



March is National Nutrition Month!

## No Family Should Go Hungry—Here's How You Can Help

With grocery prices soaring **more than 25% since the pandemic**, families in our community are making **impossible choices** between rent, utilities, and food. Parents are skipping meals to ensure their children can eat. Seniors on fixed incomes are stretching every dollar, often sacrificing nutrition for affordability. Childcare providers are struggling to keep up with rising food costs while ensuring young children receive the nourishment they need to grow and thrive.

At the **Family Resource Collective (FRC)**, we see these struggles every day. We believe that **access to healthy food is a basic right, not a privilege**. That's why we're working to provide families with fresh, nutritious groceries—giving parents peace of mind and children the nourishment they need to succeed.

Last year alone, we provided:

**10,000+ bags of food** to local families

**1,450+ residents (including 683 children)** with essential groceries

**Nutritious staples like eggs, tuna, chicken, tortillas, and peanut butter**

But we can't do it alone.

At the same time that more families are turning to us for help, **uncertainty at the federal level is creating confusion and worry about the future of funding for critical food programs.** Programs that feed thousands of children, families, and older adults in our community **could be at risk**, making it even more important that we build **local resiliency** to ensure no one is left behind.

### ***This National Nutrition Month, We Need Your Help to Raise \$20,000.***

Every dollar raised will go toward feeding local children, families, and seniors, including **keeping our Family Resource Collective food distributions fully stocked and available** to families in need.

#### **How You Can Help:**

- **Donate** – Every \$50 helps provide a family with a week's worth of fresh groceries. [Whether it's a one-time gift or a recurring donation](#), your support ensures families have access to essential food resources.
- **Volunteer** – Join us in Santa Cruz or Felton to distribute groceries and connect with the community. Volunteers play a crucial role in making sure families receive the support they need. Sign up today: [communitybridges.org/volunteer](https://communitybridges.org/volunteer)
- **Share & Advocate** – Help us spread the word! Follow us on social media, share our mission with friends and family, and [subscribe to our newsletter](#) to stay informed about policies affecting food access.

At a time when **federal funding is uncertain**, we must take action to **ensure no family in our community goes hungry**. Your donation, time, and advocacy **can make a real difference**—help us nourish our neighbors and build a stronger, healthier community.

Join us in making an impact today.

DONATE TODAY TO FEED FAMILIES



**Navigate the Teen Years with Confidence – Join Our Free Triple P Group**

#### **IN THE NEWS**

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

- [Tips for Dreamers in Santa Cruz County as DACA faces uncertain future](#)
- [We have too many unanswered questions about how ICE will operate in our community.](#)
- [One reason it's harder to escape poverty in America](#)

Parenting a teen comes with unique challenges—but you don't have to face them alone. Join our free *Virtual Triple P Group* for parents and caregivers of teens (ages 13-16) to gain practical tools and support from experts.

**Thursdays, March 13 – May 1, 2025**

**6:00 – 8:00 PM** (Online via Zoom)

**Presented by Sandra Rodelo, La Manzana Community Resources**

In this 8-session group, you'll learn how to:

- Build a positive relationship with your teen
- Understand influences on their behavior
- Respond calmly and consistently to challenges
- Help your teen solve problems and navigate risks
- Feel more confident in your parenting approach

**[Register Now](#)** (Registration closes after the second class.)

Participants who complete all sessions will receive a **Certificate of Completion**.

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

Let's support our teens and strengthen our families together!

[See All March Triple P Classes](#)

- [How Community Bridges' Family Resource Collective is partnering to break the cycle of evictions](#)

**Learn more about our Family Resource Collective Sites**

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



## Call, Don't Post: Report ICE Activity Through Trusted Hotlines

Spreading unverified reports of immigration enforcement on social media can cause **unnecessary panic, fear, and mistrust** in our communities. Instead, if you witness suspected ICE activity, **call a local rapid response hotline** to ensure accurate information is verified and shared responsibly.

**Santa Cruz County:** 831-239-4289 (Your Allied Rapid Response - YARR)

**Monterey County:** 831-204-8082 (Solidarity Network - Monterey County Response)

Rapid response teams are **trained volunteers** who verify reports, provide legal observation, and share confirmed updates through their social media channels:

**Santa Cruz County** – [Instagram: @ResponseSCC](#), Facebook: [YARR Santa Cruz](#)

**Monterey County** – Facebook: [Solidarity Network - Monterey County Response](#)

**Why It Matters:** Misinformation spreads fast and has real consequences. False reports can stop parents from sending their kids to school, keep people from seeking medical care,

and drive customers away from local businesses—hurting our entire community.

**Remember:** Call first, don't post. Help keep our communities informed and safe.

For more resources, visit [susderechos.info](https://susderechos.info).

More Resources

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## Serve Your Community: Join the FRC!

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.

Here are a few of our current opportunities:

- [Enhanced Care Manager Program Supervisor – La Manzanita Community Resources](#)
- [Lead Care Manager – Mountain Community Resources](#)
- [Advocate – Mountain Community Resources](#)

If you're ready to make a difference, we encourage you to apply today! You can submit your application online [HERE](#) or by contacting our Human Resources department via email at [recruitments@cbridges.org](mailto:recruitments@cbridges.org). We're also available in person at 519 Main Street, Watsonville CA 95076, or over the phone at 831-688-8840 ext. 200.

Join us at Community Bridges Family Resource Collective.  
Your career awaits!



Apply Today!

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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



The generosity of our community is what drives the FRC's life-changing work and ensures we can continue to serve more than 12,000 of our friends, family, and neighbors in need each year. Every donation makes a difference.

DONATE: SUPPORT  
OUR WORK



The FRC'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}}\*