FALL 2023

CCDBG TIMES

California Indian Manpower Consortium, Inc.
Child Care and Development Block Grant Program

Greetings everyone! We are delighted to share this Fall 2023 edition of the CCDBG Times newsletter! As always, our CCDBG team have been hard at work to ensure that this newsletter is packed with the latest resources and valuable information! We want to thank you for joining us, and we look forward to sharing more information with you in the months ahead!

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California Indian Manpower Consortium, Inc.

The CIMC Movement: Creating Positive Change for Native Communities

CIMC

CONNECT WITH US FOR OUR LATEST NEWS & UPDATES!

Scan me!

Watch out for future posts with important information!

CIMC

CSBG

COMMUNITY SERVICES BLOCK GRANT PROGRAM

- Nutrition services for limited food resources
- Housing Assistance
- Utility Assistance
- Education Assistance
- Employment Assistance

SCAN ME

Scan the QR Code or visit http://www.cimcinc.org to learn more

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CIMC

CONDOR

SUCCESS AND CAREER ACADEMY

Through the CIMC Condor Success and Career Academy, students can complete school, earn a high school diploma, or complete a pathway certification program.

What can be offered to your child:

- ☑ Live instructional support 24/7
- ☑ Credit Accrual and Recovery
- ☑ Test Preparation
- ☑ Grade Recovery
- ☑ Blended Learning
- ☑ Virtual Courses
- ☑ Individualized Content
- ☑ And SO much more!

If you are interested in signing your child up or if you would like to learn more about the program, visit our website:

https://condoracademy.org/

California Indian Manpower Consortium, Inc.
738 North Market Boulevard
Sacramento, California 95834
(916) 920-0285 | (800) 640-2462

United States
CONSUMER PRODUCT SAFETY COMMISSION

Regularly check the USCPSP website for information on product recalls, safety standards, and potential hazards. Staying informed on the latest safety information can help you can make informed decisions and take necessary precautions to protect yourself and your loved ones.

www.cpsc.gov/Recalls

Attention Parents!

HAVE YOUR CHILDREN SUBMIT A COMPLETED COLORING PAGE FOUND ON PAGE 7, AND TURN IT FOR A PRIZE!

Please include the following on the back of the coloring page:

- Child's name
- Child's age
- Child's Gender
- Physical mailing address (we ship by UPS)

MAIL THE COLORING PAGE TO THE FOLLOWING ADDRESS:

Child Care and Development Block Grant Program
738 North Market Boulevard
Sacramento, California 95834

ONE ENTRY PER CHILD

CALIFORNIA STATE PARK

ADVENTURE

PASS

The California State Park Adventure Pass provides free entry for fourth graders and their families at 19 amazing state parks throughout the state!

https://www.parks.ca.gov/adventurepass

CIMC

Workforce Development Program

THE CIMC MOVEMENT: CREATING POSITIVE CHANGE FOR NATIVE COMMUNITIES

- ASSESSMENT AND INDIVIDUAL EMPLOYMENT PLAN
- JOB READINESS TRAINING
- JOB DEVELOPMENT AND PLACEMENT

Visit http://www.cimcinc.org to learn more!

PAIN ISN'T ALWAYS OBVIOUS

"Every day in California friends, family and co-workers struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs can be subtle, they are there. By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference – the power to save a life."

KNOW THE SIGNS

FIND THE WORDS

REACH OUT

https://www.suicideispreventable.org/

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- Wanting to die
- Great guilt or shame
- Being a burden to others

FEELING:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741

NIH National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 22-4316

National Maternal Mental Health Hotline

National Maternal Mental Health Hotline HRSA

The Health Resources and Services Administration (HRSA) officially launched the National Maternal Mental Health Hotline earlier this year. Available 24/7, the Hotline provides free, confidential support, resources, and referrals from professional counselors to pregnant and postpartum individuals. Counselors offer support in English and Spanish and interpreter services are available in 60 additional languages.

For help when it's needed, call or text:
1-833-9-HELP4MOMS (1-833-943-5746).

Cal HHS YOUTH MENTAL HEALTH RESOURCES

https://www.chhs.ca.gov/youthresources/

"California's Children and Youth Behavioral Health Initiative aims to reimagine mental health and emotional well-being for ALL children, youth, and families in California by delivering equitable, appropriate, timely and accessible behavioral health services and support, including **FREE** Youth Mental Health Resources."

CalKIDS

The first step toward college

"The State of California is proud to announce the launch of the California Kids Investment and Development Savings Program (CalKIDS). CalKIDS gives children in California a jump start on saving for college or career training."

Receive up to $1,500 in college savings for your child's future!

Check your eligibility at **CalKIDS.org** today!

NativeFirst
nutrition

NATIVE-OWNED & OPERATED

NativeFirst Nutrition is the FIRST Native-Owned supplement brand of its kind!

ABOUT
NATIVEFIRST

NativeFirst Nutrition is the first and only Native-American Owned & Operated nutrition brand. Founded in 2022, NativeFirst is a one-of-a-kind business venture that serves to bridge the gap between health, wellness, and Native American culture and values.

NativeFirst offers Meal Replacement Shakes, Protein Shakes, Organic Greens, Clean Energy Drinks, and More!

HOW
WE HELP TRIBES

- *Improving access and affordability to high-quality supplements and vitamins*
- *integrating and supporting Indigenous-led nutritional education*
- *empowering tribal consumers to have access to healthy choices*
- *supporting physical activity amongst Tribal members from Elders to Youth*
- *enhancing Tribal-led nutrition and diabetes programs.*

GET 20% OFF YOUR FIRST ORDER!

USE CODE **CIMC20** AND GET 20% OFF YOUR ENTIRE ORDER AT NATIVEFIRSTNUTRITION.COM

NATIVEFIRSTNUTRITION.COM

SCAN ME

LEAF ART

It's finally that magical time of year where leaves start to change colors and fall. Take advantage of the beautiful scenery and plan a fun outing with your children! As you stroll through a park, or your neighborhood, gather a bunch leaves of all different shapes, colors, and sizes to make some adorable leaf people.

WHAT YOU'LL NEED:

- Leaves from a variety of trees
- Glue
- Paper of your choosing
- Markers
- Googly eyes or any craft supplies you have avaliable

DIRECTIONS:

- Let your kids explore the shapes of the leaves and place them on a piece of paper until they have a shape they like.
- Add embellishments like googly eyes, buttons, pipe cleaners, or even use markers to bring the leaf people to life!

EDUCATIONAL BENEFITS FROM THIS ACTIVITY:

- While you craft, talk about the facial features to help younger ones with emotions. You can also help little ones with naming the different body parts.
- Working on these leaf people is a great way to incorporate fine motor skills into a fun and easy craft. By pulling the googly eyes from its backing sheet, kids will develop and strengthen a pincer grasp while strengthening the intrinsic muscles of the hands. These skills are needed for many tasks including pencil grasp and clothing fasteners. Sticking the eyes onto the leaf people work on eye-hand coordination skills that are necessary for written work and scissor use.

WITH JUST A FEW MATERIALS, YOU CAN CREATE A FUN AND MEMORABLE FALL TRADITION THAT WILL BRING ON THE LAUGHS!

https://handsonaswegrow.com/leaf-people-fall-craft

Draw the other halves and color the pictures, then trace the words.

Campfire

Pine Tree

Lantern

1.

2.

3.

4.

5.

WORD SCRAMBLE

Unscramble the following words:

1. ENIP TEER _____
2. LAFE _____
3. NCRO _____
4. ARNOC _____
5. NDWI _____
6. ALPEPS _____
7. GIHNT _____
8. MSHUOORM _____
9. UBREMALL _____
10. PLEI FO LAEVES _____

6.

7.

8.

9.

10.

PINE TREE - LEAF - CORN - ACORN - WIND - APPLES - NIGHT - MUSHROOM - UMBRELLA - HARVEST - PILE OF LEAVES

CIMC CCDBG PROGRAM

DO YOU NEED HELP PAYING FOR YOUR CHILD CARE?

The CIMC CCDBG Program may be able to help!

MUST BE FROM ONE OF THESE TRIBES

- Cahuilla Band of Indians
- Kletsel Dehe Wintun Nation
- Coyote Valley Band of Pomo Indians
- Fort Independence Indian Reservation
- Lone Pine Paiute-Shoshone Reservation
- Mesa Grande Band of Mission Indians
- Morongo Band of Mission Indians
- Pala Band of Mission Indians
- San Pasqual Band of Mission Indians
- Santa Rosa Band of Cahuilla Indians
- Santa Ynez Band of Chumash Indians
- Iipay Nation of Santa Ysabel
- Sherwood Valley Band of Pomo Indians
- Tuolumne Me-Wuk Indians
- Habematolel Pomo of Upper Lake

STAFF CAN MAIL OR EMAIL AN APPLICATION TO YOU

Please feel free to contact the CIMC CCDBG Program at (916) 925-3582 or (800) 593-5273 with any questions.

Scan the QR Code to be directed to our website, or go to CIMCINC.ORG to learn more.