges Marketing and Communications Manager Tony Nunez via email at tnunez@cbridges.org.

Thank you for supporting our mission to provide enriching experiences for the youth in our community!

TRANSFORM LOCAL LIVES: DONATE TODAY

**IN THE NEWS**

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

- [Photos | Coastal Watershed Council hosts exploration expedition to the San Lorenzo River](#)
- [Community Bridges celebrates 50 years of WIC at Annual Breastfeeding Health Fair and Walk](#)
- [How Community Bridges' Family Resource Collective is partnering to break the cycle of evictions](#)

Join Our Triple P Parenting Classes!

We're excited to announce our upcoming Triple P parenting classes designed to support and empower you. Whether you're a parent of a toddler, young child, or teenager, we have something for everyone this month.

This month's **Triple P Parenting Seminar Series** is designed to support families with children from birth to 12 years, providing essential tools for positive parenting. The sessions will take place at Live Oak Community Resources and are free and open to all families in Santa Cruz County.

Read on for more details about this series, as well as our other classes happening this month, below. We look forward to seeing you!

All courses presented in English unless stated otherwise.

Triple P Parenting Seminar Series***The Power of Positive Parenting***

Date: Monday, August 12

Time: 6:00 PM - 7:30 PM

Register: bit.ly/Positive-Aug12

Learn How To:

- Provide positive learning environments for children
- Use assertive discipline
- Have realistic expectations and take care of yourself

Raising Confident, Competent Children**Learn more about our Family Resource Collective Sites**

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

Date: Monday, August 19

Time: 6:00 PM - 7:30 PM

Register: bit.ly/Confident-Aug19

Help Your Children:

- Learn to treat others with respect
- Have good communication and social skills
- Develop healthy self-esteem

Raising Resilient Children

Date: Monday, August 26

Time: 6:00 PM - 7:30 PM

Register: bit.ly/Resilient-Aug26

Teach Your Children How To:

- Express feelings appropriately
- Build a positive outlook
- Manage stressful life events

Location: Live Oak Community Resources, 1740 17th Ave, Santa Cruz

Presented by: Salma Albor, Community Bridges - La Manzana Community Resources

These seminars will be conducted in English and in person. You can choose to attend one, two, or all three sessions. To ensure your spot and access free childcare, please register in advance. Light snacks will be provided.

Got Questions?

Contact Salma Albor at (831) 724-2997 Ext. 220 or via email at salmal@cbridges.org.

OTHER AUGUST COURSES

Understanding Why Your Baby Cries **For Families with Children Up to 1 Year Old**

- **Date:** Thursday, August 1
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Beach Flats Community Center, 133 Leibrandt Ave, Santa Cruz
- **Presented in Spanish by:** Lidia Montesino, Community Bridges - Nueva Vista Community Resources
- **Register:** bit.ly/Bebe-1Ago

Join this FREE parenting workshop to learn:

- Why babies cry
- Strategies to calm and soothe your crying baby
- Tips for taking care of yourself when your baby cries a lot

Register to reserve your spot and get free childcare. Light snacks will be provided.

Got Questions? Contact Lidia Montesino at (831) 423-5747 or lidiyam@cbridges.org.

How to Talk About Smoking and Vaping For Families with Teens from 13-16 Years Old

ENGLISH

- **Date:** Wednesday, August 7
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Virtual on Zoom
- **Presented by:** Mayra Martinez, Community Bridges - La Manzano Community Resources
- **Register:** bit.ly/Smoke-Vape-Aug7

SPANISH

- **Date:** Wednesday, August 21
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Virtual on Zoom
- **Presented in Spanish by:** Mayra Martinez, Community Bridges - La Manzano Community Resources
- **Register:** <https://bit.ly/Fumar-21Ago>

Attend this FREE virtual parenting workshop to learn:

- Why teens smoke or vape
- How to recognize signs that your teen might be smoking or vaping
- Tips for discussing the risks of smoking and vaping, and helping your teen resist peer pressure
- Steps to take if you suspect your teen is smoking or vaping

Got Questions? Contact Mayra Martinez at (831) 288-2856 or mayram@cbridges.org.

Prevention and Management of Challenging Behavior

- **Date:** Every Saturday, from August 3 to August 24
- **Time:** 11:00 AM - 12:30 PM
- **Location:** Virtual on Zoom
- **Presented in Spanish by:** Mayra Martinez, Community Bridges - La Manzano Community Resources
- **Register:** bit.ly/Grupo-Conducta

For Families with Children Up to 12 Years Old

Join this brief virtual parenting group to learn:

- Why children might be uncooperative or refuse to follow instructions
- Positive ways to teach your child to accept limits and cooperate with you
- How to respond calmly and consistently when your child refuses to follow instructions

Register to get the information to participate in this free Zoom group.

Got Questions? Contact Mayra Martinez at (831) 288-2856 or mayram@cbridges.org.

How to Handle Swearing and Stealing **For Families with Children from 5 - 12 Years**

- **Date:** Wednesday, August 14
- **Time:** 6:00 PM - 7:30 PM
- **Location:** La Manzana Community Resources, 18 W. Lake Ave, Suite E, Watsonville
- **Presented by:** Salma Albor, Community Bridges - La Manzana Community Resources
- **Register:** bit.ly/Behavior-Aug14

Attend this FREE parenting workshop to learn:

- Why children engage in stealing and swearing
- How to teach your child appropriate language and behavior
- Strategies to prevent and manage swearing and stealing
- How to use logical consequences to encourage positive behavior changes

Register to reserve your spot and get free childcare. Light snacks will be provided.

Got Questions? Contact Salma Albor at (831) 724-2997 Ext. 220 or salmal@cbridges.org.

Taming Tantrums and Power Struggles **For Families with Children Up to 5 Years Old**

- **Date:** Tuesday, August 27
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Santa Cruz Children's Museum of Discovery, 1855 41st Ave #10, Capitola (inside Capitola Mall)
- **Presented by:** Salma Albor, Community Bridges - La Manzana Community Resources
- **Register:** bit.ly/Tantrum-Aug27

Attend this FREE parenting workshop to learn:

- What your child might be trying to communicate through their behavior
- How to handle disobedience without getting stuck in a power struggle
- Effective ways to prevent and manage tantrums

Register to reserve your spot and get free childcare.

Got Questions? Contact Salma Albor at (831) 724-2997 Ext. 220 or salmal@cbridges.org.

What to Do When Your Child Has a Hard Time Separating from You

For Families with Children with Special Needs

ENGLISH

- **Date:** Thursday, August 29
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Mountain Community Resources, 6134 Hwy 9, Felton
- **Presented by:** Sandra Rodelo, Community Bridges - La Manzana Community Resources
- **Register:** bit.ly/Separate-Aug29

SPANISH

- **Date:** Saturday, August 31, 2024
- **Time:** 10:00 AM - 11:30 AM
- **Location:** Virtual on Zoom
- **Presented in Spanish by:** Sandra Rodelo, Community Bridges - La Manzana Community Resources
- **Register:** bit.ly/Separar-31Ago

Attend this FREE parenting workshop to learn tips for:

- Why children with special needs have a hard time separating from their parents and caregivers
- How to help your child feel comfortable and secure when you are away from them
- Tips for helping your child (and you) stay calm when it's time to say goodbye

Register to reserve your spot and get free childcare. Light snacks will be provided.

Got Questions? Contact Sandra Rodelo at (831) 724-2997 Ext. 211 or sandrar@cbridges.org.

Application Period for New Affordable Apartments in Watsonville Ends Friday

The application period for Sparrow Terrace, a new affordable housing development in Watsonville offering studio, 1-, 2-, and 3-bedroom apartments, will close on Friday, August 2, at 5 PM.

MidPen Housing is currently accepting pre-applications for 28 available apartments. Priority will be given to local residents and farmworkers. Monthly rents will range from \$665 to \$2,139.



How to Apply:

Online: Visit midpen-housing.org/property/sparrow-terrace/

In-Person: Pick up pre-application forms M-F from 9:00 AM to 5:00 PM at the Temporary Leasing Office at 316 Main Street, Watsonville.

For more information visit the Temporary Leasing Office or call 831-707-2130.

MORE INFORMATION



Join Us for the 9th Annual Farm to Fork Gala!

Tickets are going fast for our much-anticipated Farm to Fork Gala, taking place at La Selva Beach Clubhouse on Saturday, August 10, 2024, from 5 PM to 9 PM.

Enjoy a delightful evening of sunset sea breezes and a locally-sourced seasonal gourmet menu. Our live and silent auctions feature a range of exciting excursions, gifts, wines, beers, and live music, all in the company of fellow community supporters.

This year’s gala highlights the essential work of Community Bridges and our ten programs that provide vital services to 20,000 local children, families, and older adults across Santa Cruz County and the Monterey Bay Area.

Importantly, donations to Community Bridges through the Farm to Fork gala directly benefit our four Family Resource Collective programs and provide the support needed to respond to our community's emerging needs.

Don’t miss this opportunity to support a cause close to our hearts and make a meaningful impact in our community. Secure your tickets today and join us for an unforgettable evening of celebration and giving!

PURCHASE TICKETS TODAY

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

- [Master’s Level Therapist](#)
- [Operations Manager](#)
- [Advocate](#)
- [Program Aide](#)

La Manzana Community Resources – Watsonville & North Monterey County

- [Lead Care Manager](#)
- [Master’s Level Therapist](#)
- [Program Coordinator](#)
- [Advocate](#)

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

APPLY 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!



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.



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.

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BRIDGES MERCH

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Our Contact Information

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