



*April is National Volunteer Month!*

## Celebrate National Volunteer Month by Making a Difference!

April is **National Volunteer Month**, and at Community Bridges, we are celebrating the incredible work of our volunteers across all of our programs. Whether they are delivering meals to older adults, distributing food to families, or mentoring youth, our volunteers are the backbone of our mission to build a stronger, healthier community.

This month, we are especially highlighting the vital role volunteers play at our **Family Resource Centers**—La Manana Community Resources in Watsonville, Live Oak Community Resources in mid-county, Nueva Vista Community Resources in Santa Cruz, and Mountain Community Resources in Felton. Every day, these centers serve as a safety net for families by providing **housing assistance, parenting support, youth mentorship, emergency food, and more.**

### How can you help?

- **Mentor local youth** in after-school and summer programs
- **Support food distributions** that provide fresh, nutritious groceries to families
- **Assist with community events** that bring neighbors together
- **Help families navigate vital resources** that prevent homelessness and hardship

Our Family Resource Centers rely on compassionate volunteers to ensure families have access to the tools they need to overcome challenges and thrive. By donating a few hours of your time, you can make a direct and meaningful impact on local children, parents, and individuals facing difficult circumstances.

**Will you help us strengthen our community by volunteering this month?**

**Sign up to volunteer today:** [communitybridges.org/volunteer](https://communitybridges.org/volunteer)

To all of our volunteers—thank you for your dedication and service. Your generosity transforms lives every day.

Make A Difference Today!



## Helping Young Children Learn to Clean Up– Free Virtual Parenting Group

At Community Bridges, we believe that strong families create thriving communities. That's why our **Family Resource Collective** is proud to partner with **Triple P, First 5 Santa Cruz County, and the County of Santa Cruz** to provide parents with practical tools that support their children's growth and development. Through free workshops like our upcoming **Teaching Children to Clean Up** series, we're working together to empower parents and caregivers with strategies that make everyday challenges easier.

This **free virtual parenting group** is designed for families with children ages **3 to 5** and will offer:

- Tips for teaching children to clean up on their own
- Fun and engaging ways to encourage tidiness
- Strategies for staying calm when children refuse to clean up

### Class Details:

- **Dates:** Wednesdays, April 16 – May 7, 2025
- **Time:** 6:00 – 7:30 PM
- **Location:** Online via Zoom
- **Language:** Presented in English
- **Facilitator:** Mayra Martinez, Community Bridges – La Manzanita Community Resources

Join us for this interactive session and gain helpful parenting techniques to make clean-up time a positive experience for you and

## IN THE NEWS

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

- [One reason it's harder to escape poverty in America](#)
- [‘A lose-lose situation’: Trump administration registry leaves Santa Cruz County’s undocumented community in a bind](#)
- [Santa Cruz County provides funds for immigrant rights, LGBTQ+ groups amid federal threats](#)

### Learn more about our Family Resource Collective Sites

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

your child.

**Register today:** [bit.ly/Clean-Up-Apr2025](https://bit.ly/Clean-Up-Apr2025)

For questions, contact **Mayra Martinez** at (831) 288-2856 or [mayram@cbridges.org](mailto:mayram@cbridges.org).

See All March Triple P Classes!

---



## Free Immigration Consultations & Workshops for Pajaro Residents

La Manzana Community Resources is expanding free immigration services for Pajaro residents, thanks to new funding from the Community Foundation for Monterey County made available through California Assembly Bill 102. As immigration policies continue to shift, many families face uncertainty about their legal status and future. To provide trusted guidance and support, we are offering:

### Free Immigration Consultations

In partnership with local immigration attorney **Lizett Rodríguez**, we are providing **free, one-on-one legal consultations** to help residents understand their rights and explore their options. Whether you have questions about legal residency, asylum, visas, or deportation defense, this service can help you take the next step with confidence. **Appointments are limited—call (831) 724-2997 ext. 213 to schedule.**

### Pathways to Immigration Workshops

We are also hosting **free, Spanish-language information sessions** with immigration attorney **Matthew Weisner** at Pajaro Middle School. These sessions cover key topics such as family-based petitions, adjustment of status, asylum, and naturalization.

- **Where: Pajaro Middle School – Media Room**
- **When: Thursday, April 24 | 6:00 PM – 8:00 PM**

These workshops provide a valuable opportunity to learn about legal pathways, ask questions, and gain the knowledge needed to make informed decisions about your immigration journey.

We believe everyone deserves access to trusted legal resources, especially during times of uncertainty. **Take advantage of these free services and empower yourself with the information you need.**

[Learn More](#)

---

## Empowering Our Community: Digital Literacy Graduates Receive Laptops!

We're celebrating the recent graduates of our **Digital Literacy classes** at La Manzana Community Resources! These dedicated participants have completed an intensive course designed to equip them with essential digital skills, from navigating websites and managing emails to applying for services like the DMV online.

Access to technology is more important than ever, and thanks to the support of the **State of California, CASF, and the California Public Utilities Commission**, we are ensuring that our community members have the tools they need to succeed. As a reward for their hard work, each graduate is receiving a **certificate and a free laptop** to continue building their digital confidence and independence.

These classes are part of our ongoing efforts to bridge the digital divide and ensure that everyone—regardless of age or background—can access vital online resources. To our graduates, congratulations! And to those just beginning their journey, we can't wait to support you as you gain new skills and open doors to more opportunities.

Interested in joining a future session? Learn more by emailing [info@cbridges.org](mailto:info@cbridges.org).



---

## Free Trauma Recovery Support for Youth at Resource Centers Across the County

If your child is struggling to talk about their experiences or has exhibited changes in behavior, it may be time to explore trauma treatment. **Community Bridges' Family Resource Collective** is now offering a **free Trauma Recovery Program** designed to support youth who have experienced trauma.

Trauma can deeply affect a young person's emotional and mental health, influencing their ability to learn, interact with others, and cope with daily challenges. At **Community Bridges**, we understand the lasting impact trauma can have, and we're here to help. Our **Trauma Recovery Program** provides short-term, professional mental health treatment tailored to meet the unique needs of youth in our community.

This program is available at **four convenient locations** across Santa Cruz County, ensuring that families can access the support they need no matter where they live. The program is designed to be a safe, supportive space for



children and teens to process their experiences, build resilience, and move forward with a stronger sense of self.

**What We Offer:**

- **Free, short-term trauma treatment**
- Specialized support for youth who have experienced trauma
- Services available at four locations across the county
- Professional, compassionate care to help youth heal and thrive

**Get Started Today – Free of Charge**

To learn more or schedule an appointment, call **(831) 724-2997 ext. 211**. Let us support you and your child on the journey to recovery.

---

## Help Strengthen Our Community: Work with the Family Resource Collective!

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 – La Manzanita 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!

---



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}}\*