

A GUIDE THAT STRENGTHENS FAMILIES

A TOOL AND RESOURCE GUIDE
FOR PARENTS/GUARDIANS
AND CHILDREN IN
EAST LOS ANGELES.





THIS GUIDE IS A VERY HELPFUL TOOL

This guide was designed to serve as a helpful tool for the Best Start East L.A. community. Here you will find the necessary resources and services in times of crisis, or need.

MEET THE ARTIST OF THIS COVER, SONJI



A Central American self-taught artist from Los Angeles, CA, Sonji has exhibited her work, and painted murals throughout California, New Mexico, Arizona, Oregon, and the United Kingdom since 2002.

To learn more about how she uses art & gardening to empower communities, as well as her unique "Concrete Indigenous" specialized work, visit her website at: sonjiart.wordpress.com, or facebook page: facebook.com/SonjiMariposa

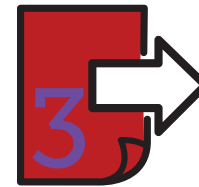
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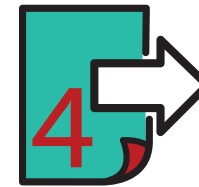
A letter to parents and/or guardians who have received this guide.



Information about Best Start East L.A., First 5 L.A., the important role that parents/guardians play in children's lives, and the 6 Protective Factors.



Community comic strip that explains the importance of resiliency, especially in times of need.



Q & A about resiliency.



List of resources that support the development of resiliency.



Activities for parents /guardians to do with children.



A LETTER TO THE PARENTS/ GUARDIANS



Dear Parent or Guardian,

Congratulations on receiving your first Best Start East L.A. resource guide for families! This guide is bilingual and is focused around you and your children to provide you with up-to-date resources and tools in times of need.

We invite you to become familiar with this guide as it was created in collaboration with the parents/guardians of the Best Start East L.A. community and organizations in East Los Angeles to strengthen “parental resilience.”

“Parental resilience” was chosen as the theme of this guide by the community of Best Start East L.A. It is one of 6 protective factors that has proven to help families become stronger.

Below are the 6 protective factors that have been re-defined by the Best Start East L.A. community as “The 6 Elements to Strengthen Families.”

1. Courage: Parental Resilience
2. Community: Social Connections
3. Health and Wellness: Concrete Support
4. Parenting: Knowledge of parenting and child development
5. Compassion and Empathy: Social and Emotional Capacity of Children
6. Love: Healthy Relationship Between Child and Mom / Dad / Guardians

We invite you to join us to help us strengthen our community. For more information on how to join, please visit the First 5 L.A. website www.first5la.org

Sincerely,

Best Start East L.A. Community Leaders



WHO WE ARE

ABOUT BEST START, FIRST 5 L.A.,
PROMESA BOYLE HEIGHTS, INNERCITY
STRUGGLE, PROYECTO PASTORAL AND
THE 6 PROTECTIVE FACTORS

Promesa Boyle Heights, Proyecto Pastoral and InnerCity Struggle.

This resource guide was compiled in collaboration with Promesa Boyle Heights, Proyecto Pastoral and InnerCity Struggle, as the Building Stronger Families Initiative grantees.

About Best Start and First 5 L.A.

Best Start is an effort of First 5 L.A., a children's advocacy organization that oversees the allocation of tobacco tax funds in Los Angeles County.

Through Best Start, First 5 L.A. has partnered with communities to support children, and families/guardians for the first five years of a child's life.

The Best Start Community in East L.A. is one of 14 Best Start Communities in Los Angeles County.

The vision of Best Start East L.A.

The vision of the Best Start East L.A. community is to create an East L.A. that is stable, informed, and rooted in moral and community values that support individuals to take responsibility for all children to:

- Be born healthy
- Be safe from abuse
- Thrive physically, socially, emotionally, and cognitively before entering kindergarten

Parents are the center of the attention

This guide is intended for parents/guardians of children. This is because parents/guardians are at the heart of child development. To help all children enter kindergarten ready to succeed, parents/guardians need skills and knowledge to support their child's development and have access to services when they need it most.

Studies show that when parents/guardians have certain skills and supports, outcomes in children improve. These skills and supports are known as the 6 Protective Factors.

What are the 6 protective factors?

From 2002 to 2004, the Center for the Study of Social Policy conducted research on what works best to keep children safe and families strong. They published their findings as protective factors and worked with states across the nation to integrate them into early childhood education programs.

This guide serves to support parents/guardians with the development of one of the 6 Protective Factors - Resiliency.

*Information provided by First 5 L.A.



Pictured above are some of the parent leaders of Best Start East L.A.

Contact Us

For more information on the Best Start East L.A. Community Partnership, contact us: (323) 685 - 5691

COMIC STRIP

BASED ON PARENTAL RESILIENCY

INTRO

This picture novel is designed to increase awareness of "The Protective Factors" that make a family strong. **This series focuses on resiliency** and the ability to **look inward to find courage and strength** needed to keep moving forward during times of stress or crisis. It means finding ways to solve problems, building and sustaining trusting relationships, and knowing how to seek help when necessary.

This storyline includes characters that may represent someone you know: a single mother who feels isolated under the pressure of not knowing her child's development; and the supports she finds once she is open to new ideas. You will find yourself being able to relate to the character and hopefully you will be inspired to also want to affect positive change for children in your community.



*This picture novel series is inspired by Kathy Goetz's Be Strong Families: Living the Protective Factors booklet and by the Hand in Hand Curriculum.

1

A mother found herself lonely and without family or friends. She was too scared to go out of her home and she was frustrated because she didn't understand her child's behavior.



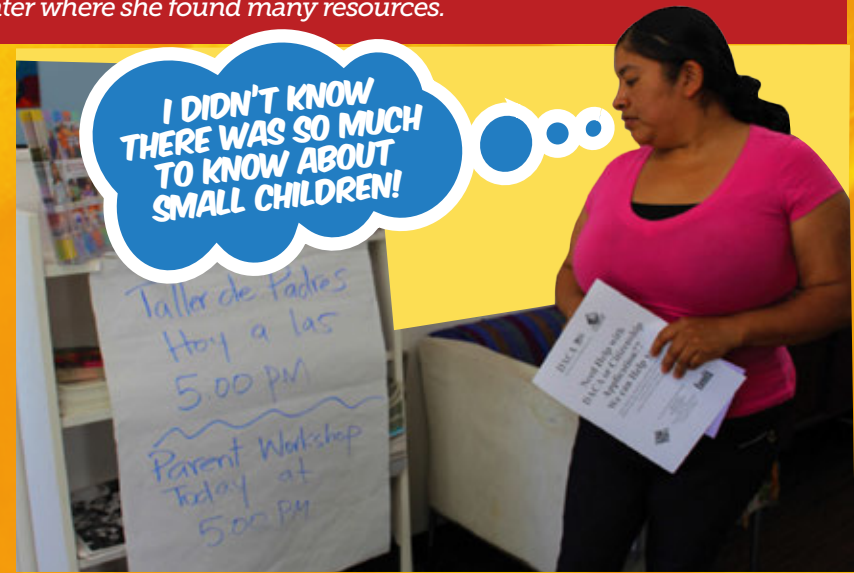
2

She spent many months this way...



3

Until one day, the mother had enough of feeling helpless. She gathered all of her courage and went out to look for help. She came across a health center where she found many resources.



4

The mother signs up for a parenting workshop about the stages and development of small children.



5

In the parenting workshop, the mother learns that there are other parents just like her in the same situation. The other parents agree that being in a group with other parents has helped them de-stress and at the same time learn about their child's development. The mother is learning so much.

THE PRACTICE OF GIVING SPECIAL TIME TO YOUR CHILDREN IS AN EXCELLENT TOOL FOR PARENTING IN DIFFICULT TIMES. IT IS A SIMPLE YET POWERFUL WAY OF BUILDING AND STRENGTHENING CLOSE RELATIONSHIPS WITH OUR CHILDREN. OUR CHILDREN THRIVE ON OUR GROWING CONFIDENCE AS PARENTS, AND ON THE ATTENTION WE GIVE THEM.



I CAN'T WAIT TO TRY SPECIAL TIME WITH MY DAUGHTER!

CHILDREN NEED TO HAVE SPECIAL TIME WITH YOU. PLAY AFFECTIONATELY WITH YOUR CHILDREN

CONNECTION!

LET'S PLAY AIRPLANE!

6

When the mother arrived home, she remembered that her young daughter needed to feel connected to her to be able to feel safe and ready to learn. She decided to give her Special Time and they played and laughed so much.



7

After several months, the mother felt a new sense of confidence because she saw great results in her family. The mother knows she is braver than she thought. She decides to share what she learned with her community.



HOW CAN I HELP MY COMMUNITY?



I KNOW! I'VE SEEN MY NEIGHBOR ALONE WITH HER KIDS. I WILL INTRODUCE MYSELF TO HER AND SEE IF SHE NEEDS MY HELP.

8

The mother knows that families are strong when they have information about child development, resources and support from the community.



9

The mother becomes close to her neighbor. Her neighbor has a lot of worries just like the mother. The mother invites her neighbor to a support group for parents.



SOMETIMES I FEEL LONELY AND I HAVE NO ONE TO SUPPORT ME

YES, I UNDERSTAND AND I'M LISTENING TO YOU.

10

The mother and the neighbor attend a support group where they listen to each other, share their experiences as parents while feeling connected to their community.



IN PAIRS, YOU WILL EACH HAVE 5 MINUTES TO TALK WHILE THE OTHER PERSON ACTIVELY LISTENS.

I'M LEARNING SO MUCH ABOUT HOW IMPORTANT IT IS TO FEEL LISTENED TO.

I THINK WE WILL NEED MORE THAN 5 MINUTES.

11

This is how the mother was able to get through her struggle. Her courage and eagerness to help gave her confidence and the opportunity to keep growing as a parent.

It's important to know that although problems seem to never end, there is help, and we need to keep pushing forward with love for oneself.



12

ONE YEAR LATER, the mother's courage gave her the strength to continue advocating and distributing her knowledge to other community members.



What started as an individual courageous effort, resulted in larger community advocacy, empowering and uniting individuals, creating systems change, as well as brining positive change to families and communities.

Q & A ABOUT PARENTAL RESILIENCY



Q: What is "Parental Resiliency"?

Resilience is the process of managing stress and functioning well even when faced with challenges, adversity, and trauma.

Q: Why is Parental Resiliency important?

Parental resiliency is important because it increases parents/guardians confidence and their ability to face and overcome challenges. As a result, parents/guardians are then better capable to form close relationships with their children and manage stress in their families.

Q: What are some of the factors that can decrease parental resiliency?

There are many factors that cause stress in the everyday lives of parents/guardians, but ongoing stress is one factor that can significantly reduce resiliency. Toxic stress causes parents/guardians to feel like problems have no solution.

Q: How can one increase parental resiliency?

There are healthy ways to increase parental resilience. Below are a few:

- Believing in your ability as parents/guardians
- Reflecting on other times when things went well
- Loving oneself
- Spending time with a friend to listen to each other

These are a few ways that one can increase resilience.

Q: As a parent/guardian what can one do to raise more resilient children?

Modeling healthy habits are ways that we can raise more resilient children - as well as:

- Listening to children's feelings and needs with compassion
- Giving children special time

LIST OF RESOURCES



The community leaders of Best Start East L.A. define resiliency as an act of persistence to fight with love, trust and patience. For Best Start East L.A., resiliency is to take the time to reflect on what's been experienced, and its impact as individuals and as leaders.

The following organizations have given Best Start East L.A. the power to grow as leaders, the tools to regulate stress, and strengthen resiliency.



Alma Family Services

4701 East Cesar Chavez Ave.,
Los Angeles, CA 90022
(323) 881-8650
www.almafamilyservices.org

Offers wellness services to support and create mental health awareness in individuals and families. They also have prevention programs. For more information about services for families call 323-881-8650 and ask for Valerie Rivas.



Biblioteca del Este de Los Angeles

4837 E 3rd St.,
Los Angeles, CA 90022
(323) 264-0155
www.colapublib.org/libs/eastla

Offers a variety of resources for all ages. You can use this space to study, read a good book, get together with a group of friends, learn something new, or have a moment in silence. For more information on programming for families call 323-264-0155 and ask for Martin Delgado or send an email to mdelgado@library.lacounty.gov.



Bienvenidos Family Services

501 South Atlantic Blvd.,
Los Angeles, CA 90022
(213) 726-9790
www.bienvenidos.org

Offers a comprehensive services such as system of prevention, intervention, and treatment services for child abuse and neglect. Some programs include, but are not limited to, family preservation counseling (in the family home or Welcome Center), parenting classes for parents, life skills training, and fun family events that help families relieve stress. For more information about Family Services call (213) 726-9790 and ask for Beatriz Montes.



Boyle Heights Worksource Center

1505 E. 1st St.,
Los Angeles, CA 90033
(323) 267-5930

Employment agency that offers a variety of human resources for personal and professional development. For more information about these services, call (323) 267-5930 and ask for Geraldine Vasquez.



Casa 0101

2102 E. 1st St.,
Los Angeles, CA 90033
(323) 263-7684
www.casa0101.org

Is dedicated to providing inspiring theatrical performances, art exhibitions and educational programs in Boyle Heights, thus fueling future Los Angeles storytellers who will transform the world. For more information about workshops and or programming, call (323) 263-7684 and ask for Lupe Castro.

Centro Maravilla

4716 East Cesar Chavez Ave.,
Los Angeles, CA 90022
(323) 260-2804
FACEBOOK: County of Los Angeles
Centro Maravilla Service Center

Is a multi-purpose facility designed to enhance the community with a range of health, educational, social and recreational activities. The programs and services offered at the center include, but are not limited to: form completion, food bank, resource fairs, community forums, VITA income tax assistance, unlawful detainer assistance, mediation services and advocacy.



D.A.D Project

(310) 929-0911
info@dadproject.org
www.dadproject.org

Offers a wide variety of workshops for parents and professionals in the field of Education. The workshops cover topics on social and emotional intelligence, child development, school readiness, child education, professional development, and much more. For more information, call (310) 929-0911 and ask for Daniel Polanco.



Daisy Te

daisyte4@gmail.com

Learn more about tea and how it can help your wellbeing and your quality of life. Tea is something you can enjoy not only when you are sick but also use it to bring you peace, harmony and happiness. For more information email Daisy Cuellar at daisyte4@gmail.com.



East Los Angeles Community College

1301 Avenida Cesar Chavez,
Monterey Park, CA 91754
(323) 265-8650
www.elac.edu

Offers transfer courses that prepares students for admission to a four year college. ELAC also offers occupational courses that will prepare students for a career in two years or less.



East Los Angeles Community Service Center

133 N. Sunol Dr.,
Los Angeles, CA 90063
(323) 260-2801
wdacs.lacounty.gov/service-locations/east-los-angeles-service-center/

Designed to enhance the community, the ELA Community Service Center offers a wide range of health, educational, social, and recreational activities. For more information about these workshops and programming, call 323-260-2801 and ask for Sandra Gonzales.



East Los Angeles Occupational Center

2100 Morengo St.,
Los Angeles, CA 90033
(323) 276-7000
www.qpressdesign.com/pages/elaoc/geninfo.html

Offers short-term training and technical training, providing people with entry-level skills as well as other job training skills. All classes are offered regardless of race, color, national origin, gender or disability.



East Los Angeles Women's Center

1431 S. Atlantic Blvd.,
Los Angeles, CA 90022
(323) 526-5819
www.elawc.org

Provides a variety of programs to meet various needs such as Sexual Assault Services, Domestic Violence Services, Parent Services, HIV Services, Youth Services, and Human Trafficking Programs.



East Yard Communities for Environmental Justice

1000 South Fremont Ave.,
Alhambra, CA 91803
(323) 263-2113
eycej.org

Provides workshops and trainings to community members to participate in processes that directly affect their health and quality of life. It is a grassroots organization that helps strengthen leadership so the community knows the effects of pollution in their neighborhoods. For more information about these services please call (323) 263-2113 and ask for Hugo Lujan.



Eastern Los Angeles Family Resource Center

1000 South Fremont Ave, Suite 6050
Unit #35, Alhambra, CA 91803
(626) 300-9171
www.elarc.org/resources-publications/family-resource-center

(FRC) Specializes in providing support, information, resources and training for parents of children at-risk of, or with, a development disability. In addition, the FRC works with the community and other professionals to ensure quality services, and serves as a hub, for parent leadership development.



Eastmont Community Center

701 Hoefner Ave.,
Los Angeles CA, 90022
(323) 726-7998
www.eastmontcommunitycenter.org

Has emergency services like food and clothing, housing and job search support, Child Development Services, Youth Education Programs, ESL Classes, Citizenship Classes, Adult literacy programs and services for seniors, dance, yoga, handcrafts, a computer lab, personal development and self-sufficiency.



El Centro de Ayuda

2130 E. 1st Street.,
Los Angeles, CA 90033
(323) 526-9301
www.elcentrodeayuda.org

Offers the following social services for low-income families residing in East / Northeast Los Angeles. Social, emotional, academic and economic self-sufficiency, through a continuum of human services. Youth and adult education and training programs, mental health services, youth academic services, and after school tutoring services.



Generaciones en Acción

318 S. McDonnell Ave.,
Los Angeles, CA 90022
(323) 895-8749
www.generacionesenaccion.org

Helps multi-generational immigrant families access education, training, and cultural activities that contribute to their personal well-being, professional development, leadership skills, and community impact. They offer workshops on: How to have healthy communication, how to value oneself as individuals, ancestral knowledge, and building healthy intergenerational relationships. For more information call (323) 895-8749 and ask for Carla Osorio.



Health Net

5047 Whittier Blvd.,
Los Angeles, CA 90022
(323) 266-7770
www.healthnet.com/portal/shopping/content/iwc/shopping/shp/community_solutions_centers.action

Their Community Resource Center offers services such as referrals to public services, health and wellness classes for all ages, nutrition classes, and health education based on community needs. Meeting space available for community use. All services and welfare activities and educational classes offered are free and open to the whole community. For more information call 323-266-7700 and ask for Jorge Solis.



InnerCity Struggle

530 S Boyle Ave,
Los Angeles, CA 90033
(323) 780-7605
www.innercitystruggle.org

Works with youth, families, and residents to promote health, well-being, and create non-violent communities in East Los Angeles. For more information please contact Brigitte, at (323) 780-7605.



L.A. Care Family Resource Center

1200 N. State Street, Suite 1069
Los Angeles, CA 90033
213.259.4182
sramos@lacare.org

The Family Resource Centers offers a fun and engaging space to learn, prevent and improve your health! All our classes and services are Free and Open to everyone. Some of our classes include: CPR/First Aid, Physical Fitness, Healthy Cooking, Parenting Classes, Registered Dietitian, and more.



Latino Family Center

3316 W. Beverly Blvd.
Los Angeles, CA 90640
(323) 722-4529
FACEBOOK Latino Family Center

Provides services in a wide range of areas: Substance Abuse Treatment / Recovery Services: Ambulatory, Specialized Criminal Justice System Adult Treatment / Adult Recovery Services. Family Support Services. Substance abuse prevention and treatment work including: support for fragile families through violence, substance abuse, and other dysfunctional behaviors.



Mujeres de la Tierra

570 West Avenue 26, Suite 300,
Los Angeles, CA 90065
(323) 207-5155
www.mujeresdelatierra.org

Inspires and teaches women and their children to take ownership and leadership of their neighborhood issues and concerns. Their strategy is to help them identify holistic and practical approaches to solving local and environmental problems with one's family needs. Mujeres de la Tierra supports and encourages the construction of healthier and sustainable neighborhoods through public commitment and individual participation. They firmly believe that families and residents of neighborhoods should be empowered to direct their affairs and determine what is best for themselves, their families, and the community. For more information about services call (323) 207-5155 and ask for Irma Muñoz.



Nuevo Amanecer Latino Children's Services

5400 Pomona Blvd.,
Los Angeles, CA 90022
(323) 720-9951
www.nalcs.org

Dedicated to serving foster children who have been victims of neglect, physical and sexual abuse. They provide children and families with love, education and concurrent family-based planning services. For more information call (323) 720-9951 and ask for Lupita Sotelo.



People's Yoga

5161 Pomona Blvd.,
Los Angeles, CA 90022
(323) 739-4018
www.peoplesyoga.org

If you want to relax or need a space to regulate stress, you can go here and take yoga classes. They offer low cost or donation classes and classes for families with small children. For more information about services, call (323) 739-4018 and ask for Leah Gallegos.



Plaza Family Support Center

4018 City Terrace Dr.,
Los Angeles, CA 90063
(323) 268-3219
www.plazacs.org/index.php

Provides Child Care Programs, Mental Health Services, Alcohol and Drug Treatment, Esperanza Program, High Quality Intervention and Prevention Services for Children and Families, Family Preservation, Anger Management, Anger Management for Adolescents, Domestic Violence, Maternity Classes, Mental Health Services, and domestic violence classes for victims and perpetrators.



Proyecto Pastoral at Dolores Mission

135 N Mission Rd
Los Angeles, CA 90033
(323) 881-0018
www.proyectopastoral.org

Offers several programs in hopes of empowering and supporting the residents of Boyle Heights and East Los Angeles. Some of these programs include Community on the Move (CEM), ECE, Shelters for Men and Women (GHP), after school programs (Impact), and much more. For more information about these services call (323) 881-0018 and ask for Ruth Luna.



Promesa Boyle Heights

135 N Mission Rd
Los Angeles, CA 90033
(323) 881-0018
www.promesaboyleheights.org

A collaborative of residents, schools, and community agencies. They coordinate access to school services at Mendez High School, Roosevelt High School, and Hollenbeck Middle School. They also have Leadership Academies and other trainings for community members with young children, with the goal of supporting children from the cradle to school or work. For more information call (323) 685-5358.



SBCC Thrive LA/South Bay Center for Counseling

540 N. Marine Ave.,
Wilmington, CA 90744
(562) 521-4220
www.sbccthrivelatla.org

Their model of community organization differs from most by placing long-term development and the growth of relationships at the center of the process. Their commitment is to support the creation of resilient, adaptable and socially committed communities in the long term. Neighborhood Action Council members work together to build their own neighborhood-based identity and mission, and then design and direct neighborhood projects that focus on education, health, safety, and economic development. The network of relationships within the NAC, and between the NAC and the larger community, serves as a resource to increase the effectiveness of this work and, ultimately, contribute to the vitality and well-being of the neighborhood. For more information call (323) 691-7933 and ask for Hannali Paniagua, call (323) 691-7933 or (310) 438-8778, or (562) 521-4220 and ask for Jesús Rivera.



The Wellness Center

The Historic General Hospital
in Boyle Heights
1200 N. State St.,
Los Angeles, CA 90033
(213) 784-9191
www.thewellnesscenterla.org

Aims to provide culturally sensitive programs to address the cause of illness, empower residents and patients to take control of their own health and lives, improve health outcomes for the community and patients through the expansion of preventive care services.



The Whole Child

10155 Colima Rd.,
Whittier, CA 90603
(562) 652-0383
www.thewholechild.info

Offers a counseling for children and youth, Special Services for Birth to age 5, Parenting Enrichment Classes, and many more services for children and their family. They are committed to the empowerment of parents and their children to create nurturing relationships, a better community, and a safer world.

PARKS



The parks of East Los Angeles are central to the physical, mental, and emotional health of the community.

They provide an opportunity to:

- Play
- Regulate stress
- Strengthen connections between families and the community

As leaders we want our parks to be a place where we can have programming for all ages and where families feel safe to enjoy being outdoors.

The following parks have provided the space for us to strengthen our resiliency.

Belvedere Park

4914 E. Cesar Chavez Ave.,
Los Angeles, CA 90033
(323) 260-2342
parks.lacounty.gov/wps/portal/dpr/Parks/Belvedere_Community_Regional_Park

This park is the community recreation center of East Los Angeles. With its wide variety of facilities and programs, Belvedere Park offers fun for all ages and a relaxing, serene and peaceful atmosphere in the shade of huge trees. A very popular section of the park is skate park. Teenagers and adults from all over Los Angeles visit this park because it is one of the best skate parks in California.

City Terrace Park

1126 N. Hazard Ave.,
Los Angeles, CA 90063
(323) 260-2371
www.muji.esdelatierra.org parks.
lacounty.gov/wps/portal/dpr/Parks/City_Terrace_Park

Has a wide variety of activities for children, teens and adults. This is a popular place for birthday parties and picnics. The park is especially popular during the warm summer months because toddlers can cool off on the splash pad and those who can swim can use the pool.

Obregon Park

4021 E. First Street,
Los Angeles, CA 90063
(323) 260-2344
(323) 260-2366
parks.lacounty.gov/wps/portal/dpr/Parks/Eugene_A_Obregon_Park

Located in East Los Angeles and offers a friendly atmosphere for families in the community. Its many grassy areas make it an ideal place for family meals and birthday parties.

Salazar Park

3864 Whittier Blvd.,
Los Angeles, CA 90023
(323) 260-2330
parks.lacounty.gov/wps/portal/dpr/Parks/Ruben_F_Salazar_Park

A park in the heart of East Los Angeles. This community center is very popular with seniors, adults and children because of the variety of programs offered. The park is also well known for its variety of indoor and outdoor murals

Saybrooke Park

6250 E. Northside Dr.,
Los Angeles, CA 90022
(323) 724-8546
parks.lacounty.gov/wps/portal/dpr/Parks/Saybrook_Park

A small community park with many programs for children and teenagers. Basketball courts are usually very busy on weekends and the smaller ones enjoy the playground. The park is also ideal for picnics and celebrating birthdays.

GAMES & ACTIVITIES



JOKES

Q: What do sea monsters eat for lunch?

A: Fish and ships.

Q: Which dinosaur knew the most words?

A: The thesaurus.

Q: What happened when the monster ate the electric company?

A: He was in shock for a week.

RIDDLES

Skinny I am fast,
fat I am slow,
but I'll still delight you from
your eyes to your nose.

What am I?

Answer: A Candle

Without fingers,
I point,

Without arms,
I strike,

Without feet,
I run.

What am I?

Answer: A Clock

What starts with the
letter "t", is filled with
"t" and ends in "t"?

Answer: A teapot!

DIY

RECIPE

Quinoa Ceviche**Ingredients:**

1 cup quinoa (washed or rinsed)
1 mango (chopped)
1/2 purple onion (chopped)
2 tomatoes (chopped)
1 bunch of cilantro (chopped)
Lemon juice (to taste)
Juice of 2 oranges
Olive oil (to taste)
Salt and pepper (to taste)
Oregano (to taste)
Avocado (to taste)
2 cups water

Directions:

Bring the water to a boil, add quinoa when the water is consumed, cover and let it simmer for approx. 10 minutes. Then, let it cool and stir with all ingredients.

Serve and garnish with avocado.

Playdough**Ingredients:**

4 cups flour
1 cup of salt
2 tablespoons cooking oil
1 to 1.5 cups of cold water
Food coloring

Instructions:

Mix the flour, salt, and oil. Add colorant to the water. Gradually add the water to the flour mixture. Knead. Store in a plastic bag in the refrigerator.

Silly Putty**Ingredients:**

1/4 cup dish soap
1/3 cup corn starch

Instructions:

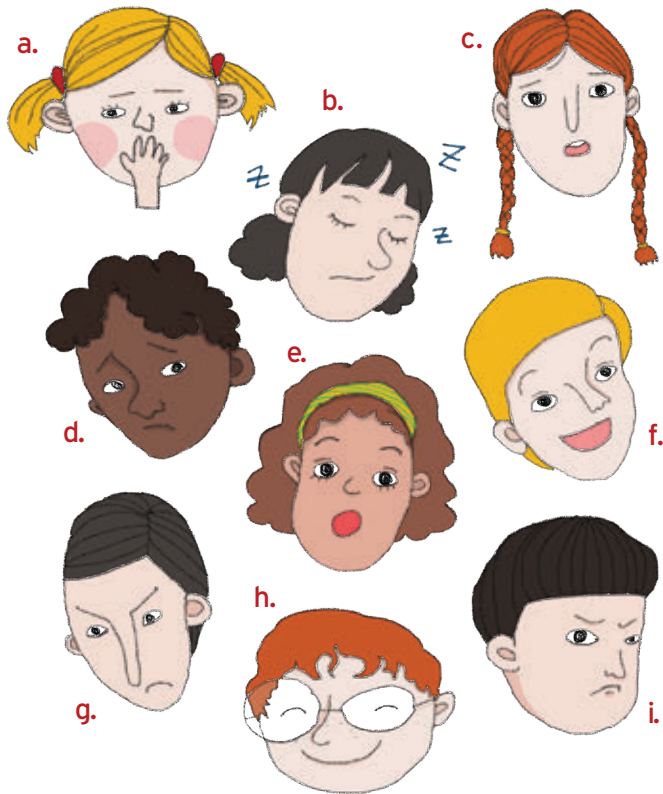
Put the corn starch in a small bowl. Slowly add the dish soap to the corn starch. Mix together using a spoon. If it's too wet, add more corn starch. If it's too dry, add more dish soap. When it gets too hard to stir, use your hands to knead the rest together.

Foam Paint**Ingredients & Instructions:**

Mix equal parts shaving cream and glue into a zip lock bag, add your desired food coloring and then, with the bag sealed, squish the bag together until all your ingredients are nicely mixed together.

FACE GAME

Match the faces to their emotions



1. Sad
2. Angry
3. Surprised

4. Embarrassed
5. Annoyed
6. Worried

7. Excited
8. Happy
9. Tired

ANSWERS 1.(d) 2.(g) 3.(e) 4.(c) 5.(i) 6.(a) 7.(f) 8.(h) 9.(b)

WORD SEARCH

T	Y	A	D	N	V	Y	K	N	C	U	J	C	O
E	J	T	Z	E	H	S	H	W	P	A	E	O	G
H	X	V	I	T	V	G	K	B	X	V	M	M	J
J	Z	T	A	N	T	E	R	I	P	L	L	P	H
L	L	P	Z	F	U	I	L	U	E	O	U	A	C
R	M	N	H	W	N	M	H	O	K	V	Z	S	E
E	M	A	H	G	K	Y	M	E	P	E	N	S	H
Y	T	U	I	Q	V	Q	Z	O	A	M	S	I	Q
E	R	N	A	U	U	V	S	P	C	L	E	O	A
G	G	N	I	E	B	L	L	E	W	K	T	N	Z
W	F	I	C	O	U	R	A	G	E	Z	O	H	T
I	R	A	M	U	B	A	J	P	K	Z	V	I	A
T	Y	A	Z	Y	I	G	Q	J	E	N	L	K	Z
C	U	W	T	R	O	P	P	U	S	E	Z	Q	X
U	H	D	E	H	L	T	F	R	S	X	G	G	I

COMMUNITY
COMPASSION
COURAGE
DEVELOPMENT
EMPATHY

HEALTH
LOVE
SUPPORT
UPBRINGING
WELLBEING

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Building a Movement in the Eastside

