



ONE STEP A LA VEZ

MAKING CHANGES ONE STEP AT A TIME

www.myonestep.org

January Newsletter



A note from the Staff:

**“A BAD ATTITUDE
IS LIKE A FLAT TIRE.
YOU CAN’T GO ANYWHERE
UNTIL YOU
CHANGE IT.”**

January Events

- Food Share & Fighting Hunger Nutrition Workshop
- Bullying & its effect on teens.
- Conocimiento**
Ventura College Promise
- Teen Center**
Communtiy Organizing

Looking ahead:

- 2/14 Food share 3pm-5pm
- 2/16 Valentine’s Party
- 2/19 Center Close President’ Day
- 2/26 House Farm Workers
- 2/28 Food Share 3pm-5pm

Subject to Change

Stay in touch :

Please allow for 24 hours for a response.



info@myonestep.org



(805) 625-7067



GUEST SPEAKERS



VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

Nutrition Workshop



Ventura County Public Health staff showed the teens how to prepare healthy foods that they can make for themselves at home.

Ventura College Promise



Ventura College presented different academic and career pathway programs they offer and how to access financial aid and ways to get to college.

Community Organizing



One Step teens Maria & Karol presented the results of their community organizing project that focused on the injustices and struggles faced by our farmworkers and their families.

Bullying Prevention

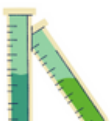


The Coalition For Family Harmony helped teens define and identify the various types of bullying impacting LGBTQ+ youth and ways to overcome those challenges to include knowing their rights.

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