



Vol. 36
September
2025

SEPTEMBER NEWSLETTER

CALIFORNIA AB 1775 UPDATE



As of January 1, 2025, California's AB 1775 allows cannabis lounges, in jurisdictions that approve them, to serve freshly prepared food and non-alcoholic beverages and to host live entertainment. The law keeps key restrictions in place no alcohol or tobacco, entry limited to those 21 and older and cannabis use kept out of public view. While supporters see this as a boost for cannabis businesses, public health groups caution that expanding indoor cannabis use could increase secondhand smoke exposure. Local governments still have the authority to opt out or set stricter rules.



WELLNESS COALITION

JOIN US

Upcoming Meeting

- ▶ SEPTEMBER 9TH, 2025
- ▶ 10:00 AM-12:00 PM
- ▶ 351 TRES PINOS.,
SUITE B HOLLISTER CA





THANK YOU!



Please join us in extending a heartfelt thank you to two invaluable members of our team, Javier and Lundi.



Javier, our Coalition and Community Engagement Coordinator, and Lundi, our CalFresh Program Coordinator, will both be leaving us to pursue new job opportunities. We are incredibly grateful for their hard work and dedication to the wellness coalition and our community. Their contributions have made a significant impact, and we wish them both the very best in their future endeavors.



Events

SANTA CRUZ COUNTY BREASTFEEDING COALITION
PRESENTS A SCREENING OF THE ZEE5 FILM

TIGERS

A FILM ABOUT THE PERILS OF EXPLOITATIVE MARKETING IN THE INFANT
FORMULA INDUSTRY, BASED ON A TRUE STORY.

FRIDAY, SEPTEMBER 5, 2025
DOORS OPEN AT 6:00PM
FILM AT 6:30PM
COMMUNITY FOUNDATION
SANTA CRUZ COUNTY
SOLARI ROOM
7807 SOQUEL DR.
APTOS, CA 95003

Free community event open to all



QUESTIONS? CONTACT ERIKAC@CBRIDGES.ORG

Please register in advance
on Eventbrite to save a
seat at this event.



the **Graniterock**



5K Run/Walk at Southside Sand and Gravel Saturday, September 6, 2025

The River Run 2025 describes the unique experience that awaits as you meander through a working sand and gravel quarry. This 5K Walk/Run takes you inside the Southside Sand and Gravel Quarry to see the working quarry site, the banks of the San Benito River, specialized equipment that processes the rock and beautiful natural surroundings.

The River Run benefits the YMCA of San Benito county.



RACE TYPE: 5K Run/Walk

DATE: September 6, 2025

TIME: 8:00 a.m.

LOCATION: Southside Sand and Gravel
5632 Airline Highway, Hollister



Having trouble scanning the QR code? Use this link instead:

<https://www.eventbrite.com/e/5k-run-walk-at-southside-sand-and-gravel-tickets-754444444444>

Hola Bebé

FIRST 5 SAN BENITO

Come join us for a fun and friendly time to connect with other new parents while learning the latest tips in infant care. Meet other parents, share stories, ask questions and leave feeling more confident and supported!

Topics and Dates:

- Welcome Baby
- Baby's Signs
- Feeding
- Safety
- Safe Sleep
- Routines
- Baby Development and Observations
- Literacy
- The Power of Play
- and much more!

Time: 10:00 am – 11:00 am
Location: Children's Kingdom
1011 Line St. Room 10

Because parenting together is better!

- September 17, 2025
- October 15, 2025
- November 19, 2025
- December 17, 2025
- January 14, 2026
- February 11, 2026
- March 18, 2026
- April 15, 2026
- May 3, 2026



For more information call Maria Ruiz at (831) 325-0321

Hola Bebé

LOS PRIMEROS 5 DE SAN BENITO

Acompáñenos a pasar un rato divertido y agradable para conectar con otros padres primerizos mientras aprende los últimos consejos sobre el cuidado infantil. ¡Conozca a otros padres, comparta historias, haga preguntas y salga sintiéndose más seguro y apoyado!

Temas y Fechas:

- Bienvenido Bebé
- Señales del Bebé
- Alimentario
- Seguridad
- Sueño Seguro
- Rutinas
- Desarrollo del Bebé y Observaciones
- Alfabetización
- El Poder del Juego
- y mucho más!

Hora: 10:00 am – 11:00 am
Ubicación: The Children's Kingdom
1011 Line St. Salon 10

¡Porque criar en compañía es mejor!

- 17 de septiembre, 2025
- 15 de octubre, 2025
- 19 de noviembre, 2025
- 17 de diciembre, 2025
- 14 de enero, 2026
- 11 de febrero, 2026
- 18 de marzo, 2026
- 15 de abril, 2026
- 3 de mayo, 2026



Para más información llame a Maria Ruiz al (831) 325-0321

JOIN US IN JULY, AUGUST AND SEPTEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

- Dementia Conversations**
Tuesday, July 1, 2-3 p.m. | [Register](#)
- 10 Warning Signs of Alzheimer's**
Thursday, July 10, 10-11 a.m. | [Register](#)
- Building Foundations of Caregiving**
Tuesday, July 15, 10-11 a.m. | [Register](#)
- Managing Money: A Caregiver's Guide to Finances**
Wednesday, July 23, 12-1 p.m. | [Register](#)
- Understanding Alzheimer's and Dementia**
Tuesday, August 5, 10-11 a.m. | [Register](#)
- Responding to Dementia-Related Behaviors**
Thursday, August 14, 2-3 p.m. | [Register](#)
- Supporting Independence**
Tuesday, August 19, 2-3 p.m. | [Register](#)
- Navigating Dementia: From Diagnosis to Living Well**
Wednesday, August 27, 10-11 a.m. | [Register](#)
- Healthy Living for Your Brain and Body**
Thursday, September 4, 2-3 p.m. | [Register](#)
- Exploring Care and Support Services**
Thursday, September 11, 10-11 a.m. | [Register](#)
- Communicating Effectively**
Tuesday, September 16, 10-11 a.m. | [Register](#)
- Advancing the Science: The Latest in Alzheimer's and Dementia Research**
Wednesday, September 24, 12-1 p.m. | [Register](#)

SPANISH CLASSES

- Alzheimer's and the Impact on Women**
Thursday, July 17, 6-7 p.m. | [Register](#)
- Exploring Care & Support Services**
Thursday, August 21, 6-7 p.m. | [Register](#)
- 10 Warning Signs of Alzheimer's**
Thursday, September 18, 6-7 p.m. | [Register](#)

CHINESE CLASSES

- Understanding Alzheimer's and Dementia (Mandarin)**
Thursday, July 17, 10-11 a.m. | [Register](#)
- Understanding Alzheimer's and Dementia (Cantonese)**
Friday, July 25, 2-3 p.m. | [Register](#)
- 10 Warning Signs of Alzheimer's (Cantonese)**
Monday, August 4, 10-11 a.m. | [Register](#)
- 10 Warning Signs of Alzheimer's (Mandarin)**
Wednesday, August 13, 10-11 a.m. | [Register](#)
- Healthy Living for Your Brain and Body (Mandarin)**
Wednesday, September 10, 10-11 a.m. | [Register](#)
- Healthy Living for Your Brain and Body (Cantonese)**
Wednesday, September 24, 2-3 p.m. | [Register](#)

TO REGISTER, PLEASE
CALL 800.272.3900 OR
VISIT US ONLINE AT
ALZ.ORG/CRF

ALZHEIMER'S ASSOCIATION®

JOIN US IN JULY, AUGUST AND SEPTEMBER EDUCATION CLASSES

For families, community members and people facing dementia

The Alzheimer's Association® offers a range of awareness and caregiver skill-building classes. The classes aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

AWARENESS PRESENTATION

The purpose of this presentation is to raise awareness of Alzheimer's disease and dementia, inform the community of Alzheimer's Association resources, and engage people in the Association's mission.

INTRODUCTION TO ALZHEIMER'S

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

10 WARNING SIGNS OF ALZHEIMER'S

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

DEMENTIA CONVERSATIONS

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Navigating Dementia-From Diagnosis to Living Well

Getting a diagnosis of Alzheimer's or any type of dementia can raise many questions. Join us to learn about the different stages of the disease, what support you'll need, how to cope with changes now and in the future, and if there are any treatments that could help. Hear from people living with dementia and experienced professionals as they share what's important to know, how to plan ahead, and what steps you can take to manage this journey.

ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

Alzheimer's is a global health problem with more than 7 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions.

The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

BUILDING FOUNDATIONS OF CAREGIVING

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

SUPPORTING INDEPENDENCE

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

TO REGISTER OR LEARN MORE,
PLEASE CALL 800.272.3900 OR VISIT
ONLINE AT ALZ.ORG/CRF

ALZHEIMER'S ASSOCIATION®

ALZHEIMER'S ASSOCIATION®

THE EMPOWERED CAREGIVER SERIES

Presented by the Alzheimer's Association®



The Empowered Caregiver will be hosted at
Dignity Health
Wellness Center
21340 E Cliff Dr.,
Santa Cruz, CA 95062

Register at the provided links for each class. For more information please call 831.457.7099

HOSTED BY:

Dignity Health.
Dominican Hospital
Wellness Center

Join us for The Empowered Caregiver, an education program that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This series features the following four topics:

BUILDING FOUNDATIONS OF CAREGIVING

Tuesday, September 23, 2025 | 4-5 p.m.
Register: tinyurl.com/FOCSEPT23

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

SUPPORTING INDEPENDENCE

Tuesday, September 30, 2025 | 4-5 p.m.
Register: tinyurl.com/INDSEPT30

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY

Tuesday, October 28, 2025 | 4-5 p.m.
Register: tinyurl.com/COMOCT28

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Tuesday, November 4, 2025 | 4-5 p.m.
Register: tinyurl.com/BEHNOV04

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

2025
Breath of life

WALK

Saturday, September 27, 2025
5K (3.1 mile) Walk
Hellyer County Park
A Santa Clara County Parks Facility
985 Hellyer Avenue • San Jose, CA 95111
Registration begins - 9:30 a.m.
Walk begins with Zumba warm-up - 10:00 a.m.

BREATHE CALIFORNIA
of the Bay Area, Golden Gate, and Central Coast

Your fundraising will help us:

- Educate about lung disease
- Provide support services
- Advocate for clean air and public health
- Support lung health research

Register by September 10th
to receive an official
Breath of Life Walk t-shirt!

Late registrants will get t-shirts while supplies last.

Prizes for Fundraising! • Raffle Prizes! • Biggest team wins winery tour/tasting! • Enjoy Breakfast!

Visit www.BreathofLifeWalk.org

← Register • Sponsor a Walker/Team • Learn More

Questions? Call 408-998-5865

San Benito Stands Together: A Suicide Prevention Resource Fair

Gavilan Community College
505 FAIRVIEW RD, HOLLISTER, CA 95023

SEPTEMBER 26TH 2025 FROM 12:00 PM - 3:00 PM



Join Our Raffle!

Grab a Resource, Get a Raffle!



Informative Talks & Workshops

Presentations about Mental Health & Discussions on Crisis Support



Free Drinks and Snacks!

Grab a delicious snack just for stopping by!



Community Resource Tables

Stop by to grab information, and connect with services.

Why Attend?

September is Suicide Prevention Awareness Month, a time to come together, break the silence, and spread hope.

With free information, bilingual presentations, wellness activities, and family friendly spaces, this event is a meaningful way to make a difference.

FAMILY SERVICES
SERVING THE CENTRAL COAST
SERVIENDO A LA COSTA CENTRAL

BEHAVIORAL HEALTH

SALUD CONDUCTUAL



GAVILAN COLLEGE

Health Services

San Benito Se Mantiene Unido: Una feria de recursos para la prevención del suicidio

Gavilan Community College
505 FAIRVIEW RD, HOLLISTER, CA 95023

26 de septiembre de 2025 de 12:00 pm - 3:00 pm



Únete a nuestra rifa

¡Consigue un recurso y participa en una rifa!



Charlas informativas y talleres

Presentaciones sobre la salud mental y apoyo en situaciones de crisis



¡Bebidas y botanas gratis!

¡Disfruta de una deliciosa botana sólo por pasar!



Mesas de recursos comunitarios

Pasa para obtener información y conectarte con los servicios.

¿Por qué asistir?

Septiembre es el Mes de la Concientización sobre la Prevención del Suicidio, un momento para unirnos, romper el silencio y difundir esperanza.

Con información gratuita, presentaciones bilingües, actividades de bienestar y espacios familiares, este evento es una forma significativa de marcar la diferencia.

FAMILY SERVICES
SERVING THE CENTRAL COAST
SERVIENDO A LA COSTA CENTRAL

BEHAVIORAL HEALTH

SALUD CONDUCTUAL



GAVILAN COLLEGE

Health Services



Healthy Weight
for Life

Healthy Weight for Life Program



A workshop for parents to help their children reach a healthy weight.

Workshops are held:

- In person.
- Online.

In 10 weeks, you will learn how to:

- Use positive parenting skills.
- Eat healthy as a family.
- Get active as a family.
- Set health goals.

To sign up, call the Alliance Health Education Line at **800-700-3874**, ext. 5580 (TTY: Dial 711).

If the Alliance is your child's primary insurance, your child will receive a Target gift card of up to **\$100** for your participation in the workshop.

Ask about our Health Rewards Program when you sign up for the HWL workshop.

Call today!

For more information, visit
www.thealliance.health/HWL-flyer
or use your smart phone to scan the QR code below:



HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health

06-2025



Peso Sano de
Por Vida

Programa Peso Sano de por Vida (Healthy Weight For Life)



Un taller para que los padres ayuden a sus hijos a alcanzar un peso saludable.

Los talleres se realizan:

- En persona.
- En línea.

En 10 semanas, aprenderá a:

- Usar habilidades positivas de paternidad.
- Comer saludablemente en familia.
- Volverse activos como familia.
- Establecer metas de salud.

Para registrarse, llame a la Línea de Educación de Salud de la Alianza al **800-700-3874**, ext. 5580 (TTY: Marque 711).

Si la Alianza es el seguro principal de su hijo, su hijo recibirá una tarjeta de regalo de Target de hasta **\$100** por su participación en el taller.

Pregunte sobre nuestro Programa de Recompensas de Salud (Health Rewards Program) cuando se inscriba en el taller del Programa Peso Sano de por Vida (Healthy Weight for Life Program; HWL, por sus siglas en inglés).

¡Llame hoy!

Para obtener más información, visite www.thealliance.health/es/HWL-flyer o use su teléfono inteligente para escanear el código QR a continuación:



PERSONAS SANAS. COMUNIDADES SANAS.

www.thealliance.health

06-2025

COMMUNITY CLEANUP

HELP KEEP SAN BENITO BONTIO!



SATURDAY
SEPTEMBER 20
9:00AM-12:00PM

HOLLISTER HIGH SCHOOL

Multi-Purpose Field Parking
Lot Off of Riverview Parkway
behind the football field

Volunteers ages 17 and under must have a parent or guardian signed waiver.

San Benito County Integrated Waste Management Regional Agency
4110 • sbciwm@sanbenitocountyca.gov • www.sanbenitocountyca.gov/iwm

LIMPIEZA DE LA COMUNIDAD

AYUDA MANTENER SAN BENITO BONITO!



SABADO
SEPTIEMBRE 20
9:00AM-12:00PM

HOLLISTER HIGH SCHOOL

Estacionamiento de campo de usos múltiples a la salida de Riverview Parkway detrás del campo de fútbol

Voluntarios menores de 17 años deben tener una renuncia firmada por un padre o guardián.

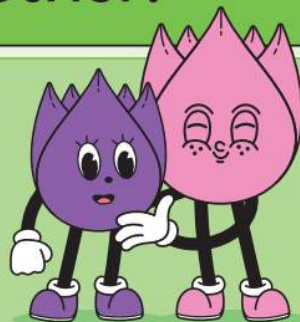
San Benito County Integrated Waste Management Regional Agency
4110 • sbciwm@sanbenitocountyca.gov • www.sanbenitocountyca.gov/iwm

Make sure they know they are *never* a bother.

Never a Bother

They may not always show it, but odds are that your child or a youth in your care wants you to take an interest in their life. Make sure they know they can "bother" you with whatever's weighing them down.

And if something doesn't feel right, it probably isn't. **Trust your instincts.**



Take action if you notice these warning signs.

Talking/texting about — or making plans for — suicide.

Expressing hopelessness about the future.

Showing severe emotional pain or distress.

Giving away things they care about.

Showing worrisome behavior changes.

Learn more about the warning signs of suicide at **NeveraBother.org**

Call the Suicide and Crisis Lifeline at 988 any time (24/7) to get help right away.

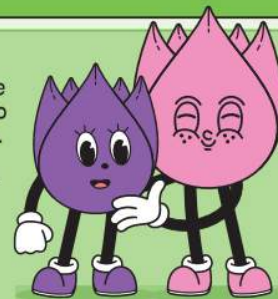


Hazles saber que *nunca* son una molestia

Nunca una Molestia

Es posible que no siempre lo demuestren, pero lo más probable es que tu hijo o un joven a tu cargo quiera que te intereses en su vida. Asegúrate de que sepan que pueden 'molestarte' con cualquier cosa que les esté preocupando.

Y si algo no se siente bien, probablemente no lo esté. **Confía en tus instintos.**



Toma medidas si notas estas señales de advertencia.

Hablar/enviar mensajes de texto sobre (o hacer planes de) suicidio.

Expresar desesperación sobre el futuro.

Mostrar dolor emocional o angustia graves.

Regalar cosas que le resultan importantes.

Mostrar cambios de comportamiento preocupantes.

Conoce más sobre las señales de advertencia del suicidio en **NeveraBother.org**

Llama a la Línea de Prevención del Suicidio y Crisis al 988 en cualquier momento (24/7) para obtener ayuda de inmediato.



Do you love caring for children?

Have you dreamed about having your own business, or already started one?



This is the sign you've been waiting for!

Whether you already run a home-based child care program or you're just curious, we're here for you. We've got the free training, resources, and community connections you need to succeed. Learn about health and safety, child development, licensing, and more!

Call Maria Granados at (831)637-9205 ext. 1247
CLASSES START ON AUGUST 30TH FROM 9:00AM - 12:00PM
1101 SAN FELIPE ROAD, SUITE D, HOLLISTER, CA. 95023
mariag@gokids.org

DID YOU KNOW?

- Millions of California families with infants and toddlers need child care.
- Home-based child care providers keep communities strong by allowing parents to work.
- Many families want flexible options like early morning, evening, and weekend care.

We provide one-on-one and group support!

WHAT DO WE OFFER?

- Health and safety training
- Business and marketing strategies, to help you keep growing your program
- Child development training so you can provide the best care



¿Le encanta cuidar niños?

¿Ha soñado con tener su propio negocio, o ya ha empezado uno?



¡Esta es la señal que había estado esperando!

Si ya tiene su propio negocio de cuidado infantil, o si tiene curiosidad sobre cómo hacerlo, nosotros estamos aquí para ayudarle. Tenemos el entrenamiento gratuito, los recursos, y las conexiones en la comunidad que usted necesita para triunfar. ¡Aprenda sobre temas de salud y seguridad, desarrollo infantil, la licencia de cuidado de niños, y mucho más!

Lláme a Maria Granados al (831)637-9205 ext. 1247
LOS TALLERES EMPEZARAN EL 8 DE SEPTIEMBRE DE 5:30PM - 8:00PM
1101 SAN FELIPE ROAD, SUITE D, HOLLISTER, CA. 95023
mariag@gokids.org

¿SABIA QUE...?

- Millones de familias en California con bebés y niños pequeños necesitan cuidado infantil.
- Los proveedores de cuidado infantil hogareño refuerzan las comunidades al permitir que los padres puedan ir a trabajar.
- Muchas familias quieren encontrar opciones flexibles como cuidado de niños en las primeras horas del día, cuidado en las noches, o durante los fines de semana.

¡Proporcionamos apoyo individual o en grupo!

¿QUÉ OFRECEMOS?

- Entrenamiento sobre salud y seguridad
- Estrategias de negocios y de mercadeo para apoyar el crecimiento de su programa
- Entrenamiento sobre desarrollo infantil para que usted pueda ofrecer el mejor cuidado infantil



Follow Your Dreams.

Since 1985, we have helped people just like you grow home-based child care businesses. Our community needs child care providers more than ever, and we're here to support you, every step of the way. Join an exciting industry and a statewide network of passionate child care professionals.

Frequently Asked Questions

Who is eligible to participate?

Anyone who's interested in becoming a child care provider can contact our office to learn more. Caregivers who want to become licensed providers as well as those who are already licensed and want to expand their business can join us. We also support providers who would prefer to keep their program small and not get licensed.

Why should I become involved?

Professional training helps you grow your home-based child care program and achieve your goals. Plus, you can connect with people like you, who understand the joys and challenges of running a home child care business. We're here to celebrate your successes and support you through tough times. Providers in our program usually stick with it, and grow thriving businesses.

Are there any requirements once I sign up?

There are different things that people who decide to participate in the program need to do, depending on their level of participation. For example, child care providers are considered Trainees after completing 25 hours of approved training, and Advanced Trainees after completing 45 hours of approved training.

Do I have to become licensed to participate?

You do not have to become licensed, although many of our participants decide that is a good choice for them.

Call Maria Granados at (831)637-9205 ext. 1247
mariag@gokids.org



Siga Sus Sueños

Desde 1985, hemos ayudado a personas como usted para que hagan crecer su negocio de cuidado infantil hogareño. Nuestra comunidad necesita a los proveedores de cuidado infantil más que nunca, y nosotros estamos aquí para brindarle el apoyo que usted necesita en cada etapa del camino. Únase a una industria emocionante y a la red estatal de profesionales apasionados por el cuidado infantil.

Preguntas Frecuentes

¿Quién es elegible para participar?

Cualquier persona que tenga interés en convertirse en un proveedor de cuidado infantil puede ponerse en contacto con nuestra oficina para recibir más información. Las personas que ofrecen cuidado y quieren convertirse en proveedores con licencia, así como también aquellos que ya tienen su licencia de cuidado infantil y quieren expandir su negocio, pueden unirse a nuestro programa. También apoyamos a aquellas personas que prefieren tener un programa pequeño sin necesidad de obtener una licencia.

¿Por qué debería involucrarme?

El entrenamiento profesional le ayuda a hacer crecer su programa de cuidado infantil hogareño y así alcanzar sus metas. Además, podrá conectarse con personas como usted, quienes entienden las alegrías y los retos de operar un negocio de cuidado infantil en el hogar. Nosotros estamos aquí para celebrar sus éxitos y apoyarle durante los tiempos difíciles. Los proveedores que participan en nuestro programa permanecen con nosotros y desarrollan negocios prósperos.

¿Una vez que me inscriba, hay algún requisito?

Hay diferentes tipos de cosas que los participantes en nuestro programa deben hacer, dependiendo del nivel de su participación. Por ejemplo, los proveedores de cuidado infantil se consideran Aprendices al haber completado 25 horas de entrenamiento aprobado, y Aprendices Avanzados al haber completado 45 horas de entrenamiento aprobado.

¿Necesito tener una licencia de cuidado infantil para participar?

No necesita tener licencia de cuidado infantil para hacer parte de nuestro programa, aunque muchos participantes deciden hacerlo porque es una buena elección para ellos.

Call Maria Granados at (831)637-9205 ext. 1247
mariag@gokids.org



VFW Post 9242 Presents
The
Second Annual
SPECIAL HEROES CARNIVAL
October 18th, 2025
11am - 2pm

Sponsors and Volunteers needed

To volunteer or to make a donation fill out the registration form by scanning the QR code, or enter the address into your web browser.
<https://forms.office.com/r/P5LjCnThYB>

Hollister Elks Lodge
351 Astro Dr

• Games
 • Food/drinks
 • Booths
 • and More!



the Y YMCA

RENT A SPACE! ONLY \$20

YARD SALE

SATURDAY OCTOBER 11
 7AM-12PM



BUY, SELL, AND FIND HIDDEN TREASURES
 Reserve your space today—spots are limited!

INTERESTED?

REGISTER TO RENT A SPACE!



LOCATION
YMCA OF SAN BENITO COUNTY
PARKING LOT
 351 Tres Pinos Road, Hollister, CA

Donations from the space rental fee help ensure everyone is welcome at the Y and has the opportunity to participate in programs and services that change and enrich lives through our Financial Assistance Scholarship Fund.

Email inquiries to acadena@ymcacentralcoast.org

SAN BENITO YOUTH ASSOCIATION

COME JOIN THE YOUTH-BASED COALITION

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO WANT TO PROMOTE A TOBACCO-FREE COMMUNITY AND DRIVE CHANGE.

BI-MONTHLY MEETINGS THAT ARE LIVELY, ENJOYABLE, AND INVOLVE DELICIOUS FOOD WHILE WORKING.

LOOKING TO RACK UP THOSE COMMUNITY SERVICE HOURS?

DREAMING OF A CHANCE TO EXPLORE NEW HORIZONS WHILE MAKING A DIFFERENCE IN THE WORLD?

WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH COLLEGE RECOMMENDATION LETTERS?

INTERESTED IN JOINING?

CONTACT JAVIER PEREZ
JPerez@sanbenitocountyymca.org
 (831) 902-9832





35th ANNUAL RED RIBBON RUN AND FESTIVAL ART CONTEST

THIS YEAR'S THEME IS...
"LIFE IS A PUZZLE, SOLVE IT DRUG FREE"

CATEGORIES

KINDERGARTEN - 2nd GRADE

3rd GRADE - 5th GRADE

6th GRADE - 8th GRADE

Prizes for 1st, 2nd, and 3rd in each category

DUE DATE:

Submit your projects to your teacher by
October 4th

SPECIFICATIONS

- Posters must be done on poster board (or heavy art paper) measuring 12 x 18 inch
- Any media may be used for the posters including paints, crayons, color pencils, chalk, and collage, but contestants are advised to ensure that the media selected result in a flat surface and be adequately protected against damage
- Photography: color of black and white and must measure at least 8x10 inch but not larger than 12x18 inch
- All work submitted must be the original work of the student

Following information must be on the back of each submission:

- Student name
- Grade
- School/ teacher/ room
- Phone number and/ or email

Winners to be announced during the Red Ribbon Run and Festival on OCT. 18th from 9AM - 11AM

BEHAVIORAL HEALTH AND SALUD CONDUCTUAL DO NOT MAKE ANY REPRESENTATION OR WARRANTY AS TO THE QUALITY OF SERVICES, INFORMATION OR INFORMATION PROVIDED BY THE SERVICE PROVIDERS. BEHAVIORAL HEALTH AND SALUD CONDUCTUAL DO NOT MAKE ANY REPRESENTATION OR WARRANTY AS TO THE QUALITY OF SERVICES, INFORMATION OR INFORMATION PROVIDED BY THE SERVICE PROVIDERS. BEHAVIORAL HEALTH AND SALUD CONDUCTUAL DO NOT MAKE ANY REPRESENTATION OR WARRANTY AS TO THE QUALITY OF SERVICES, INFORMATION OR INFORMATION PROVIDED BY THE SERVICE PROVIDERS.



FOR MORE INFORMATION: ELOPEZ@SANBENITOCOUNTYCA.GOV



35th ANNUAL "LIFE IS A PUZZLE, SOLVE IT DRUG FREE" RED RIBBON RUN AND FESTIVAL



RAFFLES EVERY
15 MINUTES!

FREE
3K Fun Run

3K FUN RUN

- RUN BEGINS AT 8:15AM
- MEDALS FOR FIRST 200 FINISHERS

FESTIVAL 8-11AM

- RESOURCE BOOTHS
- RAFFLES BEGIN AT 8:45
- FOOD VENDORS

SATURDAY, OCTOBER 18TH AT 8AM
VETERANS MEMORIAL BUILDING
649 SAN BENITO STREET



FOR MORE INFORMATION: MSANCHEZ@SANBENITOCOUNTYCA.GOV



35th ANNUAL LISTÓN ROJO CARRERA Y FESTIVAL CONCURSO DE ARTE

EL TEMA DE ESTE AÑO ES...
"LA VIDA ES UN ROMPECABEZAS, RESUÉVELO SIN DROGAS"

CATEGORIAS

KINDERGARTEN - 2^o GRADO

3^o GRADO - 5^o GRADO

6^o GRADO - 8^o GRADO

Premios para el 1^o, 2^o y 3^{er} lugar en cada categoría

FECHA DE

VENCIMIENTO:
Envía tus proyectos a tu profesor antes del 4 de octubre

ESPECIFICACIONES

- Los carteles deben realizarse en cartulina (o papel de arte grueso) de 30 x 45 cm.
- Se puede utilizar cualquier material para los carteles, incluyendo pinturas, crayones, lápices de colores, tizas y collage, pero se recomienda a los concursantes asegurarse de que el material seleccionado tenga una superficie plana y esté adecuadamente protegido contra daños.
- Fotografía: a color o en blanco y negro, y debe medir al menos 20 x 25 cm, pero no más de 30 x 45 cm.
- Todos los trabajos presentados deben ser originales del estudiante.

La siguiente información debe estar en el reverso de cada envío:

- Nombre del estudiante
- Grado
- Escuela/profesor/aula
- Número de teléfono y/o correo electrónico

Los ganadores se anunciarán durante la Carrera y Festival del Listón Rojo el 18 de Octubre de 9:00AM a 11:00AM

BEHAVIORAL HEALTH AND SALUD CONDUCTUAL DO NOT MAKE ANY REPRESENTATION OR WARRANTY AS TO THE QUALITY OF SERVICES, INFORMATION OR INFORMATION PROVIDED BY THE SERVICE PROVIDERS. BEHAVIORAL HEALTH AND SALUD CONDUCTUAL DO NOT MAKE ANY REPRESENTATION OR WARRANTY AS TO THE QUALITY OF SERVICES, INFORMATION OR INFORMATION PROVIDED BY THE SERVICE PROVIDERS. BEHAVIORAL HEALTH AND SALUD CONDUCTUAL DO NOT MAKE ANY REPRESENTATION OR WARRANTY AS TO THE QUALITY OF SERVICES, INFORMATION OR INFORMATION PROVIDED BY THE SERVICE PROVIDERS.



PARA MÁS INFORMACIÓN: ELOPEZ@SANBENITOCOUNTYCA.GOV



35th ANNUAL "LA VIDA ES UN ROMPECABEZAS, RESUÉVELO SIN DROGAS" LISTÓN ROJO CARRERA Y FESTIVAL



SORTEO CADA
15 MINUTOS!

GRATIS
CARRERA DIVERTIDA DE 3KM

CARRERA DIVERTIDA DE 3KM

- LA CARRERA COMIENZA A LAS 8:15 AM
- MEDALLAS PARA LOS 200 PRIMEROS FINALISTAS

FESTIVAL 8-11AM

- PUESTOS DE RECURSOS
- LAS RIFAS COMIENZAN A LAS 8:45
- VENDEDORES DE COMIDA

SÁBADO, 18 DE OCTUBRE A LAS 8AM
EDIFICIO CONMEMORATIVO DE LOS VETERANOS
649 SAN BENITO STREET



PARA MÁS INFORMACIÓN: MSANCHEZ@SANBENITOCOUNTYCA.GOV



**Would like to share an announcement? Email our
Program Coordinator at
ssmith@sanbenitocountyca.gov**

Cessation Resources



Ready to Quit?

Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies. Take the first step toward quitting.

For more information:

**San Benito County Tobacco Education Program 351 Tres
Pinos Rd,
Suite A-202 Hollister, CA 95023 Tel: (831) 637-5367 Monday-
Friday:
8:00am to 5:00pm**

[San Benito County Tobacco Education Program Coalitions](#)