



MONTHLY NEWSLETTER



Letter from our Principal

Dear ECA/CEC Students and Families,

Warm Greetings and a Heartfelt Welcome to the 2023-2024 School Year!

We hope this letter finds you in good health and high spirits as we embark on a new academic journey together. It is with immense pleasure and excitement that we extend our warmest greetings to both new and returning students and families. As the Principal of the Early College Academy and the Career Enrichment Center, I am thrilled to welcome you to a year full of learning, growth, and boundless opportunities.

At our esteemed institution, we are committed to fostering a vibrant and inclusive learning environment where academic excellence is only one aspect of our holistic approach to education. We recognize the importance of socio-emotional well-being, and we are dedicated to nurturing the personal and social development of our students. Our teachers and staff are equipped to provide the necessary support to ensure that each student feels valued, safe, and empowered to thrive both academically and emotionally.

As we continue to navigate the evolving landscape of education, we are proud to emphasize Career Connected Learning and Work-Based Learning as integral components of our curriculum. We are excited to offer apprenticeship opportunities that will enable our students to gain real-world experience in their chosen fields of interest. This hands-on

approach equips our graduates with the practical skills and knowledge necessary to excel in their careers.

Our renewed focus on programs of study in allied health services, such as EMT, LPN Nursing, CNA Nursing, Pre-Med, Advanced Medical Techniques, Vet Med, and various other fields, provides our students with a pathway to success in the dynamic and essential field of healthcare. Additionally, we offer a diverse range of programs, including digital media, film production, animation, engineering and robotics, automotive technology, cosmetology, barbering, esthetics, digital audio, and more. These programs open doors to exciting opportunities in various career fields, preparing our students for success in a rapidly changing world.

We are immensely proud of our CEC students who have engaged with our seven world language offerings and have chosen from an array of Advanced Placement (AP) classes, including Physics, Art History, AP Probability and Statistics, Calculus B/C, and numerous others. These challenging academic offerings empower our students to push their boundaries and reach their full potential.

As we embark on this exciting new school year, I invite you to partner with us on this journey of learning, discovery, and growth. The Early College Academy and the Career Enrichment Center are not just institutions of education; they are vibrant communities that foster lifelong friendships, unforgettable experiences, and unparalleled learning opportunities.

Please keep an eye on our communication channels for important updates, events, and opportunities throughout the year. We eagerly anticipate the privilege of working with each and every one of you as we make this school year a resounding success.

Once again, a warm welcome to the Early College Academy and the Career Enrichment Center. Let's make this year extraordinary together!

FINAL THOUGHTS

Please read through the rest of the newsletter for more important information. Starting next newsletter you can check out our **Teacher Showcase!** Over the course of the school year we will feature a photo and profile of every teacher and staff member on our campus. Please remember that our OECA and CEC Open House is September 14 from 5:30p to 7:00p and we look forward to meeting many of you there!

Patrick Arguelles, Principal
 Career Enrichment Center /Early College Academy
2022 Magnet School of America
2019 National Blue Ribbon High School
 cell (505) 252-0225 office (505) 247-3658

Planetarium Update



Please look forward to joining us for a Planetarium Show for families of ECA & CEC students! Email John Glaser at glaser_j@aps.edu to learn more. Come see the wonders of the universe!

Calendar of Events

| | |
|--------------|---|
| Sept 1, 4 | Labor Day Weekend - NO SCHOOL |
| Sept 14 | ECA and CEC OPEN HOUSE 5:30p-7:00p |
| Sept. 17 | RMACAC College Fair (12p-3p) |
| Sept 21-22 | Early College HS Convening |
| Sept 27-29 | SREB Site Visit |
| Oct 6 | 1 st 9 week grading period ends |
| Oct 6 | ECA Fall Dance (7p-10p) |
| Oct 9 | Indigenous Peoples Day (No School) |
| Oct 13 | Fall Break - NO SCHOOL |
| Oct 17 | ECA Senior Parent Meeting (5:30p-7p) |
| Oct 20 | Parent-Teacher Conferences |
| Oct 27 | ECA Fun Night (5:00p-7:30p) |
| Nov 7 | Professional Development for Staff (No School for Students) |
| Nov 10 | Veterans Day - NO SCHOOL |
| Nov 11 | CEC Arts & Crafts Fair 9a-4p |
| Nov 15 | ECA Recruitment Open House |
| Nov 20-24 | Thanksgiving Break - NO SCHOOL |
| Dec 2 | City of Alb Twinkle Light Parade |
| Dec 12-14 | CEC Finals |
| Dec 19-21 | ECA Finals |
| Dec 21 | End of Semester; Winter Break begins |
| Dec 22-Jan 5 | Winter Break |
| Jan 9 | Teachers Report Back |
| Dec 21 | Students Report Back for Spring sem. |





SENIORS:

We are off and running for your senior year, Class of 2024! Hang on to your hats, because it goes by FAST! Seniors, you'll be getting lots of support with your college admissions process and other needs senior related. However, if you do not pay attention to the information that is being shared with you, well, you can get lost or miss out on opportunities. Therefore, please pay attention and read all communications that come from me and your advisors this year. Let's make it an awesome year and a smooth ride into your post-secondary plans.

I've attached a quick reference guide to you to keep track of your college admissions timeline throughout the year. It included some important dates if you are applying to CNM, UNM or NMSU. Helpful events and tools for seniors and families:

Senior Advisory will be an important time for you this year. Please attend so that you don't get behind in senior events and information that can help make a smooth year for you. I'll have UNM, NMSU, ENMU and CNM on campus during your senior advisories for presentations over the next few months.

Check your **SENIOR GOOGLE CLASSROOM** This will be a primary source of communication for scholarship postings, deadlines, senior events and opportunities.

FOLLOW THE ECA ELEMENTS INSTAGRAM POSTINGS- This is another place to find quick reminders about senior events, financial aid, scholarships. Local information events and important details for your college admissions timeline.

Required Senior Meetings- Ms. Alicia will be meeting individually with every senior to review their transcript and to discuss post-secondary plans and to provide resources and answer

questions. Meetings will be starting in the last week of August. The link to schedule your senior meeting is:

<https://calendar.app.google/BNR5SBZzYpmPJNsK7>. You can schedule your meeting at the time slots available from August 28- Nov 2. Schedule now! You will get a calendar invite and a 2 reminder emails.

FINANCIAL AID NIGHT- THURSDAY, OCTOBER 26TH, 6-7PM, VIRTUAL EVENT- This event will be hosted by FAFSA (Free Application for Federal Student Aid) Experts from the NMEAF (New Mexico Education Assistance Foundation). They will go into detail about the different kinds of Federal Student Aid that are available for students and how to fill out the FAFSA. They will be able to answer some individual questions about individual FAFSA situations. The presentation will be followed by family assistance in creating individual FSA ID's. This is the first step before completing the FAFSA.

The FAFSA 2024 Application does not open until DECEMBER this year (has been October 1 for many years) Do not fill out an application before the posted opening date (we don't have the exact date yet but it won't be until December!). You would be filling out an application for the 2023 college year if you fill it out before December.

Senior Parent Teacher Conferences, Friday, October 20th- These will be scheduled with your Senior Advisor

Starting a scholarship search: I recommend using the APS google sheet of scholarships. [LINK TO APS SCHOLARSHIP GOOGLE SHEET](#) It is a wealth of scholarship opportunities organized by who the scholarships are intended for and their deadlines. It's VERY easy to navigate which makes it very easy for you to organize your search. It lists local to national scholarships. There are other links on this page to check out as well. I will be posting individual scholarship opportunities in the announcement feed throughout the year in the Senior Google Classroom.

Tips:

1. Start with the colleges to which you are applying. This is where most of the scholarship \$ will come from.
2. Search and prioritize LOCAL and regional scholarships (national, save for last), these are less competitive, meaning you have a better shot at

getting one.

3. FILL OUT THE FAFSA even if you think you will not qualify for financial aid. Many college scholarships require that you have filled this out to receive the scholarship. The FAFSA application has been updated and has new financial qualifying measures, so you may be surprised!

Reminders of all events for seniors and families will be sent via email and posted on Instagram and in the google classroom.

SENIORS AND FAMILIES MARK YOUR CALENDARS:

SENIOR NIGHT- *This event will be in person, in the lecture hall at ECA, Thursday, September 7th from 6pm to 7:30pm.* This will be a night for all senior families to come together. I'll be giving a presentation on college admissions ins and outs, testing, scholarships and financial aid.

COLLEGE FAIR: Sept 17th. The biggest, best college fair: CHECK OUT YOUR OPTIONS, YOU MIGHT BE SURPRISED BY \$\$\$ TUITION WAIVERS OR SCHOLARSHIP MONEY FOR NM RESIDENTS AT REGIONAL COLLEGES



Albuquerque RMACAC College Fair

Sunday, September 17, 2023

12:00p - 3:00p MDT

Albuquerque Convention Center, 401 2nd St NW, Albuquerque, NM, 87102

Danielle Yepa Gunderson, Sandia Preparatory School

Free and open to the public, RMACAC fairs connect you with colleges and universities in one convenient location.

The fair will take place on Sunday, September 17, 2023 from 12:00p - 3:00p MDT at the 401 2nd St NW, Albuquerque, NM 87102. You may park in either free street parking or in the adjacent parking garage for \$10.

Register in advance with [StriveScan](https://app.strivescan.com/students) (<https://app.strivescan.com/students>) by filling out a quick form. After you sign up, StriveScan will send a barcode via text message and email. At the college fair, present your barcode to college representatives to receive more information about that college. The next day, receive an email with a report of all of the colleges and representatives you met, along with contact information and social media profiles.

Highlighted Scholarships:
(scholarships will be posted in the senior google classroom along with other senior college admissions opportunities and resources on an ongoing basis)



The Gates Scholarship Application is Now Open!

About The Gates Scholarship

The Gates Scholarship (TGS) is a highly selective, last-dollar scholarship for outstanding, minority, high school seniors from low-income households. Each year, the scholarship is awarded to exceptional student leaders, with the intent of helping them realize their maximum potential.

Selected Scholars will receive funding for the full cost of attendance to earn a bachelor’s degree, that is not already covered by other financial aid and the expected family contribution, as determined by the Free Application for Federal Student Aid (FAFSA), or the methodology used by a Scholar’s college or university. Costs covered include tuition, fees, books, and room and board, and may include additional personal costs. TGS also provides Scholars with various online support services designed to help them excel in their degree programs, graduate, and make a successful transition to their chosen careers. These include career services, mentoring, leadership development, wellness, and knowledge building.

Basic Eligibility

To apply, students must be:

- A high school senior
- From at least one of the following ethnicities: African-American, American

Indian/Alaska Native*, Asian & Pacific Islander American, and/or Hispanic American

- Pell-eligible
- A US citizen, national, or permanent resident
- In good academic standing with a minimum cumulative weighted GPA of 3.3 on a 4.0 scale (or equivalent)

Additionally, a student must plan to enroll full-time, in a four-year degree program, at a US accredited, not-for-profit, private or public college or university.

*For American Indian/Alaska Native, proof of tribal enrollment will be required.

Ideal Candidate

An ideal candidate will have:

- An outstanding academic record in high school (in the top 10% of his/her graduating class)
- Demonstrated leadership ability (e.g., as shown through participation in community service, extracurricular, or other activities)
- Exceptional personal success skills (e.g., emotional maturity, motivation, perseverance, etc.)

Application deadline: Phase I of the application opened July 15, with a submission deadline of Friday, September 15, 2023, 5:00 PM PT.



Getting ready for the 2024 Coke Scholars application!

As summer breaks begin to draw to a close, we write to remind you that the 2024 application for the Coca-Cola Scholarship (open to high school students who will graduate during the 2023-2024 academic year) will be available [from our website August 1 through October 2, 2023](#). *Note that we have an earlier deadline this year!* Please plan to share this opportunity with your graduating students who are having a significant positive impact in your school and community through their leadership and service. Click here to view [program details](#) and [a listing of the 2023 Coke Scholars](#)

ALL GRADE LEVELS:

EVENT: Technical Trades Career Day

Saturday, September 16, 2023

1:00pm - 3:00pm

Central & Unser Community Meeting Room
Adults, Jobs & Careers

Are you interested in a career in vocational trades like welding, plumbing, electrical, HVAC, etc. but don't know where to start? We have rounded up establish, experienced, skilled trade workers, technical schools, and local businesses to answer your questions!






1:00 p.m.—Introductions to panel and participants, trades presentation

1:30 p.m.—Panel discussion with experienced trade workers


2:00 p.m.—Small group Q&A sessions

2:30 p.m.—Outline next steps with schools/employers

EVENT:

U.S. Service Academies, ROTC and Congressional
Virtual Information Event for New Mexico



Wednesday, 30 August 2023
6:30pm to 8:45pm (Mountain Time)

Interested in becoming a Military Officer in the Army, Navy, Marine Corps, Air Force, Space Force, Merchant Marines or Coast Guard?

Please join representatives from the Service Academies, ROTC programs, and Congressional offices to learn about the application and nomination processes. Have your questions answered!

<https://usa-fa-admissions.zoom.us/joining/register/ZESdOqrT0uGdLBDzpz4GJuaHHzlwgqNGwi>
Please register at the link above. After registering, you will be sent an email link to join the meeting.

For those who cannot make this live event, the presentation slide deck will be posted to congressional staff websites for later viewing.

Engage with Representatives from:

U.S. Senators Martin Heinrich & Ben Ray Lujan
U.S. Representatives Melanie Stansbury, Gabe Vasquez, and Teresa Leger Fernandez

U.S. Military Academy at West Point (Army)
U.S. Naval Academy (Navy and Marine Corps)
U.S. Air Force Academy (Air and Space Force)
U.S. Coast Guard Academy
U.S. Merchant Marine Academy
Reserve Officers Training Corps (ROTC)

MENTAL HEALTH RESOURCES:

If you student is struggling with mental health issues and you are looking for a mental health service provider, your school counselor and APS can help! Please reach out to Ms. Alicia Faulds, the ECA school counselor for a referral to APS's School Based Health Center (AHS has a SBHC) and/or other APS provided resources. APS and your school counselor try to provide information about mental health services but we do not endorse any particular provider.

This is a note from a local mental health service provider:

I hope you're well. I'm Pierce Ferriegel, CEO of **The Community Lighthouse**. I'm reaching out to inform you about the current openings in our therapy and CCSS programs. We understand the significance of flexible therapy choices for your students and their families. At The Community Lighthouse we provide evening and weekend appointments, offering both in-person and online sessions. Our array of services is detailed below:

- **Experiential Play Therapy** - Through engaging activities and creative expression, we help children aged 3 to 11 process emotions, heal, and thrive.
- **Family Therapy** – We help families with mental health challenges, improve relationships, communication, conflict resolution, and open conversations in a safe, nonjudgmental space.
- **Teen Therapy** - We help teens manage emotions and develop coping skills through talk therapy, fostering understanding, problem-solving, and healthy coping in a safe space.
- **Adult Therapy** - We offer therapies to help with emotions, behavior, and relationships, building coping skills, confidence, communication, and purpose while reducing distress and dysfunction.
- **Comprehensive Community Support Services (CCSS)** – We provide personalized home and community support for children and families, teaching parents the Nurtured Heart Approach and offering useful resources for handling challenges and promoting well-being.
- **Spanish-Speaking** – Our bilingual team specializes in providing support and treatment for Spanish-speaking clients, ensuring effective communication and tailored care.

If you're interested in learning more about the range of services we provide or have any questions, please don't hesitate to reach out..



NATIONAL RECOGNITION WINNERS:

Congratulations to our ECA College Board National Recognition Winners 2023!

The College Board National Recognition Programs award academic honors to sophomores and juniors who take eligible administrations of AP®, PSAT/NMSQT®, or PSAT™ 10 exams, have a GPA of 3.5 or higher and identify as African American or Black, Hispanic or Latino, Indigenous or Native, or attend high school in a rural area or small town. Students can apply on BigFuture® during the second semester of 10th or 11th grade. These students now have another way to stand out to colleges and potentially gain more scholarship opportunities.

- Arienna Lopez: NHRA
- Ava-Grace Bleicher: NIA
- Damaris Martinez: NHRA
- Isaac Begay: NIA
- Joshua Davila: NHRA
- Kaitlyn Eberman: NHRA
- Lacey Galloway: NAARA
- Melanie Luna: NHRA
- Myrka Dominguez: NHRA
- Samuel Flores: NHRA

Award Key:
 National African American Recognition Award (NAARA)
 National Hispanic Recognition Award (NHRA)
 National Rural and Small Town Award (NRSTA)
 National Indigenous Award (NIA)

Alicia Faulds, M.A., LMHC
 ECA/CEC School Counselor
 Work cell (505) 967-9525

PARENT BOOSTER CLUB info

Calling all awesome ECA/CEC families! This alliance of families, teachers and community members serves an important role in our school's success, and we hope that you will join us! We have several projects on deck this year, and lots of opportunities for families to get involved; from fundraisers and classroom projects, to dances, field trips and advisory boards, there's something for everyone.

We will post a calendar of meeting dates so please join us and help make this a year to remember for our students!

You can find out more about our Booster Club by [visiting our webpage](#), or contacting either Assistant Principal Thomas at thomas_d@aps.edu or our PTO President, Ms. Jenny Galasso, at galassoj@yahoo.com.

Hope to see you at a meeting very soon!

Academic Career Experience (ACE)

ACADEMIC CAREER EXPERIENCE (ACE) THROUGH CEC: As your students get settled and are engaged in learning, please keep in mind that CEC offers the ability for students to earn ACE credit if they are working or interning in a professional/career focused setting this school year (paid internships can be considered as well). These credits are FREE and students can earn up to 1.5 elective credits per semester. Students must already have a job or an internship placement to apply, and space is limited. Please reach out to Gabino Noriega for additional information (noriega_g@aps.edu).

ECA LATE WORK POLICY

| | |
|--------------------|---|
| 9th Grade: | 1 st day late 20% off 2 nd day 40% 3 rd day 50% 4 th day late work not accepted |
| 10th Grade: | 1st day late 20% off 2 nd day 40% (teachers may work with individual circumstances) 3 rd day late work not accepted |
| 11th Grade: | No late work; however, teachers may work with individual circumstances. |
| 12th Grade: | No late work; however, teachers may work with individual circumstances. |



We are having a **CRAFT FAIR!** If you or someone you know would like to be a vendor, please have them call Principal Arguelles at (505) 2562-0225 or email at arguelles@aps.edu. Booth fees will be quite reasonable.

BENEFITS OF APPRENTICESHIP

Apprenticeship opportunities through our Work-Based Learning program are an integral part of our educational approach at the Early College Academy and the Career Enrichment Center.

These opportunities provide students with a unique chance to bridge the gap between classroom learning and real-world experience, allowing them to apply their knowledge and skills in a professional setting. Here's more information about our apprenticeship program:

1. Hands-On Learning Apprenticeships offer students a chance to gain practical, hands-on experience in their chosen career field.

Whether it's allied health services, digital media, engineering, or any other area of interest, students get to work directly with professionals, using equipment and tools that are used in the industry.

2. Industry Exposure Apprenticeships expose students to the day-to-day operations of the industry, giving them insight into the challenges, responsibilities, and expectations of their chosen career path. This exposure helps students make informed decisions about their future and develop a deeper understanding of the field.

3. Networking Through apprenticeships, students have the opportunity to connect with professionals, mentors, and potential future employers. Building these relationships can be invaluable for securing future job opportunities or internships and receiving guidance from experts in the field.

4. Skill Development While classroom education is essential, apprenticeships allow students to develop practical skills that are difficult to replicate in a traditional classroom setting. Students gain proficiency in tasks and techniques that are directly relevant to their desired career.

5. Career Exploration Apprenticeships provide a safe space for students to explore different career options within their chosen field. This firsthand experience can help students refine their career goals and discover areas of interest they might not have considered before.

6. Professional Development Throughout their apprenticeship, students often receive mentorship and feedback from experienced professionals. This guidance helps students improve their work habits, communication skills, and overall professionalism.

7. Resume Building Apprenticeships are impressive additions to a student's resume. They demonstrate a commitment to learning, an eagerness to gain experience, and a proactive attitude towards career development.

8. Pathway to Employment In some cases, apprenticeships can lead to full-time job offers after graduation. Many employers value apprenticeship experience when hiring, as it shows that candidates have practical skills and firsthand knowledge of the industry.

9. Confidence Building Successfully completing an apprenticeship boosts students' confidence in their abilities and prepares them for the transition from education to the workforce.

10. Personal Growth Apprenticeships encourage personal growth by exposing students to new challenges, responsibilities, and experiences that help them mature and develop as individuals.

Our school is dedicated to providing a wide range of high-quality apprenticeship opportunities to our students, allowing them to make the most of their educational journey and prepare for successful futures in their chosen career fields. We believe that these experiences play a pivotal role in shaping well-rounded and capable professionals.



*From the Desk
of the
Activities
Director
Alexis Tiefa*

Homecoming Fall Dance will be October 6th! Theme and spirit week activities coming soon!

Follow our school wide instagram page for **ECA!!** If you're on instagram please follow our school wide page for posts! The username is **@ecaelements!**

Volunteer with the Booster Club! Do you want to get involved and help your students school? Join the Booster Club and help fundraise, celebrate Teacher Appreciation Week, chaperone, and more! Visit their website to connect here: <https://sites.google.com/view/eca-cec/>

Cafe opening soon!!! The cafe will officially open September 11th. We will have a soft opening on the 6-8th with a small order of items. We will be selling Papa John's Pizza, Subway mini sandwiches, and Hurricanes burritos. The Cafe is cash only, so please bring exact change. Profit goes to administration, faculty, and school wide activities and leadership conferences for Student Government. Come out and support this student run enterprise!

REMINDER

No school on
Friday (9/1) or Monday (9/4)
for Labor Day

WORK-BASED LEARNING

We are excited to announce that 3 students will be placed in internships through Future Focused Education, 2 students at UNMH in healthcare internships, and one in an IT position. We are currently working to place more students into internships throughout Albuquerque, many of which are paid. For more information on internship opportunities, please reach out to Miskee Blatner, blatner@aps.edu, or send your student to room B-202 to talk with me.

Miskee Blatner
Education Professions Pathway &
Workbased Learning Coordinator
Career Enrichment Center

- 807 Mountain Road NE, Albuquerque, NM 87102
- 505-353-1167
- blatner@aps.edu
- <https://cec.aps.edu/cec-cte#ed>

CAREER PATHWAYS

Career pathways are a structured approach to education and career planning that guide students through a series of courses, experiences, and opportunities aligned with their interests and goals. These pathways are designed to provide students with a clear and organized route toward specific careers or fields of study. Here's more information about career pathways and how they work:

1. Exploration and Selection: Career pathways begin with exploration. Students are introduced to various industries and career options at CEC, allowing them to identify areas that align with their interests and aspirations. During this phase, they learn about the skills, education, and training required for different careers.

2. Specialization: Once students have a better understanding of their interests, they can choose a specific career pathway to pursue. This involves selecting a field of study or a cluster of related careers. For instance, a student interested in healthcare might choose a pathway in allied health services, focusing on roles like EMT, nursing, or medical assisting.

3. Coursework: Career pathways involve a sequence of courses that are directly related to the chosen field. These courses provide students with the knowledge and skills needed for success in their desired careers. For example, a student in a digital media

pathway might take courses in graphic design, video production, and digital marketing.

4. Hands-On Experience: Practical experience is a crucial component of career pathways. This can include internships, apprenticeships, work-based learning, or projects that allow students to apply what they've learned in real-world settings. These experiences help students bridge the gap between classroom learning and practical application.

5. Skill Development: Career pathways emphasize the development of both technical and soft skills. Technical skills are specific to the chosen field and include things like programming, medical procedures, or mechanical engineering. Soft skills such as communication, teamwork, problem-solving, and time management are essential for success in any career.

6. Progression Levels: Pathways often include multiple levels of progression. For instance, students might start with introductory courses, move on to intermediate ones, and finally, take advanced courses that provide in-depth knowledge and specialization.

7. Industry Certification: Many career pathways offer the opportunity to earn industry-recognized certifications. These certifications validate a student's skills and knowledge and can enhance their employability. For example, a student in the automotive technology pathway

might earn certifications in automotive repair.

8. College Credit: In some cases, career pathways are integrated with college or university programs. This can allow students to earn college credits while still in high school, reducing the time and cost required for post-secondary education.

9. Flexible Pathways: Career pathways are designed to be flexible to accommodate different learning styles and goals. Students may choose to pivot between pathways if their interests change, and some skills acquired in one pathway may be transferable to others.

10. Transition to Work or Further Education: Upon completing a career pathway, students are equipped with the skills and knowledge needed to enter the workforce directly or pursue higher education in a related field. This transition is smoother because of the targeted preparation provided by the pathway.

Career pathways empower students to make informed decisions about their education and future careers. They provide a structured roadmap that connects classroom learning with practical experience, increasing the likelihood of successful career outcomes. CEC is dedicated to offering a diverse range of career pathways to ensure that every student can find a route that aligns with their passions and goals.

CHOOSING A PROGRAM OF STUDY

Programs of study, also known as career pathways or academic pathways, are structured educational tracks designed to guide students through a series of courses and experiences that lead to specific careers or fields of study. These programs are tailored to provide students with a focused and comprehensive education, combining academic coursework with hands-on training and real-world experiences. Choosing the right program of study is an important decision that should be based on your interests, strengths, career goals, and personal preferences. Here are some steps to help you choose the right program:

1. Self-Assessment: Reflect on your interests, passions, and strengths. Consider what subjects and activities you enjoy the most. Think about the types of tasks and activities that make you feel engaged and excited.

2. Identify Your Goals: Think about your long-term career goals. What do you envision yourself doing in the future? Consider the types of jobs or industries that align with your interests and aspirations.

3. Research Programs: Explore the different programs of study offered at your school or institution. Research each program's curriculum, courses, and potential career paths. Look into the skills and knowledge each program provides.

4. Consider Your Skills: Take stock of your current skills and talents. Are there particular subjects or activities that you excel in? Choosing a program that aligns with your strengths can set you up for success.

5. Attend Information Sessions: Attend information sessions, open houses, or orientation events related to the programs you're considering. These events provide valuable insights into program details, faculty, facilities, and potential opportunities.

6. Talk to Current Students: Connect with current students in the programs you're interested in. Ask about their experiences, what they enjoy about the program, and any challenges they've faced.

7. Seek Guidance: Talk to school counselors, teachers, mentors, or career advisors. They can provide valuable guidance based on your interests and strengths. They may also have insights into the job market and industry trends.

8. Consider Industry Trends: Research the job market and industry trends related to the programs you're considering. Are there growing opportunities in those fields? Will the skills you gain be in demand?

9. Think About Lifestyle: Consider the lifestyle associated with the careers related to the programs. Think about factors like work environment, work hours, job stability, and potential for advancement.

10. Explore Transferable Skills: Think about the skills you'll gain from each program and how they might be transferable to other industries. Some skills are versatile and can open doors to various career paths.

11. Visit Facilities: If possible, visit the facilities where the programs are taught. Get a sense of the learning environment, resources, and equipment available to students.

12. Consider Your Learning Style: Think about how you learn best. Do you prefer hands-on learning, group projects, or individual study? Choose a program that aligns with your preferred learning style.

13. Trust Your Instincts: Ultimately, listen to your instincts. Choose a program that genuinely excites you and aligns with your gut feeling about your future.

Remember that choosing a program of study is not a permanent decision. Many students change majors or career paths during their educational journey. The key is to make an informed choice based on your current understanding of your interests and goals. Your education is a pathway to discovering your strengths and passions, and it's okay to explore and evolve along the way.



WORK-BASED LEARNING

Construction Industry Education [TRADES DAY!](#)



TRADES DAY
EXPO NEW MEXICO | ALBUQUERQUE, NM
THURSDAY, NOVEMBER 2, 2023

You and your students are invited!

- WHEN: Thursday, November 2nd
- TIME: you choose, 9-11, 9:30-11:30, or 10-12 (lunch NOT provided)
 - Bus support is available
- REGISTER: Deadline October 19, 2023
 - Students and teachers register [HERE](#)

Logistics:

- Students are encouraged to bring their resumes with them and take advantage of a resume review session.
- Two weeks before the event, instructors will receive information about pre-assignment students are able to complete. This pre-assignment will give students a glimpse into what companies will be at the Trades Day event.
- Students will go through a safety tailgate talk upon arrival before entering the Exhibition Halls.

EXPLORA INTERNSHIP

DETAILS:

- Paid - \$12/hour
- Minimum 10 hrs/week with one weekday AND one weekend shift
- Work with a mentor biweekly
- Must attend training weekly on M or W focused on work skills, professional development, and more.

IDEAL STUDENT CANDIDATES:

- Junior or senior
- Fully vaccinated
- Can work the required hours & days & fulfill training requirements.
- **Area of interest:** STEM/STEAM related careers, education
- **APPLY HERE:**
<https://www.explora.us/xstudio/career-pathways-program/>

iexplora!

CAREER PATHWAYS INTERNSHIP

x studio

What will you do?

- Learn how to maintain museum exhibits and engage with visitors
- Get trained on important workforce and life skills
- Get paid to maintain and play with STEAM exhibits

Scan here for more information!

Who are we looking for?

High School Juniors/Seniors or College Students

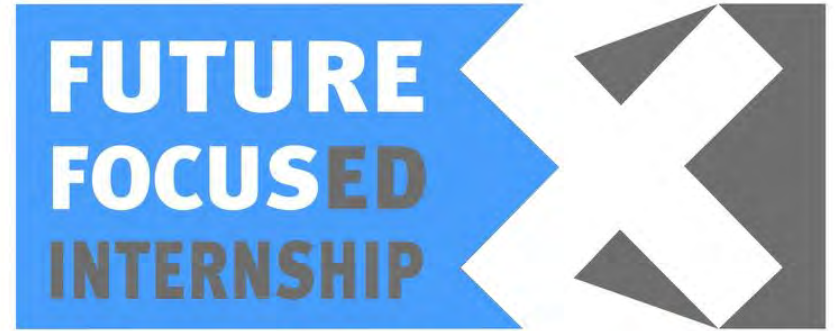
Available to work a minimum of 6.5 hours a week, including Mondays from 4-6pm and a weekend shift

Send questions to ssmithson@explora.us

Future Focused Education X3 Internships

Fall Deadline: August 18

- Internships available in healthcare & information technology (IT).
- Support from Future Focused Education mentor & CEC WBL coordinator
- 12 hours per week, paid internship (est. \$1800) for 12 weeks successfully completed
- Must participate in interview, attend orientation, complete a learning plan where you set goals you want to achieve
- X3 Internship [Application](#)
- See Mrs. Blatner in B-202 for information



Explore, Experience, Expand



APS CAREER CONNECTED LEARNING INTERNSHIPS

DETAILS:

- Paid - \$12/hour
- Maximum 3 hrs/week

IDEAL STUDENT CANDIDATE:

- Able to work 3 hrs/week for \$12/hour, flexible schedule
- Apply [HERE](#)
- Contact: George Kerr, CCL
 - 505-855-5282
 - George.Kerr@aps.edu
- More information:
<https://www.aps.edu/career-technical-education/cte-news/announcing-aps-internships>

INTERNSHIPS AVAILABLE:

- Technology Applications
- Server Operations
- ED Tech: Inventory Control
- ED Tech: Systems Admin
- ED Tech - Technology Client Services Field Technician
- Peterbilt Parts & Inventory Management
- Rush Truck Center - Body Shop & Paint Fundamentals
- M & O Technology, Instrument Repair, Fencing Welding Work, Warehouse Work, Mechanic Work, Clerical Work
- Equal Opportunity Services (Equity & Engagement)



Jr. Board of Directors Position US Eagle Federal Credit Union



Rachel will
visit your
class! Email
her!

DETAILS:

- Paid - \$500 stipend for participation for the year
- Attending and actively participating in monthly meetings in person or hybrid on Saturdays OR weekdays after school.
- Participating and leading student driven projects which benefit:
 1. Community Service
 2. Financial Literacy
 3. Credit Union Products & Services
- They can come present to your class and share more about it!

IDEAL STUDENT CANDIDATE:

- Age 16-22, interest in service learning, community connections, leadership
- Apply [HERE](#)
- Submit a completed application
- Provide two letters of recommendation
- Complete an interview (virtual) with the Volunteer Development Committee or its designee(s)

Seeking Junior Board of Directors Student Member

The Junior Board of Directors is an innovative program, designed to teach future leaders about the rewards and responsibilities of sitting on a corporate board of directors; about developing leadership skills; and about how credit unions engage with communities. Emphasis is placed on hands on projects involving service learning and community involvement that is student driven.

Examples of some of the service projects....

- Cuidando Los Ninos Clothing & Supply Drive
- Watermelon Ranch Pet Drive

Rachel Pierce
Public Relations & Community Outreach Manager
US Eagle Federal Credit Union
Ph: 505.228.0024
rpierce@useagle.org

**Questions?
Need more
information?
Contact me!**

**Miskee Blatner, CEC Work Based
Learning Coordinator**

blatner@aps.edu

B-202

All resources:

ABQcrg.org--ABQ Coordinated Resource Guide

sharenm.org--SHARE New Mexico resource directory

Cell Phone Program (free phone, free service)

Safelink: Shellie-call/text (505) 977-1122 (M-F 9 to 5)

Gen Mobile: Debbie-call/text (505) 506-3455 (9 to 9, 7 days/wk)

Note: Area code is (505) except where indicated

Victims of Violence

Family Advocacy Center (FAC) – any violence, inc. stalking
 -- M-F 8 am - 5 pm, 625 Silver SW (2nd floor) **243-2333**

Domestic Violence Resource Center (in FAC)
 -- (Calls are taken 24/7—walk-ins 8 am - 5 pm) **248-3165**

National DV phone no. (24 hours) **1-800-799-7233**

Rape Crisis Center (2 offices: walk-ins M-F 8-5 at both):
 --625 Silver SW (2nd floor, Family Advocacy Center) **266-7711**
 --9741 Candelaria Rd NE (near Eubank) **266-7711**
 --**Rape Crisis Center's 24/7 hotline** **266-7711**

StrongHearts Native Helpline (24/7) for Native women impacted
 by DV, dating and sexual violence **1-844-762-8483**

Emergency trafficking hotline—all ages (NM Dream Ctr)
 --(505) 504-1301

Life Link trafficking hotline: 505-GET-FREE (505-438-3733)
 victims of trafficking call or text (& info line for the public)

Enlace Comunitario (DV-Espanol) **246-8972**

Casa Forteleza (sexual violence) (bilingual Spanish) **910-4031**
 2340 Alamo SE #124 (M-F 8:30am - 5pm)

First Nations (FNCH) programs: DV--**262-6043**
 --Human Trafficking--**375-8518** or **697-0712**
 --VOCA (for victims of crime)—**515-3922** or **697-0712**

Domestic Violence Shelters (call 24/7)

Safe House (in Albuquerque) **247-4219**

Haven House (in Rio Rancho) **896-4869**

Valencia Shelter for DV (in Valencia County) **864-1383**

Other Crisis Hotlines/Helplines

Poison Center/Medication Info **1-800-222-1222**

988 Suicide and Crisis Lifeline--if feeling sad or angry or
 not feeling safe, call or text "TALK" to **988**
 or chat at <http://suicidepreventionlifeline.org/chat>
 --Veterans only line (ext. 1); or en Espanol (ext. 2)
 Interpreter available for other languages when you call

Veterans Crisis Line – call **988 (ext. 1)** or text **838255**
 (this is for veterans, military service members and relatives)

NMCAL Warm Line (peer support) **1-855-466-7100**
 -----Call 7:00 am-11:30 pm 7 days/week; or text 3:30-11:30 pm

NMCAL Crisis Line 24/7 (therapist) **1-855-662-7474**

Agora 24/7 Crisis Line **277-3013**

Adult Abuse/Neglect Hotline **1-866-654-3219**

Child Abuse/Neglect Hotline (CYFD) ... **1-855-333-SAFE(7233)**

ABQ Dept. of Senior Affairs info line **764-6400**

Aging & Disability Resource Ctr (NMAALTS) **1-800-432-2080**

Equality New Mexico (LGBTQ advocacy: egnm.org) **224-2766**

****CALL 311 for info about any City of ABQ services****

City of ABQ Dept. of Senior Affairs (age 60+) **764-6400**
 See cabq.gov/seniors/senior-services for services & Quick Guide

City of ABQ Health & Social Services Centers

Food (walk-ins **M/W/F 10 am - 12** and **Tues & Thurs 1 - 3 pm**)
Rent & utility assistance (call 311 to find out your center)
Clothing (appointment only at John Marshall and East Central—anyone who lives in Albuquerque can call)
Diapers (appointment only at any of the 4 centers below)
Alamosa Center, 6900 Gonzales SW **836-8800**
Los Griegos Center, 1231 Candelaria NW **761-4050**
John Marshall Center, 1500 Walter SE **848-1345**
East Central Center, 7525 Zuni SE **767-5700**
 See cabq.gov/family/services/health-social-services
 for listing of on-site agencies at each center

FREE MEAL SITES

Albuquerque Indian Center, 105 Texas SE (& Zuni)
Mon to Fri: Breakfast (9:00 - 10:00 am); Lunch (12 - 1:00 pm)

All Nations Wellness & Healing Center, 6416 Zuni SE
Mon to Fri: Breakfast (7:30 - 9:00 am); Lunch (12 - 1:30 pm)
 --See "**Homeless Multi-Service Agencies**" for other free meals
 Also: Many community centers and senior centers offer free or low-cost meals for ages 50+ (may be free for seniors 60+)
 See <https://www.cabq.gov/seniors/senior-services/senior-meals>

Food Assistance

Roadrunner Food Bank see rffb.org or call **349-5340**

Storehouse, 106 Broadway SE (**Wed/Fri/Sat 9-12**) **842-6491**

Rio Grande Food Project 600 Coors SW W/F/Sat 9-11 **831-3778**

Salvation Army, 4301 Bryn Mawr Dr. NE **872-1171, x2**

City of ABQ Dept. of Senior Affairs **764-6400**

Silver Horizons (50+) (food, household bills) **884-3881**

ABQ Dept. of Senior Affairs info line **764-6400**

Meals on Wheels (no income or age requirements) **823-8060**

Housing

HUD Subsidized/Tax Credit housing: resources.hud.gov

AHA (Alb. Housing Authority) -- abgha.org **764-3920**

Bernalillo County Housing Dept.-- bernco.gov **314-0400**

Crossroads for Women, 239 Elm St NE (can walk in) **242-1010**

Veteran Integration Center (VIC), 13032 Central SE
 --walk in Mon-Fri 8 am to 4:30 pm or call **296-0800 x1**

Goodwill Supportive Services for Veteran Families
 Apply at goodwillnm.org/veteran-housing **881-6401 x1842**

Oxford Houses (sober living) (men & women) **575-224-9711**

Good Shepherd Center: 2 residential programs for homeless men: Apply in person Mon-Fri, 9 am – 1 pm at **218 Iron SW**
 --Fresh Start Substance Use Recovery Program (6+ months)
 --Housing Reestablishment Program (3 months)

Salvation Army Men's Rehab Program (call M-F 8-5) **242-3112**

Steelbridge residential programs (Bible-based, men & women)
 --**214 Coal SW** (call for appointment M-F 8:30-4:30) **346-4673**

Vizionz-Sankofa, housing stability assistance call **832-7141**
 eviction prevention, relocation services, landlord mediation

Drop-In Centers

New Day Drop-In Center for age 16-22 (“The Space”) 142 Truman St. NE (north of Central) -- Tues-Fri 12 to 5 pm
The Harbour (Drop-In) (age 14-20) (Wed-Th-Fri 12 -6 pm) 126 Gen. Chennault NE
--24/7 NM Dream Center hotline call/text: (505) 504-1301
ABQ Center for Hope & Recovery (ACHRnm.org) 246-2247 913 2nd St. NW (M-F, 9 am – 5 pm)
Peer-run drop-in center: recovery 1-to-1 and groups (in-person and Zoom), job search assistance;
Also: senior peer case management (1-on-1 support for seniors)
Imagine Wellness Drop-In (ACHR) in Tijeras (across from Tijeras Senior Center): community support, info & referral
--open Mon-Fri, 9 am – 5 pm
Crossroads for Women, 239 Elm St NE (M-F 9–4) 242-1010
WIL (Women in Leadership) Drop-In Center for Women 300 Central SW (downtown) – peer support 369-1731
Transgender Drop-in Center (re-opens Jan 2) -- M/W/Fri, 1-6 pm --5600 Domingo Rd. NE (see TGRCNM.org) 200-9086
All Nations Wellness & Healing Center 6416 Zuni SE 717-2704
--Mon to Fri: Breakfast (7:30 - 9am); Lunch (12 - 1:30pm)
Job help M-F 9-12, walk-in or call; Medicaid sign-up; phone use
Best Chance Drop-In Wellness Center 256-3231 5907 Alice NE, Suite E -- walk-in hours are M-F 8:30 am – 4 pm
--peer support/case management and groups for men & women recently released from incarceration or facing emotional difficulties or substance use disorders
NM Women's Re-Entry Center (for any justice involved woman) call or walk in Mon to Fri 8am - 4pm, 718 Central SW 589-0808
Peer-run one-on-one peer support and support groups; assistance with ID documents and job prep/job placement

Family Services

Childcare Finder: newmexicokids.org or call 1-800-691-9067
WIC sign-up (prenatal care + nutritious food) 841-8929 x4
NM Public Education Dept (PED) - parent-portal (<https://webnew.ped.state.nm.us>)
--Early Literacy guides for families: [English](#) and [Spanish](#)
ABQ Adult Learning Center (families) (abqalc.org) 907-9957
Family Literacy: individualized literacy for adults and children (5+)
All Faiths Children's Advocacy Ctr (allfaiths.org) 271-0329
--Family Wellness Program: child & family therapy; CCSS
--Adoption Services: pregnancy counseling, infant + older child adoption
AMI Kids--Bernalillo County Family Services 220-1258
--home-based family counseling & case mgt for youth ages 10-18 who live with their long-term family; services available in Spanish
Asian Family Center (adults & families) nmafc.org 717-2877
CHI St. Joseph's Home Visiting (prenatal to age 3) 924-8000
--for first child; can enroll during pregnancy to 3 months' old
See stjosephnm.org; free statewide; no income requirements
Crossroads for Women, 239 Elm St NE (M-F 9–4) 242-1010 (website is crossroadsabq.org)
Cuidando los Ninos (CLN) homeless child care 843-6899 (for ages 6 weeks to pre-K)
Family Promise (transitional housing for homeless families (1 or 2 parents—may be a waitlist) 268-0331
The Grief Center (a/k/a Children's Grief Center) 323-0478

--Support groups for children, teens, families & adults grieving the death of a loved one; also workshops (see griefnm.org)
La Plazita Institute, 831 Isleta Blvd SW (M-F 9-5) 508-1802
--free programs for young men & young women and for youth; traditional & cultural healing services; garden; Pathways Navigator
MCH Family Outreach (family case management) 255-8740
--Parent support and education; grandparent support
--See mch.org/locations/Albuquerque
NAPPR (Native American families) nappr.org 345-6289
--tribal home visiting; early intervention program; early head start
NM Friends of Foster Children (nmffc.org) 596-0519
--financial support to meet the needs of foster kids
--email: programManager@NMFFC.org
Open Skies Healthcare, 707 Broadway NE, # 401 342-5454
--Case management (& CCSS) for single adults and/or families
--For children: behavior management services; respite care for parents or caregivers; treatment foster care
Parents Reaching Out (PRO) (peer support for parents of children w/disabilities or special medical needs) 247-0192
See parentsreachingout.org for workshops & support groups
Pegasus Legal Services for Children 244-1101
Pegasuslaw.org – for children, youth and their caregivers
Kinship Guardianship (Pegasus Legal Services) 244-1101 (for grandparents and other relatives raising children)
--application phone number is 217-1660
PB&J Family Services (pbjfamilyservices.org) 877-7060
Southwest Pueblo Consultants & Counseling 888-9769
--Free home visiting program up to age 5 – see SWPCCS.com
--Native American owned; free to all families
Title I APS program for homeless students) 256-8239 x0
Western Heights Learning Center 247-2079
--Free Home Visiting Program (x108) or call Sally at 401-6372
Wings For LIFE International 291-6412
--Many programs and services for families of incarcerated loved ones & for returning citizens (formerly incarcerated) —see wingsFLI.org
YDI (childcare & youth programs) apply at ydinm.org 352-3444
--YDI family case management (ACES)-walk in or call 212-7405 (families with at least one child age 0-12) – can self-refer or be referred--1710 Centro Familiar Blvd. SW--behind YDI Head Start
--YDI Community Engagement Team (24/7) 910-6357 (short-term crisis intervention and stabilization for all ages)

Immigrant and Refugee Services

Mexican Consulate, 1610 4th St NW 247-2147
NM Immigrant Law Center..... 247-1023
First Nations Zuni Medical Clinic 5608 Zuni SE 262-2481
--all immigrants can walk in or call
Casa de Salud, integrative primary care and MAT (en Espanol) --1608 Isleta SW (walk in or call) 907-8311
--all immigrants can walk in or call
Catholic Charities (including DACA)..... 539-0274
--call or email info@ccasfnm.org
Lutheran Family Services (asylum seekers & refugees) 933-7032
ABQ FaithWorks (asylum seekers & refugees) 457-1728
Vizionz-Sankofa, refugee services call 832-7141
Encuentro NM, 714 4th St. SW (info@encuentronm.org) 247-2920
--adult ed and home health aid program en Espanol
Enlace Comunitario (DV-Espanol)246-8972
Asian Family Center (adults & families) nmafc.org 717-2877

Legal Assistance

NM Legal Aid (civil matters) **M-Th 10am-3pm 1-833-545-4357**
Public Defender, 505 Marquette NW (Compass Bank) **369-3600**
Metro Court (ext. 1 for warrant status) **841-8151**
Outreach Court (homeless only--misdemeanors) **841-8142**
Christian Legal Aid (homeless only) walk-in 1st & 3rd Wed at noon
at The Rock at Noon Day, 2400 2nd St. NW (volunteer attorneys)
Pegasus Legal Services for Children **244-1101**
Pegasuslaw.org – for children, youth and their caregivers
APD Evidence, **823-4600**, to claim possessions after discharge
from MDC (first call **768-2020** for case no.—you also can call
this number to request police report—or request it at a substation)

Jobs/Job Training/Education

Educational/Training websites:

GCFglobal.org--short videos: computer, learn typing + improve
typing speed, math, reading, job prep, GED/HISET prep, internet,
financial literacy, social media, languages—click on “All Topics”
Khan Academy - **khanacademy.org**—math+other online learning
+ **khanacademykids.org** – many languages (app is English only)
Duolingo.com – language learning (English & other languages)
eyecanlearn.com – exercises to improve visual processing in kids
Irlen.com – visual processing help for children with special needs
NM Public Education Dept (PED): **parent-portal**
--Early Literacy guides for families: **English** and **Spanish**

NM Workforce Connection Center, 501 Mountain NE **843-1900**
--walk-in help with job search, weekly on-site employer events
Crossroads for Women, 239 Elm St NE (can walk in) **242-1010**
--drop-in job help center (website is **crossroadsabq.org**)
DVR, 111 Lomas Blvd NW (Ste 422 in US Bank Bldg) **383-2500**
To apply: walk in or apply online: **dvr.state.nm.us**
--click on “Online Referral”—you should get a call back in 2 weeks
CNM (Student Services Ctr: 900 University Blvd. SE) **224-3000**
Goodwill, 1030 18th St NW (walk in or call) ... **881-6401 x1816**
--Job prep and job search; veterans (& their family) employment
+ seniors (55+) employment; see **goodwillnm.org** for all programs
ABQ Adult Learning Center **abqalc.org** **907-9957**
--Adult Basic Education, HQE (High School Equivalency)
--Family Literacy: individualized literacy for adults and children (5+)
Gordon Bernell Charter School **916-8618**
high school diploma + adult ed in-person or online at ABQ sites
and in MDC:
--Age 16-21: high school diploma
--Adults age 22+: literacy + HiSET (high school equivalency)
Catholic Charities (**ccasfnm.org/edu**) **402-0757**
--adult education, GED/HISET, ESL, CIT
ABQ Ctr for Hope & Recovery, 913 2nd St NW **246-2247**
TenderLove Community Center (appt only Tu-Fri) **349-1795**
--for women: sewing classes, life skills, job prep, on-site child care
(see **tenderlovecommunitycenter.org**)
New Day Life Skills Academy (see ages below) **274-6311**
--**Life Skills Classes** (ages 16-22) -- in-person and online
--**Seeking Safety Groups** (ages 16-23) -- in-person and online
--**Life Skills Coaching** (ages 12-18) (see **ndnm.org** for info)
NMcan – skill building and community building **217-0220**
for young people transitioning out of foster care, or who have
faced homelessness or juvenile justice involved: **info@nmcan.org**
--see **nmcan.org** for referral form for self or other youth

Resources -- Physical and/or Cognitive Disabilities

Adelante Development Center (**goadelante.org**) **341-2000**
For people with mental and physical disabilities & seniors
--day & residential programs & employment
--Compadres senior day program (seniors 55+)
--**Back in Use**--recycled assistive devices **341-7171**
(wheelchairs, walkers, canes, hospital beds & adaptive equipment)
--**GiveABQ**—home furnishings, office furniture **341-4483**
--**Benefits Connection Center** (help w/gov't benefits) **273-5222**
ARCA (adults & children)--**arcaopeningdoors.org** ... **332-6700**
ARC of NM (adults & children)--**arcnm.org** **883-4630**
NM Aging & Disability Resource Ctr/NMALTSD **800-432-2080**
Community Outreach Program for the Deaf/COPD **255-7636**
--located at 8005 Pennsylvania Circle NE (**copdnm.org**)
NMTAP office (Technology Assistance Program) **841-4464**
assistive/adaptive technology--see website: **tap.gcd.state.nm.us**
NM Brain Injury Resource Center (info; appt only) **243-3835**
NM Commission for the Blind (**CFB.state.nm.us**) **841-8844**
Parents Reaching Out (PRO) (peer support for parents of
children w/disabilities or special medical needs) **247-0192**
See **parentsreachingout.org** for workshops & support groups
UNM CDD (Center for Development & Disability) **272-3000**
--**2300 Menaul NE** (CDD resource library-walk in or call **272-0281**)
Clinical evaluations of children; autism programs; early childhood
eyecanlearn.com – exercises to improve visual processing in kids
Irlen.com – visual processing help for children with special needs

Medical, Mental Health and Recovery

(also see “Drop-In Centers” section) **Acronyms:**

--**MAT is Medication-Assisted Treatment for addiction to
opioids (may also be for alcohol and/or other substances)**
--**SUD is Substance Use Disorder**
--**IOP is Intensive Outpatient Program**
--**CCSS is Comprehensive Community Support Services**
UNMH directory (hospital & clinics) **272-2111**
First Choice (several medical clinics—see **fcch.com**) **768-5450**
First Nations Community Healthsource
Zuni Clinic (Medical+Dental), 5608 Zuni Road SE **262-2481**
--**Mon to Fri 8am – 7pm; Sat 9am – 1pm**
--**Homeless Outreach Program: M-F 8-4; Sat 8-11** **944-2561**
Truman Clinic, 625 Truman St. NE 3 depts: Medical (**248-2985**)
Behavioral Health (**515-3912**); Traditional Wellness (**515-3919**)
Central Clinic, 7317 Central NE **308-8060**
--Pediatrics & prenatal: **Mon-Th 8am – 6pm, Fri 8am – 5pm**
All Nations Wellness & Healing Ctr, 6416 Zuni SE **717-2704**
--**Mon to Fri: Breakfast (7:30 - 9am); Lunch (12 - 1:30pm)**
--Job help M-F 9-12, walk-in or call; Medicaid sign-up; phone use
Turquoise Lodge (inpatient and outpatient treatment) **841-8978**
VA Medical Center, 1501 San Pedro Dr. SE **265-1711 x0**
--homeless or unstably housed veterans can call **256-2784**
or walk in at **Building 96: Mon-Fri 8:30 am – 12 pm; 1-3 pm**
Sage Neuroscience Center (appointment only) **884-1114**
--behavioral health and integrated care; medical outpatient detox;
--Acute Psychiatric Outpatient Program; IOP (adult & adolescent)
Casa de Salud (bilingual Spanish), 1608 Isleta SW **907-8311**
--call or walk in—Integrative primary care, inc. alternative healing
--transgender care; Behavioral Health (MAT), needle exchange +
Narcan (see **casadesaludnm.org**)

Duke City Recovery Toolbox (MAT), 912 1st St. NW **224-9777**
Southwest CARE Center primary adult medical care
 (inc. Hep/HIV/PrEP/PEP/gender affirming)--new patients welcome
 --4710 Jefferson NE (call first) **780-4040 x2**
UNM Truman Health Services (HIV/Hepatitis C/Transgender care)
 --801 Encino PI NE, #F (call first); walk-in is only for HIV
 and Hep C testing M/Tu/W/F 9-4 & Thurs 1-6:30 **272-1312**
UNM Milagro Program (pregnant women with SUD) **463-8293**
Lovelace G.R.A.C.E. (pregnant women with SUD) **727-5000**
Planned Parenthood (Pro-Choice; women's health) **265-9511**
Women's Pregnancy Options (Pro-Life) **620-3894**
DOH Resource Guide for HIV/Hepatitis/STD: nmhivguide.org
 BC Health Council opioid resource website: LittleThingsNM.org

Recovery (Mental Health and/or Substance Use)

See above section "Medical, MH & Recovery" for other listings
 --**MAT is Medication-Assisted Treatment for addiction to opioids (may also be for alcohol and/or other substances)**
 --**SUD is Substance Use Disorder**
 --**IOP is Intensive Outpatient Program**
 --**CCSS is Comprehensive Community Support Services**
CARE Campus Detox for alcohol & other drugs (intake 24/7)
 --5901 Zuni SE (first come, first served, call or walk in) **468-1555**
UNM Mental Health Center, 2600 Marble NE **272-2800**
UNM ASAP outpatient for Adults (MAT) **994-7999 x4**
UNM STAR outpatient age 14-21 – leave message **994-7999 x5**
City of ABQ's Substance Use Treatment voucher:
 --called the **Path program**--for **non-Medicaid** only who are very
 low-income & meet other criteria. For eligibility & providers, see:
cabq.gov/family/services/substance-abuse
Haven Behavioral Hospital – free telehealth (24/7) **254-4502**
 --Mental health & addiction--inpatient & outpatient services
Albuquerque Health Services (MAT), call 24/7.... **344-4427**
 --172 Montano Rd NW—open M-F
Centro Savila (2 locations—South Valley and I.D.) **312-7296**
 Case management & support groups (in English & in Spanish);
 Website: centrosavila.org (grief group & seeking safety group)
Christian Counseling Professionals **445-0771**
 --counseling & CCSS – walk in or call Mon-Fri, 8 am to 4 pm
 --locations: 4770 Montgomery NE, #C-114 & 301 Chama NE
The Community Lighthouse 3301 Candelaria NE #B **273-6300**
 --adult, family & child therapy; behavior management services;
 --open 7 days/wk -- see TCLhnm.com
Courageous Transformations (MAT) **800-7092**
Dragonfly Counseling, 1610 San Pedro NE..... **265-0753**
Elevation Counseling **888-1686**
 --counseling for adults, teens, children (flexible hours)
Engender, Inc. – counseling/therapy **242-4400**
Four Winds Behavioral Health (Rio Rancho) **702-8547**
 --90 day rehab program (note: no narcotic meds are administered)
Full Circle Recovery (allows MAT)--no wait list **865-4140**
 --mental health & addictions--call for appt--IOP (adult & adolescent)
The Grief Center (a/k/a Children's Grief Center) **323-0478**
 --Support groups for children, teens, families & adults grieving the
 death of a loved one; also workshops (see griefnm.org)
High Desert Healing, (see hdhnm.com) **717-1332**
 --CCSS (case mgt) services; therapy; guided meditation groups
 --YouTube resources: mind & body therapy videos

Hipocampo (bilingual Spanish) counseling **209-9227**
 + diabetes prevention & management
Ideal Option (MAT) – no wait list, low barrier - 2 phone numbers:
 --**877-522-1275** to refer self; or
 --**844-GO-IDEAL** to refer a patient 24/7 for same day or next day
A New Awakening Rio Rancho –locations in ABQ & Rio Rancho:
 3321 Candelaria NE (881-2793) & 1207 Golf Course Rd SE (994-
 4100): Mental health &/or substance abuse therapy for adults,
 adolescents & families) – call for an appt.
 (A different BH organization named **A New Awakening**, is moving
 soon from its location at 600 1st St. NW (**224-9124**) & currently
 only takes referrals from courts, pre-trial & probation)
NM Solutions (MAT), 707 Broadway NE **268-0701 x0**
 --Mental health & SUD outpatient services + CCSS (case mgt)
Open Skies Healthcare, 707 Broadway NE, # 401 **342-5454**
 --Case management (CCSS) for single adults and/or families
 --For children: behavior management services; respite care for
 parents or caregivers; treatment foster care
Rio Grande Counseling (adults & family) **246-8700**
Serenity Mesa (transitional living for youth (14-21) **877-3644**
 with SUD); healingaddictionnm.org (info@serenitymesa.com)
 --also, rental assistance program for youth ages 17-24
Serna Solutions, 6000 Uptown Blvd. NE, Ste 140 **207-8929**
 --therapy+CCSS; Youth Empowerment Project (age 12-24+family);
 --Family Empowerment Project-circle of care for individual w/SUD
Solutions Treatment Center, IOP only - no wait list **424-3170**
 --4841 Tramway Ridge Dr. – call 7 days/week (7am–12 midnight)
 --can be mental health only or SUD-- IOP is in-person or online
Turning Point Recovery Center (IOP) call or text **217-1717**
 (inpatient & outpatient) -- or email info@turningpointRC.com
The Balanced Path--call or email info@tbpath.com **918-7955**
Wellness from Within, PC (on Coors off I-40) **459-0025**
 Therapy-individuals/couples/families--can request bilingual Spanish
 (+ lower cost yoga, fitness, acupuncture, therapeutic massage)

AA (24/7) Alcoholics Anonymous: **266-1900**, Espanol: **266-3688**
NA: 1-800-798-6649 (24/7)
SMART Secular Recovery in-person+online smartrecovery.org
Refuge Recovery (online) refugerecovery.org (Buddhist inspired)
NAMI Albuquerque, **256-0288** **NAMI-New Mexico**, **260-0154**
Overeaters Anonymous (OA-cnmi.org) **261-3553**
PeopleWorks-NM (peopleworksnm.org) **990-4186**
 for people who have a gambling problem &/or their family
 --Free—online or in-person (privacy respected)
For families: **AI-Anon: 262-2177**
Parents of Addicted Loved Ones (PAL) see PALgroup.org
 --Mondays 4-5:30 pm at Mirehaven Sandia Center,
 9100 Del Webb Lane susanPwilson76@gmail.com **705-0259**

Residential Treatment Centers outside of ABQ

These accept Medicaid:
Santa Fe Recovery Ctr, Santa Fe sfrecovery.org **471-4985**
 --& their **Four Corners Detox Recovery Ctr** (Gallup) **413-3447**
Peak Behavioral Hospital, Santa Teresa **575-589-3000**
New Mexico Behavioral Health Institute, Las Vegas **454-2100**
 (State Owned psychiatric hospital)
New Mexico Rehabilitation Center, Roswell ... **575-347-3400**
 (State Owned BH inpatient residential) (also physical rehab)

Community Shuttle Service:

nmvic.org/communityshuttle for detailed info including weekday schedule and stops

OVERNIGHT SHELTERS for Unhoused**Westside Emergency Housing Center (Shelter)/Heading Home:**

for Adult Men & Women (no families)

The WEHC is open 24/7 (3 meals/day) & drops off daily in ABQ

Pickups for individual adults:

- NE corner of Indian School Rd & 1st St. NW (3, 4, 5, 6, 7 pm 7 days/week);--**HopeWorks**, 1201 3rd St. NW (3:15 pm Mon-Fri)
- First Nations**, 5608 Zuni SE (on Palomas) (6:00 pm 7 days/wk)
- God's Warehouse**, 8011 Central NE (6:15/6:30 pm 7 days/wk),

Or call 839-9193 from 1:30 to 10 pm for info on pickups

See website for pickup/drop-off schedule:

cabq.gov/family/services/homeless-services/westside-emergency-housing-center

AOE Men's Shelter (no walk-ins), located at 715 Candelaria NE
--call any time day or night 7 days/week **344-4340**

Good Shepherd Center (men only), 218 Iron SW (check in at 6pm)

Barrett House (24/7-women & children--boys <18) (no walk-ins)
--call 8 am or later (may be a waitlist) -- not for women currently experiencing DV -- leave message with name, phone and how many beds needed **243-4887**

Joy Junction (women & families (1 or 2 parent), limited # of men)
--4500 2nd St. SW (call first—you can call 24/7) **877-6967**

Youth Shelters

(also see Drop-In Centers)

Amistad Shelter, ages 12–17 (24 hours 7 days/wk) **877-0371**

New Day Shelter, ages 11–17 (24 hours 7 days/wk) **938-1060**

Casa Q (24/7 for LGBTQ+ youth ages 14-17) 872-2099

The Harbour – a drop-in center for ages 14-20 open Wed, Thurs, Fri only 12 – 6 pm) -- **126 Gen. Chennault NE**, or call/text 24/7 **NM Dream Center hotline: (505) 504-1301**

Domestic Violence Shelters (call 24/7)

Safe House (in Albuquerque) 247-4219

Haven House (in Rio Rancho) 896-4869

Valencia Shelter for DV (in Valencia County) 864-1383

Homelessness Multi-Service Agencies

Albuquerque Homeless Helpline: phone (505) 768-4357; Text (505) 600-2835 or email: 768-help@nmceh.org

Albuquerque Healthcare for the Homeless (AHCH)
1217 1st St. NW (Mon/Tu/Th/Fri 7:30-4:30; Wed 7:30-12)

Medical Clinic & Behavioral Health Clinic (walk-in) 242-4644
Dental Clinic (call for appointment) 242-8288
Resource Center/case management 843-7611
ArtStreet has open studio hours Mon & Tues, 11 am - 4 pm

First Nations Community Healthsource

Zuni Clinic (Medical+Dental), 5608 Zuni Road SE 262-2481
Mon to Fri 8 am – 7 pm; Sat 9 am – 1 pm

Note: **All immigrants** are welcome and can walk in (early at Homeless Outreach Program) or call **262-2481**

--**Homeless Outreach Program: M-F 8-4; Sat 8-11 944-2561**
All Nations Wellness & Healing Center 6416 Zuni SE 717-2704
--Mon to Fri: Breakfast (7:30 - 9am); Lunch (12 - 1:30pm)
--Job help M-F 9-12, walk-in or call; Medicaid sign-up; phone use

Good Shepherd Center, 218 Iron SW 243-2527 x100

Mon/Tues/Wed/Fri Dinner for all (2-3 pm); **Sat Lunch: 11:30 am**
Clothing (men only) Mon/Tues/Wed/Fri 9-11am & 12:30-1:30pm
Mail service for men and women: **Mon-Fri 2-3:30 pm**
2 residential programs for homeless men--see "Housing" section
--apply in person Mon-Fri, 9 am – 1 pm (at 218 Iron SW)

HopeWorks 764-8231

Day Shelter, 1201 3rd St. NW, open M-F, 8 am–2 pm x2
Mon-Fri meal **10 am - 12 pm**; Clothing **Wed only, 8 - 10am**;
Mail & long-term storage **12–2 pm**; Phone use (**8 am-1:45 pm**);
Showers **Tues only, 8 – 11:30 am**; Restrooms open **8 - 2 pm**
Behavioral Health (upstairs), 1201 3rd St. NW, M-F, 8–4 pm x3
--intakes and assessments (can walk in up the stairs)
Housing Services, 1215 4th St. NW (walk-in Mon & Fri, 9am–3pm and Wed, 10am-3pm; Tues & Wed are appointment only) x4

Steelbridge 346-4673

Resource Center for homeless individuals at 2021 2nd St. NW
--(drop in or call first to see if open as it's sometimes closed)
Clothing **Mon - Fri 11 am – 2 pm**
Residential program for men and for women (Bible-based)
--**214 Coal SW (no walk-ins-call for appointment M-F 8:30-3:00)**

The Rock at Noon Day, 2400 2nd St. NW (north of I-40)

Open **Tues-Fri, 9am – 1pm**; Breakfast **9-9:30**, Lunch **12-1pm**;
Showers & clothing **9 am – 11 am**; Mail **9 am – 12:30 pm**
Sundays open 11 am – 1pm; Lunch at noon

God's Warehouse, 8011 Central NE (on Tennessee)

Tues/Fri 3 - 6 pm meal + clothing; Sat/Sun meal with 4 pm church; Food boxes only on Mon & Thurs, 11:30 to 1:00 pm
Resource center w/case mgt on-site Mon/Tu/Th/Fri, 10am-6pm
(Walk-in or you can call for appointment: **266-2535**)

Title I (APS program for homeless students) 256-8239 x0

ADDENDUM to ABQ Resource Quick Guide
These are additional sections for specific populations:

Youth and Young Adults

Amistad Shelter, ages 12–17 (24 hours 7 days/wk) **877-0371**
New Day Shelter, ages 11–17 (24 hours 7 days/wk) **938-1060**
Casa Q (24/7 for LGBTQ+ youth ages 14-17) **872-2099**

Drop-in Centers:

The Harbour Drop-In (ages 14-20) (Wed-Th-Fri 12 -6 pm)
126 Gen. Chennault NE
24/7 NM Dream Center hotline (14-20) talk/text: (505) **504-1301**
New Day Drop-In Center for age 16-22 (“The Space”)
142 Truman St. NE (north of Central) -- Tues-Fri 12 to 5 pm

Gordon Bernell Charter School **916-8618**
high school diploma + adult ed in-person or online at ABQ sites
and in MDC:
--Age 16-21: high school diploma
--Adults age 22+: literacy + HiSET (high school equivalency)

New Day Life Skills Academy (see ages below) **274-6311**
--Life Skills Classes (ages 16-22) -- in-person and online
--Seeking Safety Groups (ages 16-23) -- in-person and online
--Life Skills Coaching (ages 12-18) (see ndnm.org for info)

NMCAN – skill building and community building **217-0220**
for young people transitioning out of foster care, or who have
faced homelessness or juvenile justice involved: info@nmcan.org
--see nmcan.org for referral form for self or other youth

Serenity Mesa (transitional living for youth (14-21) **877-3644**
with SUD); healingaddictionnm.org (info@serenitymesa.com)

UNM STAR outpatient age 14-21 – leave message **994-7999 x5**

YDI (childcare & youth programs) apply at ydinm.org **352-3444**
--**YDI family case mgt (ACES)** walk in or call **212-7405**
(for families with at least one child age 0-12) – can self-refer or be
referred--1710 Centro Familiar Blvd. SW--behind YDI Head Start
--**YDI Community Engagement Team** (24/7) call **910-6357**
(short-term crisis intervention and stabilization for children, youth,
adults and families) – in same bldg as ACES case management

Pegasus Legal Services for Children **244-1101**
Pegasuslaw.org – for children, youth and their caregivers

Childcare Finder: newmexicokids.org or call... **1-800-691-9067**

Online Tutorials: GCFglobal.org (computer, typing + improve
typing speed, math, reading, job prep—click on “All Topics”)
Khan Academy - khanacademy.org—math+other online learning
+ khanacademykids.org – many languages (app is English only)
Duolingo.com – language learning (English & other languages)
NM Public Education Department (PED):
[parent-portal](https://webnew.ped.state.nm.us) (<https://webnew.ped.state.nm.us>)
--Early Literacy guides for families: English and Spanish
eyecanlearn.com – exercises to improve visual processing in kids
Irlen.com – visual processing help for children with special needs

**Formerly incarcerated or currently justice involved
and families**

Public Defender, 505 Marquette NW (Compass Bank) **369-3600**
Metro Court (ext. 1 for warrant status) **841-8151**
Outreach Court (homeless only--misdemeanors) **841-8142**

APD Evidence, **823-4600**, to claim possessions after discharge
from MDC (first call **768-2020** for case no.—you also can call
this number to request police report—or request it at a substation)

Best Chance Drop-In Wellness Center **256-3231**
5907 Alice NE, Suite E -- walk-in hours are M-F 8:30 am – 4 pm
--peer support/case management and groups for **men & women**
recently released from incarceration or facing emotional
difficulties or substance use disorders

NM Community Peer Education Project (ECHO) **267-0729**
Weekly Zoom life skills workshops (Fridays 1-2 pm via zoom);
Peer-led for men & women on probation or parole
Use this Zoom link: echo.zoom.us/j/95535906908

Crossroads for Women, 239 Elm St NE (M-F 9– 4) **242-1010**
(website is crossroadsabq.org)

Gordon Bernell Charter School **916-8618**
High school diploma + adult ed in-person or online at Albuquerque
sites and in MDC:
--Age 16-21: high school diploma
--Adults age 22+: literacy + HiSET (high school equivalency)

A Peaceful Habitation (APH), women in transition from
incarceration who have completed probation or parole:
life-skills workshops; 1-to-1 mentoring **440-5937**

Thresholds Program call **301-6870**
or email: thresholdsnm@gmail.com
A program for men and women coming back to the community
from prison (returning citizens) – volunteer mentors help
individuals make the adjustment from prison to community

Wings for LIFE International **291-6412**
Many programs and services for families of incarcerated loved
ones & for returning citizens (formerly incarcerated)
— see wingsFLI.org

Women in Leadership (W.I.L.) **588-8569**
Peer-led support services for women who were incarcerated
(returning citizens)—WILecho.org
Email: womeninleadership.WIL@gmail.com
New: **W.I.L. Drop-In Center for All Women** **369-1731**
300 Central SW (downtown) – peer support (call or walk in)
life skills (1-to-1 & class); Job readiness; Mental Health first aid;
emergency rental assistance application assistance

NM Women’s Re-Entry Center (for any justice involved woman)
call or walk in Mon to Fri 8am - 4pm, 718 Central SW **589-0808**
Peer-run one-on-one peer support and support groups;
assistance with ID documents and job prep/job placement
website: nmwrc.org