

World Mental Health Day



World Mental Health Day is observed on October 10th each year, it is a global initiative dedicated to raising awareness about mental health issues, promoting open conversations, and advocating for the importance of mental well-being.

The journey to destigmatize mental health starts with us and empathy. Let us stand together to break down the barriers that prevent individuals from seeking help and create a world where everyone feels heard, valued, and understood.

If you need someone to talk to, our free counseling and therapy services are here to support you. We operate five days a week, between the hours of 8 am - 5 pm. To make an appointment, call our office at (831) 392-1500. New clients are welcome.

MC Gives Begins Nov. 9th



Monterey County Gives Campaign kicks off Thursday, November 9th, 2023! Our Big Idea is to provide respite for individuals and families struggling with housing insecurity and homelessness while connecting them to resources to uplift them.

Your support is the key to turning this vision into reality, and we truly appreciate every one of your help as we work together to make a meaningful impact in the lives of those facing housing challenges.

TVPI Collaborates with Columbia Sportswear



Exciting news! We've teamed up with Columbia Sportswear for a special collaboration from November 10th to November 10th. Every purchase you make at Columbia Sportswear during this period contributes to a greater cause!

A generous 10% of your total purchase will directly support us, aiding to our MC Gives Big Idea to provide respite and resources for those facing housing insecurity and homelessness.

Don't forget to show the flyer or mention The Village Project, Inc. to the cashier during checkout to ensure your contribution is accounted for. Columbia Sportswear is located at Del Monte Shopping Center right next to AT&T.

Join us in making a difference through your shopping choices!

Baked Potato Fundraiser



A huge thank you to the Public Defender's Office for orchestrating the scrumptious loaded baked potato fundraiser! For just \$15, indulge in a delightful potato feast complete with

water and dessert. The toppings are a parade of flavors - butter, sour cream, cheese, chives, bacon, and jalapenos.

For presales, contact Thalia at Zavalat@co.monterey.ca.us or Kelvin at Windhamk@co.monterey.ca.us. Payments can be made in cash or electronically through Zelle: zavalat@co.monterey.ca.us or Venmo: @Kelvin-Windham

Act fast as presales conclude on November 10th, 2023 but mark your calendars for the main event on November 14th, 2023 from 11 am–2 pm, located at 168 W. Alisal St., 2nd floor, with the entrance near the Monterey Room.

Your taste buds are in for a treat!

2023 Chevron Aces for Access



We extend our gratitude to Chevron and Monterey Peninsula Foundation for choosing us as a recipient of the 2023 Chevron Aces for Access (AFA) program. The Aces for Access initiative by Chevron plays a pivotal role in supporting students by allocating funds to youth-focused nonprofits in Monterey County. The program's emphasis on access, addressing the digital divide, promoting STEM education, and fostering youth development aligns with our mission.

51st Freedom Fund Life Membership Banquet







We attended the National Association for the Advancement of Colored People (NAACP) 51st Freedom Fund Life Membership Banquet and it was an enriching experience. The event, marked by its significance, provided a platform for acknowledging our commitment to fostering partnerships with diverse communities.

We are deeply honored to be awarded the Tolly and Cleo Martin Spirit of Partnership Award, recognizing our steadfast efforts in outreach and collaboration with various communities. This affirms our dedication to inclusivity and underscores the importance of forging meaningful connections across a spectrum of backgrounds and perspectives.

MLK Statue Reveal





On a momentous occasion, we were honored to attend the unveiling of the Dr. Martin Luther King Jr. sculpture at the Marina Library. The event commenced with a powerful opening by our Emanyatta warriors, who performed a Libation ceremony.

It was an honor to be invited by the City of Marina to play a significant role in commemorating the enduring legacy of Dr. Martin Luther King Jr. and his profound contributions to the advancement of civil rights. Being a part of this meaningful event underscored the importance of recognizing and celebrating the inspirational impact that Dr. King has had on the pursuit of equality and justice.

Photo credit: Robert Daniels

Suicide Prevention Breakfast







We had the honor of attending the Suicide Prevention Breakfast hosted by Monterey County Behavioral Health at the Corral de Tierra County Club. Not only were we guests at this impactful event, but we also had the opportunity to host a table. It was a source of immense pride to witness the participation of one of our students from the Mae C. Johnson Education and Cultural Enrichment Academy in a featured video. Additionally, the presence of one of our grandparents on the panel added a personal touch, emphasizing the interconnectedness of our community in addressing important issues like suicide prevention.

Expressions of Gratitude



Our heartfelt gratitude goes to the women of Alpha Kappa Alpha (AKA), Sorority Inc. for generously donating lunches for our Emanyatta warriors. This thoughtful gesture provided sustenance during their field trip to Alexis Nino's gravesite and the Buffalo Soldiers Museum at the Presidio of Monterey.

It's important to acknowledge and show the history so that it remains remembered.

Happy Halloween!



We hope everyone had a Happy Halloween!

Our staff got into the festive mood, dressing up and reveling in the fun-filled atmosphere.

Thank You, Packard Foundation

Thank you to the Packard Foundation for inviting our Executive Director, Stacie Andrews to attend the Stanford Social Innovation Review's Nonprofit Management Institute for two days of workshops and panels for researchers and nonprofit leaders throughout the nation.

Over two days of learning, development, and inspiration, nonprofit leadership and staff were able to learn enhanced skills for agility and adaptability, and emerge newly equipped to thrive in evolving circumstances. Thank you, Packard Foundation for this opportunity!

Introducing Staff



Adam Gota

Hi Everyone, my name is Adam Gota, I am the new contracted Artist with The Village Project, Inc.

I am a multifaceted Artist and Designer from Monterey, California. I am a contemporary mixed media painter whose work identifies with his own family's history, the Japanese-American diaspora, and today's social and political climate.

My heritage, in combination with my work, has given me a sense of social justice. The icons from my past and today's symbols of status and luxury are a juxtaposition of the past and present, combining traditional and digital media.

My work is a blend of my own personality and life within the fictional and propagated American dream, I explore my unique American experiences and my own identity.

Focusing on my art and finding peace of mind, I am still passionate about my creative expression, time in nature, and advocating for our environment and his family. Pushing it every day one step further, I hope to inspire others to make bold moves and push boundaries. I am always experimenting with new materials and mediums, my work is constantly evolving.



Olivia Centis

Hello! My name is Olivia Centis, the new AmeriCorps Volunteer Infrastructure Program (VIP) Fellow at The Village Project, Inc. (TVPI) serving as the Volunteer Engagement Coordinator.

In this position, I will be fostering engagement within our local community to connect with community members who want to make a difference at TVPI.

I was born and raised in Beaverton, Oregon. I attended California State University Monterey Bay (CSUMB) where I graduated with a Bachelor of Arts in Global Studies and a minor in Anthropology.

During my free time, I love to explore new environments. Whether the exploration is through long walks, new books, hikes, food, or finding places to go swinming.

September & October Birthdays



Happy Birthday to Evelyn, Community Health Worker Coordinator, Dwayne, Community Health Worker, and Aaliyah, Outreach and Engagement Assistant!

May your special day be filled with joy, laughter, and heartwarming moments. On your birthday's, we hope you're surrounded by love of family and friends, and that the year ahead brings you countless reasons to smile.

Program Highlights









Mae C. Johnson Education and Cultural Enrichment Academy

The Mae C. Johnson Education and Cultural Enrichment Academy has been busy lately! Nevertheless, we want to highlight a couple of our recent and thrilling events.

- Mark Greenfield teaches our students art.- We were lucky to host Mark Greenfield, an artist dedicated to addressing racial inequities and exploring the diverse experiences of Black Americans in his artwork, courtesy of the Monterey Museum of Arts. He shared his story and expertise with our students, teaching them how to use gold and Sharpie to create their profiles.
- Happy Halloween Our students fully embraced the spirit of the season! The afterschool academy staff dedicated the efforts to organize a festive fall carnival for them. Amidst the festivities, the students enjoyed playing games, indulging in delicious food, bouncing around in the jump house, and navigating a homemade haunted house skillfully crafted by the staff in one of our classrooms. The event proved to be a fantastic time for all involved.









Outreach and Engagement

The Outreach and Engagement team has been actively engaged both in-person and online throughout the community. Let's highlight a selection of events we've either hosted or participated in.

• Youth Mental Health Summit- Our dedicated Community Health Worker, Hufemia Ruiz, took center stage as a panelist at the Youth Mental Health Summit. This collaborative event, organized by The Village Project, Inc., The Epicenter, and NAMI Monterey, unfolded at the University Center at the California State University of Monterey Bay (CSUMB). Hufemia brought her expertise to the forefront, honing in on the crucial topic of mental health. Her insightful discussion delved into the importance of recognizing mental health challenges and working at The Village Project, Inc., has contributed to her increased openness regarding her mental health, empowering her to reach out for help when needed.

- Street Heat Expo- A parent from our after-school academy and a staff member actively took part in the Stree Heat Expo hosted by The Covenant. During this event, we showcased our organization, aiming to raise funds for the after-school site to provide essential resources for our students' success. The expo proved to be a success, and we extend our gratitude to everyone who contributed to this cause. If you're interested in making a donation, click here.
- Middlebury Institute of International Studies of Monterey- We tabled at the Clubs and Community Engagement Fair at the Middlebury Institute of International Studies of Monterey (MIS). We engaged with a diverse group of students and provided information about the array of programs and services we offer. A special thanks to MIIS for the invite, and we eagerly anticipate participating in the next one.
- Mental Health Education Series- We've hosted two forums recently. The initial one
 centered around commemorating Hispanic Heritage Month, delving into various
 aspects of college life. The second forum aimed at celebrating the LCBTQ+
 community with a specific focus on enhancing campus inclusion. Reminder: Each
 time you attend, you stand a chance to win AirPods or a Hydro Flask in our drawing.
 If you missed any of the past forums and want to catch up, you can view them by
 clicking here.



Emanyatta

In a beautiful exchange of cultures, one of our Emanyatta warriors generously shared her Hispanic heritage with fellow warriors. Taking a moment to celebrate diversity, she imparted knowledge about Dia de los Muertos, providing insights into the rich traditions and significance of this cherished cultural celebration. This shared experience not only strengthened the bonds among the Emanyatta warriors but also fostered a deeper appreciation for the cultural tapestry that makes each individual unique within our vibrant community.



Community Health Workers

Our dedicated Community Health Workers are steadfast in their commitment to COVID testing. You can find them at <u>Friendship Church</u>, located at <u>1440 Broadway Ave. Seaside. CA 9395</u>, from <u>Monday to Thursday</u>, from 10 am -2:00 pm. Take advantage of the opportunity to get tested for free and contribute to the ongoing efforts to ensure the health and safety of our community.



Tiga Pahti Elevate Youth

Program



Volunteer Program

Our students from the Tiga Pahti/Elevate Youth Program had a remarkable experience attending the two-day Elevate Youth Conference in Sacramento. Engaging in various workshops, they delved into the art of storytelling through spoken word and connecting with their personal narratives.

The conference provided a platform for networking with youth leaders from across the state of California, fostering valuable connections. Additionally, our students gained insights into understanding how systems impact their lives, contributing to their growth and awaeness. We are currently seeking enthusiastic volunteers for our garden project at the after-school site. Not only will you be involved in maintaining the garden, but you'll also have the rewarding opportunity to work alongside our students, imparting knowledge on the art of growing and cultivating their own produce.

If you're interested in making a meaningful impact and sharing your gardening expertise, click here to sign up.





Ron Manjares, Youth Violence Interventionist, and Stacie Andrews, Executive Director, attended the Blue Ribbon Task Force Meeting, where they shared insights from last quarter's data, shedding light on the well-being of our community's youth. We continue to collaborate with our partners in the City of Seaside and Monterey County to ensure ongoing support for our youth, focusing on finding effective solutions that contribute to their overall growth and well-being. fostering valuable connections. Additionally, our students gained insights into understanding how systems impact their lives, contributing to their growth and awareness

Nyumbani Program

Our Nyumbani program continues to welcome new clients. The program is designed with the aim of guiding formerly incarcerated individuals towards achieving self-determination, meeting them at their current stage in life. Collaboratively, we work on developing a personalized case plan aligned with their aspirations. Furthermore, we facilitate connections with essential resources to support them in enhancing their quality of life and minimizing the likelihood of recidivism. If interested, call the office at (831) 392–1500.

Resources

Mental Health is Health Wellness4Us.org



p to date with Covid-19 Vaccines

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Mental Health is Health!

Mental Health is Health! It's okay to not be okay at times, but when the bad days outnumber the good ones, it may be a sign that something is going on. If you are $concerned \ about \ your \ mental \ health-reach$ out for support. Reaching out for support is one of the kindest things you can do - for you! Find free Monterey County Mental Health Resources, Services, Events, and more at Wellness4US.org.

988 Suicide & Crisis Lifeline

988 has been designated as the new threedigit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline) and is active across the United States. When people call, text, or chat at 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems affect them, provide support, and connect them to resources if necessary. For more info, visit 988lifeline.org



Covid-19 Resources

Stay up to date with news on COVID-19 vaccines! We are committed to providing our community with timely and accurate information so that everyone can make informed decisions.

Know The Signs

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up. For more info. visit suicideispreventable.com.

The Trevor Project

You deserve a welcoming, loving world.

And so do the people you care about. Here you can reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else. For more info, visit thetrevorproject.org



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Take Action for Mental Health



Take Action for Mental Health is the campaign for California's ongoing mental health movement. It builds upon established approaches and provides resources to support Californian's mental health needs. Californians have been through an unprecedented time with profound mental health impacts: a global pandemic, an economic recession, social and political unrest, racial inequity and violence, and multiple disasters. The trauma, grief, and loss of millions of Californians are real. It's no wonder many people are struggling or not quite feeling themselves. For more info, visit takeactionamh.com.

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Questions? Contact us today 831-392-1500