



ONE STEP A LA VEZ

MAKING POSITIVE CHANGES ONE STEP AT A TIME

www.myonestep.org





April 2024 Newsletter



Teen Inspiration Quote

One Step helped me to develop my leadership skills and to believe in myself.

April Recap

-  **Teen Center**
Promoting Fair Housing with House Farm Workers!
-  **Conocimiento**
Thursday Activities
-  **In the Community**
One Step receives Vanguard Award Sip & Paint Experience and Ribbon Cutting
-  **And More**
Community Partnerships, Thank You for Your Investment, Ways to Support, In the Community, Community Resources



403 Sope 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

 (805) 625-7067



SPOTLIGHT OF THE MONTH

Aaron



Aaron has been doing a lot of voluntary community service and has been involved in all of the programs.

Esteban



Esteban gets along with everyone, he is very respectful and exceeds participation on daily activities.

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.



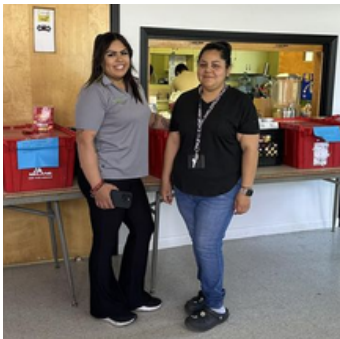
AMANDA GARZA

Promoting Fair Housing with House Farm Workers!



One Step A La Vez is proud to partner with House Farm Workers! to promote Fair Housing and showcase teen art. Thank you to Artist William Cáceres III for volunteering his talents to inspire youth activism through art.

Thank you 7/11 Corporation



Thank you Desiree from the 7/11 Corporation for thinking of One Step A La Vez when making a donation of snacks and food for our teens to enjoy.



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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.

Conocimiento Thursdays

Youth Presentations

Youth presented and showed the rest of our teen center what Conocimiento is, the benefit of being involved, and what to expect once you are a part of the program.

Supporting Local Restaurants

Our teens decided they wanted to support local restaurants so we stopped by Los Altos and had some really good tacos and burgers.

Guest Speaker

During one of our Conocimientos with Ignite Louie was able to showcase his life and motivated the youth to take the right path in life.





IN THE COMMUNITY



One Step receives Vanguard Award

One Step A La Vez was recognized with the Vanguard Award at Diversity Collective of Ventura County's Annual Diversity Gala for their social justice work by advocating for Pride & Equality for members of the LGBTQ+ in the City of Fillmore. Board President Brisa Romero accepted the award and shared her gratitude by thanking members of the community for supporting One Step teens and their efforts to advocate for a fair and just society.



Empowering Teens to Become Agents of

CHANGE



THANK YOU FOR YOUR INVESTMENT

Institutional Funders



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



WAYS TO SUPPORT



DONATE
VOLUNTEER
ADVOCATE



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!

- Fillmore**
9:00 am
Fillmore City Hall
250 Central Ave.
- Santa Paula**
8:15 am
Santa Paula City Hall
Mill St./Ventura St.
- Ventura Avenue**
9:00 am
Westside Community Development Corp.
110 N. Olive Street
- Nyland Acres**
10:30 am
Nyland Acres Community Center
3334 Santa Clara Ave.
- La Colonia**
10:45 am
Our Lady of Guadalupe
500 N. Juanita Ave.
- Oxnard College**
9:00 am
Arrival/Legada: 9:30 & 11:15 am
Return/Regreso: 12:45 & 3:00 pm
More info./Más información:
linyurl.com/SMJ-Bus
(805) 524-7920

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 agricola
- Medicare
- Renew/Renovar Medi-Cal
- Health care/ Cuidado a la salud
- Clinics/Clinicas
- and more! ¡y más!

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.

Mi Lista De Verificación Para Eventos De Calor Extremo

Trabajadores

- ✓ **MANTENTE HIDRATADO**
Bebe mucha agua, incluso si no tienes sed. Lleva siempre contigo una botella de agua reutilizable.
- ✓ **VÍSTETE PARA EL TRABAJO**
Usa ropa holgada de colores claros para ayudar a mantenerte fresco cuando hace calor y usa un sombrero para protegerte la cara y el cuello.
- ✓ **EXTIENDE EL FPS**
Ponte protector solar con un FPS de 15 o superior para proteger tu piel del sol y aplícalo durante el día.
- ✓ **DESCANSA A LA SOMBRA**
Descansa a la sombra hasta que te hayas refrescado.



MI LISTA DE VERIFICACIÓN PARA EVENTOS DE CALOR EXTREMO

Trabajadores

- Bebe mucha agua durante el día, incluso si no tienes sed. Lleva siempre contigo una botella de agua reutilizable.
- Usa ropa holgada de colores claros para ayudar a mantenerte fresco cuando hace calor y usa un sombrero para protegerte la cara y el cuello.
- Ponte protector solar con un FPS de 15 o superior para proteger tu piel del sol y aplícalo durante el día.
- Descansa a la sombra hasta que te hayas refrescado.



Department of Health Care Services



"Caring for Individuals, Families and Communities"

"Cuidado a Individuos" Familias y las Comunidades"



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



SELF-PAY DISCOUNT PROGRAM



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



(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



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=VGdVVThvcU9pVZU0Fya290R3JDZz09>

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.



Scan Here

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
- email 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

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

Jodi Watson, MS, CNM, WHNP
jodi.watson@ventura.org
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
Online: 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

Women Empowered

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



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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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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



LET'S MAKE SAVING WATER A WAY OF LIFE

Though we saw a record amount of rain and snow this winter, we face a hotter, drier future. These weather extremes are why making water conservation a way of life is so important!

Simple changes in our daily lives make a big difference in the long run. Where should you begin conserving water? There are many easy ways to get started.



Fixing leaks inside and outside the home can save up to 90 gallons of water each day.



Running the washing machine only when full can save 45 gallons per load!



Running the dishwasher only when full saves 24 gallons per load compared to washing dishes by hand!



Installing aerators can save a half a gallon per minute. Installing high-efficiency toilets can save up to 35 gallons per day.



Instead of letting the water run while washing veggies and fruits, fill a bowl with water, drop them in and wipe them dry.



Placing a bucket inside the shower while your water warms up and using it in your garden is a great way to save. Shorten your showers, take cold showers, or turn off the water while shaving. Each of these actions can save over 10 gallons of water each shower.



Californians across the state are coming together to solve this challenge for the days ahead. Together, individuals, businesses, municipal government, and agriculture can help preserve and protect our water supply.

Find out all the ways to conserve water at SaveOurWater.com

MYONESTEP.ORG

