



# ONE STEP A LA VEZ

MAKING POSITIVE CHANGES ONE STEP AT A TIME

[www.myonestep.org](http://www.myonestep.org)

## March 2024 Newsletter



### A note from the Staff:

**"All our dreams can come true, if we have the courage to pursue them."**

**-Walt Disney**

### March Recap



#### Teen Center

Teens Taking Positive Steps  
Parent Engagement Brunch

#### Conocimiento

Disneyland Excursion

#### Adelante

Advocacy for Higher Education  
Youth Organizing for Social Justice

#### And More

Community Partnerships, Thank You for Your Investment, Ways to Support, In the Community, Community Resources

423 Soquel Ave., Fillmore CA

SERVING TEENS IN THE SANTA CLARA VALLEY SINCE **2007**

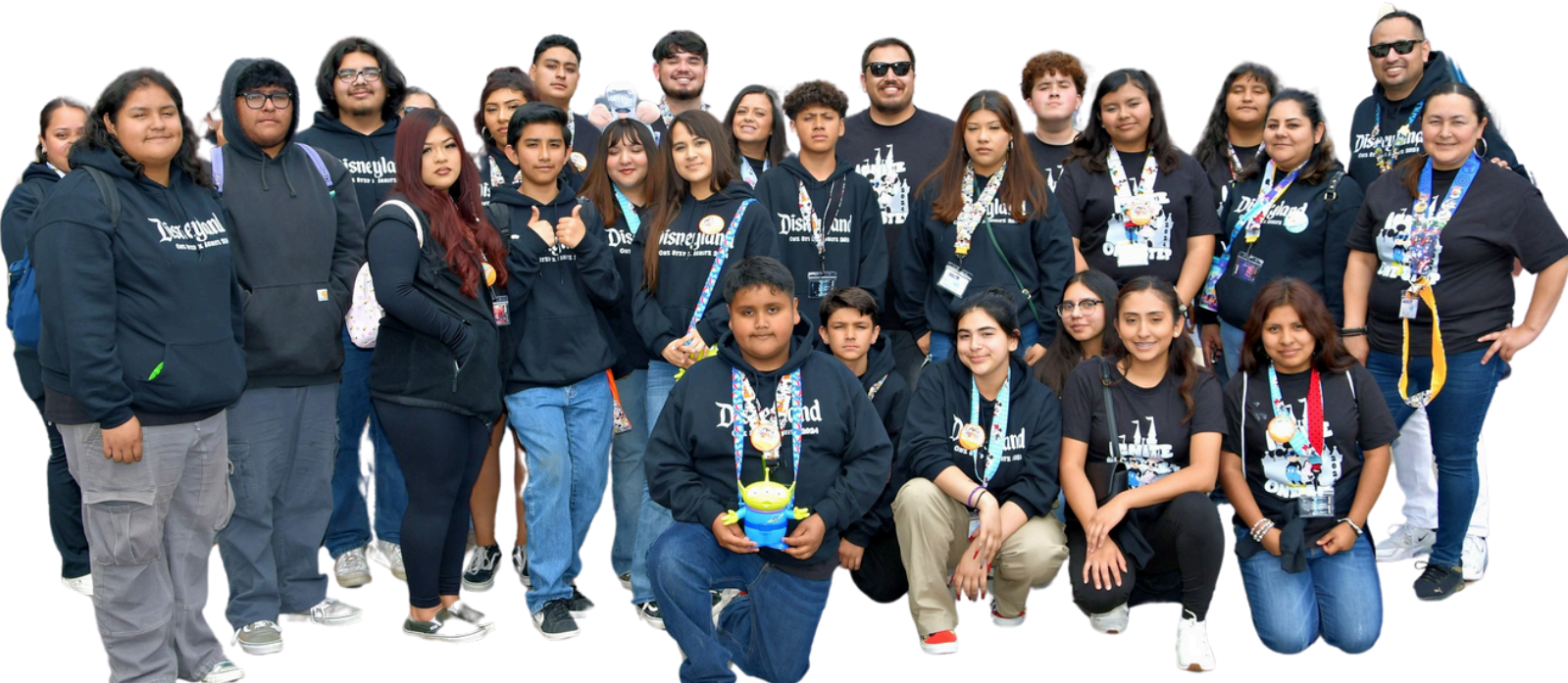
**MYONESTEP.ORG**

### Stay in touch :

Please allow for 24 hours for a response.

[info@myonestep.org](mailto:info@myonestep.org)

(805) 625-7067



# SPOTLIGHT OF THE MONTH

## Athan



Athan has proven a lot of commitment and has shown to care for the center, the programs and his peers!

## Karen



Karen is a true Leader and steps up when someone needs help. She loves to volunteer and will make the time and the effort when needed.

## Sophia



Sophia shows a lot of respect towards the one step staff and has been involved in creating a change in her community.

## Teens

## Rising





# TEEN CENTER

The One Step Teen Center is our home base for all of our after-school programming. Youth membership is always FREE for the youth and their families. The center is open 1 pm - 7 pm, Monday through Friday during the school year and throughout the summer to provide a safe place for teens ages 13-19.



**AMANDA  
GARZA**

## Teens Taking Positive Steps

We recently acknowledged our One Step teens who we consider "rising stars" for exhibiting positive behavior by taking them out for some ice cream at Baskin Robbins. Thank you, teens for taking positive steps towards becoming role models. .



## Parent Engagement Brunch



Thank you to the parents of One Step teens for joining us at our Parent Engagement Brunch this at IHOP. It was a fresh start for us to build trust, share knowledge, resources and ultimately work together to help teens uncover their potential in school and life. To learn more contact Diana Madrigal at 805.625.0751 or email [Diana@MyOneStep.org](mailto:Diana@MyOneStep.org).

**MYONESTEP.ORG**



**SUPPORT US ON SOCIAL MEDIA!**





# PROGRAM ACTIVITIES



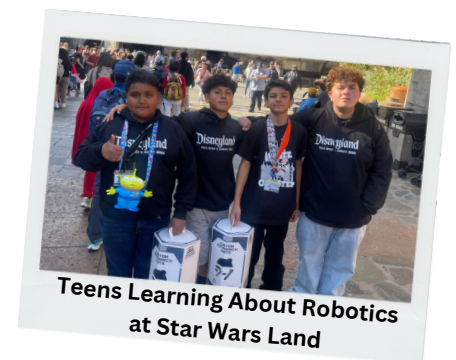
**HECTOR  
MAGANA ESPINOZA**

**Conocimiento** is an evidence-based program developed by the Center for Disease Control and Prevention that makes use of a community collaboration process to reduce adverse outcomes in adolescents living with ACEs (Adverse Childhood Experiences). Youth receive wellness and cultural education and develop leadership skills while breaking down small-town rivalries. Adverse childhood experiences (ACEs) can have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. ACEs and their associated harms are preventable. Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent ACEs and help all children reach their full health and life potential.

To learn more about more Conocimiento please contact Hector at 805.625.7066 or email [Hector@MyOneStep.org](mailto:Hector@MyOneStep.org).

## Disneyland Excursion and E.A.R's Club

EAR's Club which means **Education Attitude and Relationships**, is a strategy to help youth better manage their coping skills to improve health and wellness. To celebrate completion teens got the opportunity to attend Disneyland. 15 of the 19 teens who attended have never been to teh Magic Kingdwom and it was an experience of a lifetime. Thanks to **Conocimiento** our teens learned different life skills which benefit them now and in the future. Teens were exposed to research skills, public speaking, entrepreneurship, graphic design, to basic engineering fundamentals, and had to work together to solve problems.



Teens Learning About Robotics at Star Wars Land







**MARISOL  
GONZALEZ**

**Adelante** is a program of One Step A La Vez that centers and amplifies the voices of youth of color, youth in the juvenile justice system, and LGBTQ+ youth, in order to create long term impact on the systems and policies directly impacting their lives. Youth determine the issue and develop the campaigns they would like to work on. Through this process, teens learn to apply the tools of advocacy and community organizing.

## Advocating for Greater Access to Higher Education

Recently Youth Leaders from our Adelante program advocated in support of the community college expansion impacting the residents and families of those living in the Santa Clara River Valley at the Ventura County Community College District Board of Trustees Study Session held earlier this year. We're so proud of Maria, a Ventura College Student and One Step Youth Leader for advocating for students in our valley who constantly deal with barriers to higher education due to transportation challenges, class scheduling and local accessibility.

To build the future economic prosperity of the Santa Clara Valley Region, a long overdue promise of building a Community College Education Center in Santa Paula must become a reality. The residents and families of those residing in Fillmore, Santa Paula, and Piru have desperately been waiting for more than a two-decades and our property taxpayers have been investing tax dollars thru Measure S towards an unfulfilled promise to build a center of higher education. Numerous academic and economic studies demonstrate the value that higher education plays as the single most important method to end the cycle of poverty.

**Pictured is teen leader and Ventura College student Maria Robles advocating for the community college expansion which will impact future generations of college students in the Santa Clara River Valley.**





# Youth Organizing for Social Justice



Teens from One Step A La Vez had the opportunity to participate in the Cesar Chavez March held in Oxnard . In honor of his legacy and birthday, Teens walked to Cesar Chavez’s childhood home and learned about history and the impact he made towards the pursuit of social justice for farmworkers and their families.





# COMMUNITY PARTNERSHIPS



## FOOD ACCESS



**LIZ CORNEJO**

Did you know that One Step A La Vez offers a free community food pantry on the second and fourth Wednesday of each month? This community partnership is made possible through **Food Share Ventura County**. We provide over 100 families fresh fruits and vegetables along with bread, canned goods, rice, non-perishable items, including cheese and milk. If you're struggling with food insecurity, you can sign-up on site.

To learn more contact Liz Cornejo at [805.625.7067](tel:805.625.7067) or email [Liz@Myonestep.org](mailto:Liz@Myonestep.org).



We wish to thank Captain Malagon and his team from the Ventura County Sheriff Fillmore Station for joining us at our bi-monthly Food Distribution held at One Step. Their team graciously help carry three loads of heavy groceries for over 100 Fillmore residents who participate in the program. Thank you for your service and for lending a hand.



Thank you, United States Congresswoman Julia Brownley, for making your inaugural visit to One Step A La Vez and witness first-hand the impact we make on teens and their families in the community.





# THANK YOU FOR YOUR INVESTMENT

## Institutional Funders



## 2024 Individual & Business Donors

GOAL: \$35,000



Pedro A Chavez\*  
El Concilio Family Services  
Kate English  
Denise Lopez  
Susan Johnson\*  
Cynthia Salas Salgado\*  
Marianne Slaughter  
Susan Zeider\*

\*Represents major donor with gifts above \$1,000.



## WAYS TO SUPPORT



# DONATE VOLUNTEER ADVOCATE



# IN THE COMMUNITY



One Step A La Vez partners with institutions of higher learning like California State University Channel Islands to provide hands-on educational opportunities for students to learn in the field. Thank you Associate Professor of Psychology Melissa Soenke for engaging your students in conducting surveys on the wellness centers in our Fillmore public schools.



One Step is truly on the right track when we ignite the generosity of others to support our organization, mission, and the teens and families we serve in the Santa Clara River Valley. Thank you JSL Technologies and Nastasha Conway for helping us secure some much-needed furniture, equipment and supplies for our Teen Center.



## 2024 Peace & Dignity Journeys



### Indigenous and First Nation Ceremonial Prayer Run

The "Peace and Dignity Journeys" is an indigenous and First Nation ceremonial prayer run that invites the participation of Native and non-Native individuals committed to the preservation of Native American culture and the uniting of the indigenous people of Turtle Island (North, Central and South America).

Inspired by the prophecy of Eagle and the Condor, the P&DJ is a 6,000 mile, seven-month spiritual relay run that takes place every four years. This year, core runners begin in Fairbanks, Alaska on May 1st, running south, and in Tierra del Fuego, Argentina running north, with runners converging to finish up in El Cuaca, Columbia in November 2024.

#### Be a local PDJ relay runner

Runners are invited to support this year's Peace and Dignity Journeys transcontinental run by serving as a local relay runner for a portion of the run when the runners journey through our Central Coast Region. This could range from one-mile to ten miles or more, as part of the PDJ route through San Luis Obispo, Santa Barbara, and Ventura Counties. For more information on serving as a local runner, contact one of our regional organizers below. Also, please join us for one or more of our local PDJ Preparation Runs and Runners Orientations. For updated dates, times and locations, see our website Events page.

Ventura - contact Magdalena at [Ceryvelizli22@yahoo.com](mailto:Ceryvelizli22@yahoo.com)  
 Fillmore - contact Alotl at [nomindcontrol47@gmail.com](mailto:nomindcontrol47@gmail.com)  
 Santa Barbara - Eddie at (805) 612-6443. Please text first.  
 Santa Maria - Esmerelda at [esmerelda@corazondel pueblio.org](mailto:esmerelda@corazondel pueblio.org).

#### Be a PDJ community supporter

Individuals are welcome to support our local PDJ efforts by volunteering at ceremonial events to welcome the runners at rest stops along the route, as well as at local PDJ events, such as our June 23rd fundraiser and practice runs and runner orientations being planned for through our region. For more information contact Marcos at (805) 216-3041.

#### Make a donation

Tax deductible donations of any size are appreciated and can be made on the donation page on our website.

### Upcoming PDJ Preparation Runs & Runners orientations

#### Ventura

**Wednesday, May 1st, 15th and 29th, 4:30-6pm at Kimball Park** (near the entrance). This preparation run and orientation is being hosted by The Owens Valley Career Center, Ventura. For more information, contact Magdalena at [mrodriguez@ovcdc.com](mailto:mrodriguez@ovcdc.com).

#### Santa Barbara

**Sat., May 11 @ 4pm @ Ortega Park in Santa Barbara**  
 For more information, contact Eddie at (805) 612-6443. If possible, please text first.

#### Fillmore

**Sat., May 11th and 18th at 9 AM One Stop A La Vez, 421 Sespe Ave, Fillmore**  
 For more information, contact Alotl at [nomindcontrol47@gmail.com](mailto:nomindcontrol47@gmail.com).

#### Santa Maria

**Friday, May 3rd, 4-6pm, & May 16th and 31st, 5 - 7pm. Santa Maria Levee Trail.** In the parking lot corner of E. Donovan Rd and Bull Canyon Rd  
 For interest in being part of a Santa Maria preparation run and runners orientation, contact Esmerelda at [esmerelda@corazondel pueblio.org](mailto:esmerelda@corazondel pueblio.org).

For more information, including other upcoming Peace and Dignity Journeys prep runs and events, and how you can get involved, use this QR Code to log onto our website.



### Contact Us

[www.peacedignitycentralcoast.org](http://www.peacedignitycentralcoast.org)

## Empowering Teens to Become Agents of

# CHANGE



**CESAR CHAVEZ MARCH**







# COMMUNITY RESOURCES



## CIRCLE OF CARE

**Circle of Care** is a monthly community collaborative comprised of different service providers, community stakeholders, and local and county agencies. Everyone is invited to share their organization's services, new programs and any upcoming events. This is also a space to raise awareness of local unmet community needs and to work collaboratively to find community-based solutions.

**Circle of Care** is held the first Wednesday of each month from 1pm -2pm and is currently held virtually.

To sign-up and participate please email:  
Marisol@MyOneStep.org.

**SWAP MEET JUSTICE!** MONTHLY CITIZENSHIP & SOCIAL JUSTICE FAIR

**¡JUSTICIA TIANGUERA!** FERIA MENSUAL DE CIUDADANIA Y JUSTICIA SOCIAL

**OXNARD COLLEGE SWAP MEET**  
9AM - 3PM  
... 4/28, 5/19, 6/30, 7/28, 8/25, 9/29, 10/27, 11/24...

**FREE SHUTTLE! ¡TRANSPORTE GRATUITO!**

**ALL SERVICES ARE FREE! ¡TODOS LOS SERVICIOS SON GRATUITOS!**

Citizenship Fair /Feria De Ciudadanía


Expungement/ Borrarr record penal





Consulado de México en Oxnard

Community advocacy/ Abogacia comunitaria

Resources/Recursos:

- Legal
- Family/Familia
- Trabajador agrícola
- Medicare
- Renew/Renovar Medi-Cal
- Health care/ Cuidado a la salud
- Clinics/Clinicas
- and more! ¡y más!



[SWAPMEETJUSTICE.ORG](http://SWAPMEETJUSTICE.ORG) More info/Para más información: (805) 616-2715  
 4000 S. Rose Ave., Oxnard - Near the gym/Ubicado frente al gimnasio  
 SPECIFIC SERVICES SUBJECT TO CANCELLATION/ Servicios específicos sujetos a cancelación.

**HEALTH & WELLNESS FAIR**  
FREE FAMILY EVENT!

**Saturday May 18th | 10AM - 1PM**

**JOIN US**

IN COLLABORATION WITH:  
Saturday, May 18, 2024

**ROTARY CLUB OF FILLMORE**  
5K/10K-RUN-WALK

- 30 + community booths
- Wellness Resources
- Health & fitness Activities
- Jolly Jumper & Fire Safety Trailer
- Mobile Library
- Music & Food Trucks
- Sensory break area
- And much more!

**FILLMORE UNIFIED SCHOOL DISTRICT LAWN**  
627 SESPE AVE. IN FILLMORE

For any questions, please contact Christina Villaseñor at [cvillasenor@fillmoreca.gov](mailto:cvillasenor@fillmoreca.gov) or Rosanna Lomeli at [rosanna.lomeli@fillmoreusd.org](mailto:rosanna.lomeli@fillmoreusd.org).

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**FERIA DE SALUD Y BIENESTAR!**  
¡EVENTO FAMILIAR GRATUITO!

**Sábado, Mayo 18 | 10AM - 1PM**

**TODOS Son Bienvenidos**

EN ALIANZA CON:  
Saturday, May 18, 2024

**ROTARY CLUB OF FILLMORE**  
5K/10K-RUN-WALK

- 30+ puestos comunitarios
- Recursos para su bienestar
- Actividades y camión de bomberos para los niños
- Biblioteca móvil
- Música y camión de comida
- Y mucho mas...

**FILLMORE UNIFIED SCHOOL**  
CÉSPED DEL DISTRITO  
627 SESPE AVE. EN FILLMORE

Si tiene alguna pregunta, comuníquese con Christina Villaseñor en [cvillasenor@fillmoreca.gov](mailto:cvillasenor@fillmoreca.gov) o Rosanna Lomeli en [rosanna.lomeli@fillmoreusd.org](mailto:rosanna.lomeli@fillmoreusd.org).





"Health coverage for everybody"  
"Seguro médico para todos"

Department of  
Health Care Services



"Caring for Individuals,  
Families and Communities"

"Cuidado a Individuos"  
Familias y las Comunidades"



VENTURA COUNTY  
HEALTH CARE AGENCY  
(Discount Program)  
(Programa de descuento)



SELF-PAY DISCOUNT PROGRAM



MCAP  
Medi-Cal Access Program  
(Formerly known as the  
Access for Infants and Mothers - AIM)



For health insurance assistance call:  
Para asistencia de cobertura medica llame al:



VENTURA COUNTY  
PUBLIC HEALTH

(805) 981-5212

2240 East Gonzales Road, #250  
Oxnard, CA 93036

Build your career  
by becoming  
a home care  
provider!



This career builder training program is for  
Californians interested in a career working in  
Home and Community-Based Services (HCBS)

Grow Your Skills

- Free online and in-person training courses
- Free career coaching
- Incentive payments up to \$2,750 for current or prospective HCBS providers
- Peer-to-Peer support

15-Hour Training Tracks Include:

- Intro to Caregiving for Older Adults
- Advanced Training for Compassionate Caregivers
- How to Navigate End-of-Life Care
- Ethics, Prevention, and Patient Safety
- Dementia Training for In-Home Care

AND MORE!

For more information and to register for courses, visit:

[ceal.sdsu.edu/HCBS](http://ceal.sdsu.edu/HCBS)



PREGNANCY & CHILDBIRTH  
EDUCATION CLASSES

Join us for all 3 classes in this free, virtual series!  
Support People & Partners Are Encouraged To Attend!

Wednesday's From 6-8 PM

- January: 10, 17, 24 (English)
- February: 7, 21, 28 (Spanish)
- March: 13, 20, 27 (English)
- April: 10, 17, 24 (Spanish)
- May: 8, 15, 22 (English)
- June: 5, 12, 19 (Spanish)
- July: 3, 10, 17 (English)
- August: 7, 14, 21 (Spanish)
- September: 4, 11, 18 (English)
- October: 2, 9, 16 (Spanish)
- November: 6, 13, 20 (English)
- December: No Classes

To Join Zoom Meeting, Use The Information  
Below or scan the QR Code ---->

Meeting ID: 853 3000 1688

Passcode: 990822

Link: <https://us02web.zoom.us/j/85330001688?pwd=VGdVVThvcUwvNVpVZUFya290R3JDZz09>

Session 1: Pregnancy and What To Expect, Nutrition and Exercise, Common Discomfort, Mental Health in Pregnancy, Positions for Labor, Signs and Stages of Labor

Session 2: Techniques For Coping With Labor, Pain Management Options, Complications in Labor, C-Sections

Session 3: Postpartum Care, Breastfeeding, Newborn Care, Family Adjustments



EMPOWER  
YOUR BUSINESS  
WITH INCLUSIVITY

Join VCAA's  
LGBT+ Training!

Unlock the Full Potential of Diversity in Your Workplace!

This training helps organizations heighten their awareness of LGBT+ aging issues, and ensures they are providing a welcoming, safer, and inclusive space for LGBT+ older adults and their families.



FREE BREAKFAST  
FOR ATTENDEES!

Indulge in a complimentary breakfast while you learn. Engage with experts and peers in a dynamic experience.



FREE GIVEAWAYS!

Receive LGBT+ Aging Coalition swag to display at your organization to show your support.



TRANSFORM YOUR  
BUSINESS ENVIRONMENT!

Our specialized training equips your employees with the knowledge and skills to foster an accepting and respectful workplace for LGBT+ individuals.



Reserve Your Spot!

Thursday, April 11  
9-11 a.m.  
Cal Lutheran Oxnard Campus  
2201 Outlet Center Dr, Suite 600  
Rooms 104 and 105  
Oxnard, CA, 93036

Register by:

- scan the QR code
- visit [vcaaa.org/lgbt](http://vcaaa.org/lgbt)
- email [lgbtagingcoalition@gmail.com](mailto:lgbtagingcoalition@gmail.com)

Commit to *inclusivity!*

Sign up your business for our LGBT+ Training and take a significant step towards nurturing a culture that values every individual.

[WWW.VCAA.ORG/LGBT](http://WWW.VCAA.ORG/LGBT)

This series is brought to you by the Childbirth Education Committee at VCMC and SPH.

For more information, please contact:

Maria Castellon BSN, RNC  
805-652-6090  
[maria.castellon@ventura.org](mailto:maria.castellon@ventura.org)

Jodi Watson, MS, CNM, WHNP  
[jodi.watson@ventura.org](mailto:jodi.watson@ventura.org)  
[www.venturacountywomenshealth.com](http://www.venturacountywomenshealth.com)



VENTURA COUNTY  
MEDICAL CENTER  
A Division of Ventura County Health Care Agency





# Triple P

## Positive Parenting Program

Learn skills to address challenging behaviors including: following directions, tantrums, boundaries and more!

### Ongoing Triple P Programs:

**Triple P Group** - 6 Week Certificate Program

In-person and on-line groups for Ventura County residents

**Triple P Seminar** - Three 1.5-hour Certificate Series

Positive Parenting / Raising Confident, Competent Children / Raising Resilient Children

**Triple P Tip Sheet Talks** - Offered to Schools and Community Partners

Tips to support positive behaviors in children and teens

**Triple P Individual** - Provided by a trained therapist

An evidence based treatment for parents of qualifying children up to age 13

Contact us for upcoming group and seminar dates or to schedule a presentation!



**Referrals:** Phone: 805-485-6114 Ext. 662  
Email: [intake@icfs.org](mailto:intake@icfs.org)  
Online: [www.icfs.org/services/mental-health-trauma-intake/](http://www.icfs.org/services/mental-health-trauma-intake/)

## PETSA

### Program to Evaluate and Treat Sexual Abuse

Individual, Family & Group Services

Groups Begin 4/16/2024

Call for Details

Pre-School, School Age, Teens  
Parent(s)/Primary Caregiver

Groups offered will depend on age of children referred

### Individual, Family & Group Services

\*Services offered to youth who have been sexually abused and for their non-offending parent/caregiver.

\*Psycho-education and therapeutic process offered to lessen the effects of sexual abuse: shame, self-blame, low self-esteem, poor social functioning, fear and isolation.

\*By reducing the destructive feelings and processing through the abuse, youth regain a sense of safety and trust, and learn to relate genuinely and spontaneously again.

\*Parent/Caregivers are provided with information, parenting and supports.

\*Bilingual English/Spanish

### To make a referral, contact:

Mental Health & Trauma Treatment  
Phone: 805-485-6114, Option 2  
Email: [intake@icfs.org](mailto:intake@icfs.org)

## Women Empowered

Mondays & Wednesdays  
from 6:00 to 7:30 PM



## Women Empowered

Mondays & Wednesdays  
from 6:00 to 7:30 PM



### DOMESTIC VIOLENCE SUPPORT GROUPS NOW AVAILABLE

A safe space to support and empower women affected by domestic violence and abuse on their journey to thriving.



For more information, call our 24/7 Domestic Violence Hotline.



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A safe space to support and empower women affected by domestic violence and abuse on their journey to thriving.



For more information, call our 24/7 Domestic Violence Hotline.



**STAY UP TO DATE ON VACCINES**

Stay home if you're sick

**6 TIPS TO STAY PROTECTED THIS VIRUS SEASON**

Test & treat

Consider wearing a high-quality mask

Wash your hands

Cover your cough or sneeze

FOR MORE INFORMATION, VISIT MYTURN.CA.GOV OR ASK A HEALTH CARE PROVIDER

**MANTENTE AL DÍA CON LAS VACUNAS**

Quédate en casa si estás enfermo

**6 CONSEJOS PARA MANTENERSE PROTEGIDO EN ESTA TEMPORADA DE VIRUS**

Hazte la prueba y busca tratamiento

Considera usar una mascarilla de alta calidad

Lávate las manos

Cubre tu tos o estornudos

PARA OBTENER MÁS INFORMACIÓN, VISITA MYTURN.CA.GOV O CONSULTA CON UN PROVEEDOR DE ATENCIÓN MÉDICA



Many local water agencies offer rebates for direct install programs like:

-  low-flow toilets
-  washers
-  aerators
-  leak repair
-  rain barrels, and more!

Visit [SaveOurWater.com](https://www.saveourwater.com) for resources



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