

Community NOW

EMPOWERMENT THROUGH KNOWLEDGE

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~ Look left, right, and left again when crossing the street! ~

Hey you! Get Plugged In

Hello current and future Community Now volunteers! Did you know our Get Plugged In Program offers 6 programs designed to keep you and your children safe and empowered? It's true! The following programs are aimed to benefit YOU:

Safety Program

Mental Wellness Program

Mentoring Program

Tutoring Program

Adult Computer Classes

Adult Empowerment Program

If you or your children are interested in any of these programs, contact us for more information! We would love for you to get involved in Moreno Valley, and we would love to be of assistance to you in any way we can.

Let's Celebrate Fitness!

Our Walking Celebration Assemblies that took place last month were such a success! We showed our MVUSD students how many different, fun ways they can be fit and healthy. Fitness doesn't always have to mean going to the gym. You can live a healthy lifestyle right from home! For our WCAs our Community Now team, with the help of our awesome Student Leadership Teams, conducted a "Morning Wake Up." Our students engaged in hula hoop activities, jump rope, and Wii: Just Dance! (Figure 1). It was such a great time and we were able to show students that a healthy lifestyle can mean a fun one too!

*Be Fit.
Live Healthy!*

CN Student Leaders

Our Student Leadership Teams have been up to a lot! The month of February has been a month of teamwork and self-love! Our amazing student leaders have learned all about the importance of working together. Our "Human Knot" (Figure 2) and "Stepping Stones" activities have built a sense of trust and teamwork within our SLTs and strengthened their sense of unity! In addition, we addressed the importance of self-love. Loving yourself is extremely important to your own mental wellness. We encouraged our students to share a few reasons they love themselves through our "Mirror Mirror" activity. When you look in the mirror, what do you see? You should see all the things that make you great because you truly are GREAT! We often forget to compliment ourselves and acknowledge our self-worth. Let's change that!

Another exciting update is that our SLTs at Honey Hollow are now posting in front of the school 5 times a week! Badger Springs and Bear Valley student leaders will also be posting and promoting safety before the end of the month.

We are extremely proud of each and every one of our Student Leaders. They have grown so much since we first started working with them and we cannot wait to see what they do in the future. Their efforts are much appreciated. The world is a better place because of you. You are the change. Keep on going!

In February's issue:

- ❖ GPI Programs
- ❖ WCA
- ❖ Student Leadership Teams
- ❖ Volunteer Socials
- ❖ Anti-Bullying March outreach



Figure 1 Walking Celebration Assembly at Honey Hollow



Figure 2 Student Leadership Team "Human Knot Activity"



Figure 3 Volunteer Social Raffle Prize Winner of Four Ontario Reign Hockey Tickets



Your Health is **IMPORTANT!**

Your health and your mental-wellness are such an important part of your life. When times get tough and lives get busy, people tend to push these two very crucial things aside. That mistake can be life threatening! We, at Community Now, want everyone to realize how important it is to take care of yourself, love yourself, learn how to cope with your lifestyle, and learn how to live a productive and successful life. Our mental wellness and adult empowerment programs are both designed to do just that. Community Now teaches both children and adults coping skills, problem solving, and strategizing in order to build strength and instill self-esteem and mental health in their minds.

Through activities, workshops, assemblies, and action we aim to build self-worth within our community members. While we stress the anti-bullying movement to our children, we believe we must start with teaching them how to love themselves **FIRST** because that is the foundation for loving each other.

With our adults, we want to help them realize how important they are and how much of an impact they can make in the community. We want to uplift their minds and spirits, and show them all the greatness they could achieve if they set their goals accordingly. Through activities, we assist community members in seeing what type of personalities they have, how that reflects in their behavior, and how to take full advantage of their strengths!

Safety Traffic Tips

Always wear a bicycle helmet, no matter how short or long the ride.

Ride on the right side of the road, in the same direction as traffic.

Use appropriate hand signals.

Know the rules of the road.

Look left, right, and left again when crossing the street!

Always cross at cross walks, obey all traffic signs, traffic lights and crossing guard instructions.

Be a good role model for your younger brothers, sisters and friends, and help them learn and follow all vehicle safety rules.



Figure 4 Commissioner James Baker and our amazing volunteers and supporters at our Volunteer Social

Word Workshops with Community Now

Have you been looking for a way to improve your technological skill base? We are here to help. Community Now wants **YOU** to get a kick start! We are looking to teach Microsoft Word workshops to our Moreno Valley community members. In a seven-week session, we hope to teach you how to navigate around Microsoft Word. This knowledge will build a foundation for so much more! Word is a stepping stone for important things such as writing emails, organizing resumes, and so much more! If you are interested in attending our Word Workshop contact our offices at (951) 333-9965!

We're Saving the Best for Last!

The turnout at our February's Volunteer Social was excellent! Thank you to our wonderful Honey Hollow volunteers for hosting it and for welcoming us onto your school site with open, loving arms. The company was great, the crafts were fun, the food was tasty. You all did such a great job and we had an amazing time!

Volunteers, get ready to mark your calendars for our last Volunteer Social of the year. It will take place in the month of April and we will announce the final date as soon as possible. You know how it goes, we always save the best for last so you don't want to miss out on this one! We are so excited to celebrate **YOU** and all of your hard work, and we hope you are too. Join us for an amazing time!!

Connect with Us!

- ❖ Contact our office at:
(951) 333-9965
- ❖ Connect with us online on Facebook, Twitter, Instagram, LinkedIn
- ❖ Visit our pages!