



Every first and third Wednesday of the month, Nueva Vista Community Resources' dedicated volunteers help distribute food and connect the community to essential resources.

National Volunteer Month: Small Actions. Big Impact.

This month, we celebrate the everyday actions that make our community stronger. It's the small, consistent acts of care—showing up, lending a hand, sharing your time—that create lasting impact. Each act of service starts a ripple that reaches far beyond a single moment.

At Community Bridges Family Resource Collective, our volunteers are at the heart of that ripple. Because of them, families bring home healthy food, children gain confidence in the classroom, and neighbors feel seen, supported, and connected. One hour of your time can brighten a day—and that impact continues, touching lives in ways you may never fully see.

**Here's how you can be part of that ripple:
Support families with healthy food access**

Join us to distribute fresh groceries and promote nutrition across our community.

- *Mountain Community Resources (Felton/San Lorenzo Valley):* Thursdays, 10:30–11:30 AM
- *Nueva Vista Community Resources (Santa Cruz):* First & Third Wednesdays, 2:30–5:00 PM

Empower the next generation

Volunteer as a tutor at the Beach Flats Community Center and help elementary and middle school students build skills, confidence, and a love of learning.

Strengthen community from the inside out

Share your leadership and expertise by serving as a board member or supporting program growth.

Every action matters. Every moment builds a more connected, compassionate community rooted in dignity and opportunity for all.

This April, let's come together and turn compassion into action—because when one person steps forward, the whole community moves forward.

Volunteer Today



Support Your Teen's Growth with Free Triple P Seminars

The teen years bring new challenges—and new opportunities for growth. As teens seek independence, build relationships, and navigate increasing responsibilities, parents play a critical role in guiding and supporting them through it all.

With the right tools, everyday moments can become opportunities to strengthen communication, build confidence, and support your teen's success.

Join us for a **free Triple P – Positive Parenting Seminar Series** designed for families with teens ages 13–16. This three-part series offers practical, easy-to-use strategies to help you stay connected with your teen while encouraging their independence and well-being.

IN THE NEWS

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

- [Santa Cruz County moves to bar federal immigration agencies from using its facilities](#)
- [Three years after the Pajaro River levee breached, rebuilding continues at a steady pace.](#)
- [Sanctuary and solidarity: When deportations surge on the Central Coast, we must be ready.](#)

Learn more about our Family Resource Collective Sites

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

In this seminar series, caregivers will learn how to:

- Encourage responsibility and independence in everyday life
- Build problem-solving skills, routines, and positive habits
- Strengthen communication and support healthy social connections

Seminar Topics

Raising Responsible Teens

Tuesday, April 7 | 6:00–7:30 PM

Learn how to involve teens in family decisions while fostering respect, reliability, and independence.

Raising Competent Teens

Tuesday, April 14 | 6:00–7:30 PM

Support your teen in developing self-discipline, strong routines, and skills for school and life success.

Getting Teens Connected

Tuesday, April 21 | 6:00–7:30 PM

Help your teen build confidence, communication skills, and positive relationships.

Seminar Details

Location: Beach Flats Community Center; 133 Leibbrandt Ave, Santa Cruz

Language: English

Cost: Free

Free child care provided. Light snacks will be available. Registration is required to reserve your spot.

Families are welcome to attend one, two, or all three seminars—whatever best supports your needs.

[Learn More and Register Today](#)



Counseling

We offer free or low-cost counseling and advocacy through partnerships with pre-licensed professional clinical counselors. Services are available for youth, families, and individuals seeking support with stress



Eviction Defense Collaborative

The Family Resource Collective's Eviction Defense Collaborative is a vital partnership that provides essential services to help prevent evictions and support both tenants and landlords. Assistance is



Public Benefits Enrollment Assistance

Need help navigating government services? Our trained advocates assist with enrollment, renewals, and reporting for programs like CalFresh, Medi-Cal, Covered California, and unemployment



Enhanced Care Management (ECM)

We provide specialized support for Medi-Cal members of all ages with complex medical and social needs. Our bilingual, bicultural care managers help clients navigate care, improve well-being,

management, healthy coping strategies, and other personal challenges.

To apply, [CLICK HERE.](#)

available through our FRC sites across Santa Cruz County.

For help or more information, call (831) 288-2148.

benefits. Services are available at all FRC locations.

Learn more at communitybridges.org/FRC.

and live healthier lives. ECM services are fully covered through Medi-Cal's CaAIM program.

Click [HERE](#) to learn more about ECM.

Join the FRC Team and Make a Difference

If you're passionate about building strong, healthy communities, we invite you to join the **Family Resource Collective team!** Working with Community Bridges means becoming part of a network that supports families through connection, compassion, and opportunity.

Our FRC sites across Santa Cruz County provide advocacy, counseling, food assistance, and parenting support to thousands of residents each year.

We're currently hiring for the following position:

- [Administrative Assistant - La Manzana Community Resources](#)

Apply online at communitybridges.org/careers or email recruitments@cbridges.org to learn more.

Be part of something bigger—**join us in strengthening families and communities across Santa Cruz County and the greater Central Coast.**



Apply Today!



Show your support of Community Bridges and the Family Resource Collective by shopping at our TeePublic



The generosity of our community is what drives the FRC's life-changing work and ensures we can continue to



The FRC's work would not be possible without our dedicated volunteers. From helping with food

storefront! A portion of the proceeds of every sale go toward Community Bridges and the FRC!

BUY COMMUNITY
BRIDGES MERCH

serve more than 12,000 of our friends, family, and neighbors in need each year. Every donation makes a difference.

DONATE: SUPPORT
OUR WORK

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}}