January 19, 2023 1:00pm-3:00pm Koinonia Church

12536 Hanford Armona Rd, Hanford, CA 93230

Welcome and Introductions Gabriela Rodriguez, KPFP, Executive Director

*Ice Breaker Question: What is one goal you have for 2023?

KPFP Updates

- Lisa Project: To schedule a tour, please go on our KPFP website. If you need to schedule a private tour for your staff, please email kpfp.org.
- *Save the date:* Kids Day is on Saturday, April 22, 2023 from 9:00 am-2:00pm. If your organization would like to have a resource table, please reach out to Aliyah.
- HEAL in collaboration with Paty'Studio will have a FREE Zumba Workshop on Friday, February 3, 2023 at 5pm.
- KPFP has an open Board of Directors position vacant, we are looking for someone in the business community to join our board!
- The Financial Stability Taskforce is meeting quarterly, our next meeting is scheduled for Monday, March 6, 2023 at 1pm via Zoom.

[Click <u>here</u> to view *The Emotional Connection to Time Management* powerpoint by Devonderia Sanchez, LMFT]

About our presentation:

The Emotional Connection to Time Management

Time management may be more than just getting organized, and clearing out distractions. There is a link tied to our cognitive functioning and emotions/mood when dealing with time. Let's learn ways to organize, and bring awareness to emotions that create the distractions.

About our presenter:

Devonderia Sanchez, LMFT

Licensed Marriage and Family Therapist, #83796

Devonderia Sanchez is a Licensed Marriage and Family Therapist, and has been in the mental health field for over 21 years. She is a proud graduate of Langston University in Oklahoma

where she received her Bachelor of Arts degree in Sociology. She also holds a Master's Degree in General Psychology/Human Behavior from National University, and a Master's Degree from Chapman University in Psychology with an Emphasis on Marriage and Family Therapy.

Program Spotlight: Rise Above Youth Empowerment Program

Alyssa Blue, Program Coordinator

- **Rise Above Youth Empowerment Program** is a 3-year mentorship program for college youth and middle/high school youth.
- Community events will aim to raise awareness, increase prevention education, provide youth a safe space to learn, be active in their community, and advocate for themselves.
- Goals include:
 - To improve the quality of life in African American/Latinx 2S/LGBTQ+ youth by providing them with coping skills, extra curricular activities, resources, and help in the rural cities in Kings County
 - To reduce the yearly overdose in young adults in Kings County that is currently at 18.3% and reducing the 44.3% of hospitalizations of drug overdose and drug poisoning in the target population.
- *Mentors* 18+
- *Mentees (middle school to high school)*

Organization Spotlight: Hanford Toastmasters

Jon Robles, President

- The Hanford Toastmasters was founded in the late 1980's
- Today, there are about 12-15 activate members who are a part of the Hanford Toastmasters
- There are fees to join the Hanford Toastmasters, for more information about that, please contact Jon at jrobles3406@gmail.com.
- The benefits of joining Hanford Toastmasters include working on your fear of presenting and enhancing your presentation skills.

Roundtable

- KPFP still has some 2023 Got Needs Postcards available. If you are interested in picking a couple up I am more than willing to provide a couple. The Got Needs Survey closes on February 3rd so we are trying to push it out as much as I can.
- Women With Visions Unlimited Presents A FREE COMMUNITY HEALTH
 FORUM: Join their Panel Discussions on family, mental health, women's health,
 and men's health. Also offering: mobile health unit, health screenings, and blood
 pressure. Happening on Saturday, February 11, 2023 at COE Park in Hanford,
 CA. Click here for more information.
- **Pillars of Marriage:** The Annual W.H.Y. Marriage Conference 2023 Pillars of Marriage is on Friday, January 27th Couples Game Night & Fellowship @6PM Saturday, January 28th Marriage Empowerment Workshop On-Site

- Registration Opens Saturday Morning @ 8AM \$75.00 For More Information Contact Adurey King @ (408)-836-3339.
- The Crisis Support Office at KCAO is accepting donations for comfort items, please contact Adriana Martinez, Case Manager (RCP) and Intervention, Prevention, and Supportive Services (IPSS) at Adriana.martinez@kcao.org.
- Kings County Job Training Office Offers sponsorship, vocational training, private institutions, CNA, Bookkeepers, Probation, referrals, resume & interview, work experience with different employers and typing certificates
- *has flier*
- The Tulare/Kings County Warm Line resource is available and free, confidential, 24/7, all ages, great for clients, youth, and patients to provide support and validation.
- Join the Hanford Library from 11am-2pm for their local author meet and greet with Fleet and Family and China Alley. Local artists include Natalie Brinson, Joshua Cordero, Alberto Garcia, Brittany Graham, Garrett K. Jones, Kaitlyn King, Yecenia Mariscal, and Arianna Wing.
- Save the date! Tulare-Kings Breastfeeding Lunch & Learn on February 14th from 110:30-1:00pm via Zoom. Topic of discussion is pregnancy and infant loss: what comes after by Elizabeth Krey, IBCLC, WIC Lactation Coordinator with a special guest speaker: Karrie Escobar, who will be sharing her personal journey. For more information, reach out to Carmen at cescobar@tularecounty.ca.gov.

Workgroup Highlights

- Substance Use Response Group (First Wednesday, 9:00am-10:00am, via Zoom)
- **HEAL (Healthy Eating/Active Living)** (Second Wednesday, 1:00-2:00pm, via Zoom)
- Kings County Mental Health Taskforce (Fourth Thursday, 9:00-10:30am, via Zoom)

Want to join one of our workgroups? Email Aliyah at <u>aliyah@kpfp.org</u> and she will get you connected! Make sure your team is at the table!