

# Alt Ed Family Monthly Newsletter

Family Newsletter for May 2024

Click here for the Stein High School Website

<https://steinhigh.tracy.k12.ca.us/>

Click here for the Duncan Russell Community Day School Website

<https://duncanrussell.tracy.k12.ca.us/>

## Principal's Message



**Hello Alt Ed Families,**

Wow, this is the last month of the 2023-2024 school year. So much has happened this year. Once again, Stein is a Model Continuation High School (3-year term) and earned a 6-year accreditation from the Western Association of Schools and Colleges (WASC), both Duncan Russell and Stein won the Tracy Earth Day Challenge - earning \$1000 for each school. Stein had a student graduate early and enlisted with the United States Marine Corps. Each sport, volleyball, flag football, basketball, soccer and dodgeball were able to field a team and participate in tournaments. TYAP was able to attend the young adult Prom at Kimball and harvested from their garden. There has been numerous triumphs individually and collectively.

Unfortunately, Stein has experienced great sadness, in that we tragically lost one of our very own in a automobile accident. I am extremely proud of our student body. They rallied and supported one another and sought help when needed. Our students are resilient!

As we prepare for graduation, there is additional information below.

At Stein, our schoolwide learner outcomes are grounded in GRIT. Stein High graduates will acquire tools to sustain **G**oals, **R**elationships, **I**ntegrity, **T**enacity. The vision for Duncan Russell is that students learn and perform to their fullest potential, respect themselves and others, and become responsible contributors to society. I have been through several classes and witnessed many thoughtful in class discussions. Teachers have worked hard to plan engaging and rigorous activities.

Partnering with families is crucial to promoting students success academically, socially and emotionally. This year we will continue to place a strong emphasis on social emotional learning while focusing on building academic skills. We encourage families to stay connected and informed by following us our district website (click the link above) and through our Alt Ed Month Newsletter.

**SAVE THE DATE!**

- Monday - Friday, 5/6/2024 - 5/10/2024 - Teacher & Staff Appreciation Week**
- Thursday, 5/9/2024 - DELAC Meeting @ 3:30 pm, TUSD Boardroom**
- Tuesday, 5/14/2024 - TUSD Board Meeting @ 7:00 pm**
- Wednesday, 5/22/2024 - Tracy Young Adult Program Graduation**
- Friday, 5/24/2024 - Stein Graduation Practice @ 12 noon**
- Tuesday, 5/28/2024 - Stein Graduation @ 9:00 am**
- Tuesday, 5/28/2024 - TUSD Board Meeting @ 7:00 pm**
- Tuesday - Friday, 5/28/2024-5/31/2024 - Minimum Day Stein & TYAP**
- Friday, 5/31/2024 - Last Day of School**

Grateful to Serve,

*Mrs. Mitchell, Principal*

*No Problems...Only Situations!*



# Teacher and Staff Appreciation



Dear Students & Parents,

We will be celebrating our annual teacher & staff appreciation for a week May 6-10, 2024. This year the theme is **THANKS FOR GIVING US THE PASSPORT TO SUCCESS!** Below is an itinerary of weekly events along with a suggestion of ways you can contribute to the fun of showering our teachers and staff with the appreciation they deserve! We'll be celebrating our annual teacher & staff appreciation week the second week in May.

<b>MONDAY</b>	<b>FLY HIGH MONDAY</b> HAVE YOUR STUDENT GIVE A HIGH FIVE TO TEACHERS AND STAFF MEMEBERS WHEN THEY SEE THEM IN THE HALLWAYS!	<b>TUESDAY</b>	<b>JUST PLANE AWESOME</b> HAVE YOUR STUDENT WRITE A NOTE TO EXPLAINING WHY THEIR TEACHER IS FIRST CLASS!
<b>WEDNESDAY</b>	<b>RED EYE FLIGHT</b> HAVE YOUR STUDENT BRING A COFFEE RELATED GIFT OR GIFT CARD FOR AN ENERGY BOOST!	<b>THURSDAY</b>	<b>VACATION READY</b> HAVE YOUR STUDENT DRESS LIKE THEY ARE BOARDING A PLANE TO GO ON THEIR DREAM VACATION!
<div>  <b>FRIDAY</b>  </div> <b>IN FLIGHT SNACKS</b> HAVE YOUR STUDENT BRING AN "IN-FLIGHT" SNACK OR CANDY ITEM FOR THEIR TEACHER TODAY!			

The ideas above are all optional suggestions of the ways your student(s) can participate in our daily/weekly theme activities! If you have other ideas or would like to show your appreciation to our wonderful teachers and staff in different ways, please feel free!

We can't wait for all the fun to begin! Please contact Mrs. Mitchell at [tramitchell@tusd.net](mailto:tramitchell@tusd.net) if you have any questions about this event or would like to volunteer.

Sincerely, Mrs. Mitchell

## GRADUATION INFORMATION

**CLASS OF 2024**  
**George & Evelyn Stein High School**  
**Graduation Attire**



**CAP AND GOWN DISTRIBUTION**

**Monday, 5/6**

**Tuesday, 5/7, 5/14, 5/21**

**Wednesday, 5/8, 5/15, 5/22**

**after 1:30 – 2:30pm**

*All caps and gowns have been shipped to the school, if you did not order one in time, we do have gowns for purchase. Cost: \$60.00*



**GRADUATING  
CLASS OF 2024**

**Graduation Day Guidelines**

- ✿ *Formal attire required (collared shirts, khakis/slacks, dresses, skirts, etc.); School dress code will apply*
- ✿ *No spiked heels (heel must be size of quarter or larger); Grads will be walking on grass/uneven surfaces*
- ✿ *Please bobby pin your caps to your hair*
- ✿ *Do not decorate your cap and gown*
- ✿ *Flower leis only during the ceremony (no money leis)*
- ✿ *No cell phones/purses/backpacks, etc.*

*Please call your advisor or office should you have any questions (209) 835-3395*

**GRADS WILL NOT RECEIVE  
GRADUATION TICKETS**

**OPEN SEATING ON THE  
LAWN**  
(chairs on 1<sup>st</sup> come basis)

**\*\*2 TICKETS PER GRAD  
IF IT RAINS\*\***  
(CEREMONY MOVED TO  
MULTIPURPOSE ROOM)

**FORMAL ATTIRE  
REQUIRED**  
(SCHOOL DRESS  
CODE WILL APPLY)

**NO SPIKED HEELS**  
(SIZE OF QUARTER  
OR LARGER)

**DO NOT DECORATE  
CAP AND GOWN**

**STEIN HIGH SCHOOL**  
**650 W 10<sup>TH</sup> STREET**

**TUESDAY, MAY 28<sup>TH</sup>**

**9:00AM**





NOTE: Please let your students know that No Decorating Grad Cap is a TUSD Policy not just a Stein policy. Students who have to have their cap replaced on graduation could incur fees.

All fees must be cleared prior to receiving diploma.

# Stein High Graduation Requirements

## Stein High Graduation Requirements

- Students must earn 185 credits total, and complete all subjects as outlined below.
- 130 credits will be earned in the required subject areas, 55 electives.
- Students must complete and present the **Student Portfolio** (elective credits).
- Students must complete Strategies for Academic Success course (elective credits).
- Students must earn **20 credits in residency** at Stein

40 credits - English

30 credits - Social Studies

30 credits - Science

20 credits - Math (*including Algebra 1*)

10 credits - Fine Arts

55 credits - Electives (*including Physical Education*)

**Total 185 credits**

## Our April 2024



**TYAP Enjoying the Eclipse**



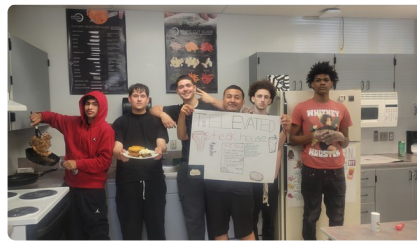
**Earth Day Winners -  
DRCDS & Stein High**



**Stein Chess Club**



**Stein Leadership Team  
receive Model  
Continuation High School**



**TJ's Elevated Steak  
House**



**2024 Dodgeball Team**

## Athletics Corner

Attention Graduating Athletes

All uniforms and fines must be cleared prior to receiving diploma.



## Dates to Remember

May 2024

5/9: DELAC @ 3:30pm

5/15: ELAC @ 9:00am

5/24: Grad Practice @ 12 noon (attendance is required in order to participate in graduation ceremony)

5/28: Graduation Ceremony @ 9 am (graduates must arrive by 8:15am)

5/28: Minimum Day B Stein; Minimum Day TYAP

5/29: Minimum Day A Stein; Minimum Day TYAP

5/30: Minimum Day B Stein; Minimum Day TYAP

5/31: Minimum Day A Stein; Minimum Day TYAP

5/31: Last Day of School





### High School Graduation Checklist For Parents [PDF Included] - TheHighSchooler

As parents, we all want our children to succeed and reach their full potential. One of the biggest milestones in a young person's life is graduating from high school. It's a momentous occasion that deserves to be celebrated and remembered for years to come. However, preparing for graduation can be overwhelming, especially if you're unsure ...

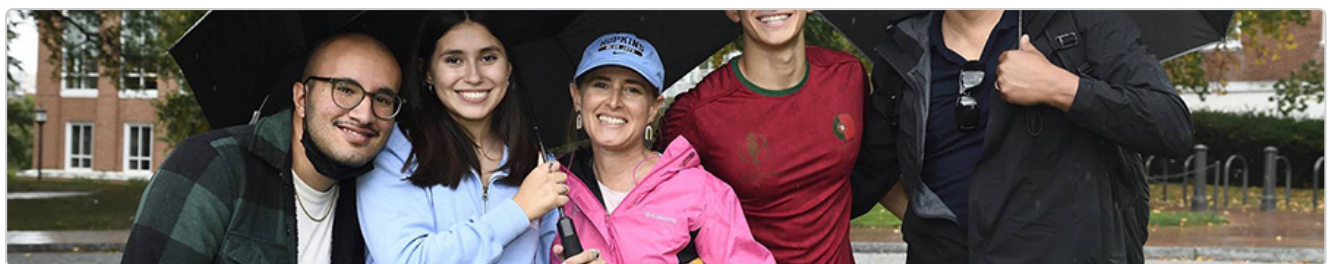
🔗 [thehighschooler.net](https://thehighschooler.net)



### What to Do After High School: 12 Options & How to Decide

Everything you need to plan your future after high school Congrats on graduating high school! You have so many options for what to do next-it's normal to feel a little overwhelmed. We're here to help! We'll walk you through all of your...

🔗 [wikihow.com](https://wikihow.com)



### How Families and Parents Can Support Student Success and Well-Being

This article was contributed by the JHU Counseling Center. In November, as we settle into our rhythms and routines for the fall academic semester, it is a perfect time to stop and take stock of our well-being.

🔗 [studentaffairs.jhu.edu](https://studentaffairs.jhu.edu)





## Officer Gomez

Welcome, Parent tips and social media tricks. There is a lot going on with social media, and parents have a hard time keeping up. Officer Gomez explains some of the challenges to parents and kids.

[youtube.com](#)



# PACIFIC SUMMER High School Institute

## Pacific Summer High School Institute

The Pacific Summer High School Institute is a two-week residential pre-college summer program designed for curious high school students to live, learn and grow at one of America's top universities. During the program, summer institute students will become immersed in cutting-edge topics and issues through learning environments focused on real-world, hands-on experiences in our labs, studios, fields and makerspaces.

[pacific.jumbula.com](#)

## PACIFIC SUMMER HIGH SCHOOL INSTITUTE ¡VEN A VIVIR UNA EXPERIENCIA UNIVERSITARIA!



### PROGRAMA DE VERANO 2024:

SESIÓN 1: 2 a 13 de Junio

SESIÓN 2: 18 a 28 de Junio

Pasa dos semanas con nosotros, en un programa residencial pre-universitario diseñado para estudiantes de preparatoria con la curiosidad de vivir, aprender y desarrollarse en una de las mejores universidades de los Estados Unidos.



Para los estudiantes elegibles de Tracy USD, el distrito les paga el precio del instituto.

### PARA MAS INFORMACIÓN

[Pacific.edu/Summer-Institute-TracyUSD](https://Pacific.edu/Summer-Institute-TracyUSD)





PACIFIC SUMMER HIGH SCHOOL INSTITUTE

# LIVE THE COLLEGE LIFE



**SUMMER 2024  
PROGRAM DATES:**

**SESSION 1:** June 2–June 13

**SESSION 2:** June 18–June 28

Join us for a two-week residential pre-college summer program designed for curious high school students to live, learn and grow at one of America's top universities.



For eligible Tracy USD students, the Summer Institute tuition is 100% sponsored by the school district.

**LEARN MORE**

[Pacific.edu/Summer-Institute-TracyUSD](https://Pacific.edu/Summer-Institute-TracyUSD)



## Parents We Need You!



### DELAC - District English Learner Advisory Committee

Subcommittee on English Learner Education is to provide to the Board of Education and District Staff on needs and services for English Learners.

Tracy Unified School District at Boardroom 3:30PM-5:00PM

Dates: 11/2/23, 1/25/24, 2/15/24, 3/28/24 and 5/9/24

### ELAC - English Learner Advisory Committee

The ELAC is a committee for parents or other Community members who want to advocate for English Learners major function.

School Site 9:00AM-10:00AM.

Dates: 11/8, 2/5, 2/21





School Site to Council is a group of teachers, parents, classified employees, and students (high school level) that work with the principal to develop, review, and evaluate school improvement programs and school budgets. The members of the School Site Council are generally elected by their peers.  
School Site 8:15AM-9:15AM

Dates: 10/18/23, 2/7/2024, 3/27/2024, 4/10/2024

## Title 1

Title 1 meeting is to provide information to families of participating children about the Title 1 program and their rights to be involved in their child's education.

District Office Board Room 9:00AM-10:30AM

Dates- 9/26/23, 1/23/24, 3/19/24 and 5/14/24



# Resources

**Tracy Family Resource Center** MAY 2024

**COMMUNITY PARTNERSHIP FOR FAMILIES**  
Investing in Families to Overcome Generational Poverty  
235 W. Beverly Place, Tracy CA 95376 / (209) 229-4922  
Open Monday - Friday 9:30 am - 5:00 pm

**Weekly Events**  
Monday & Me  
Mon @ 9:30 AM

**Free Farmers Market**  
3rd Mon @ 10:30 AM

**Second Harvest Food**  
Tues @ 10:00 AM

**Cal Fresh Enrollment**  
Tues by Appt.

**Medi-Cal Enrollment**  
Wed & Thurs by appt.

**Parent Bread**  
Wed @ 9:30 AM

**Cotoco Bread**  
Fri @ 9:30 AM

**PG&E's REACH Payment Assistance**  
If your outstanding past due balance is \$2,000 or less, you have a 15 day or 60 hour shut-off notice, or your power is currently shut-off, you may be eligible for this payment assistance program of up to \$1000. Please give us a call for more information.

**"Stuff The Cruiser" Backpacks**  
We will be joining forces with the Tracy Police Department to offer back to school supplies and backpacks to low-income families in Tracy. We will start sign ups at the beginning of July.

**Hearts of Harvest**  
Hearts of Harvest Foundation (HHF) is a non-profit organization based in Tracy California whose long-range mission is to provide financial assistance and support to families in San Joaquin County with children who have heart disease and other critical illnesses. For more information, please ask for Silvia Mejia.

**Case Management**  
Our Case Managers assist families and individuals through a variety of crises: like Domestic Violence, Emotional Trauma, Health Issues, Financial Problems, etc. Please call 209-229-4922 and talk to Silvia to schedule an appointment. [Silvia@cpf.org](mailto:Silvia@cpf.org)

**Homework Assistance**  
Our homework club & tutoring program continues for the new semester. For more information contact: Laura Ornelas [laurea@cpf.org](mailto:laurea@cpf.org)

**CPF Works Program**  
The CPF Works Program provides skills, tools, and training to motivated and committed CalFresh recipients. Find a job. Find a better job. Find a Career. Concepts: Supervised Job Search - Work Experience - Vocational Training - Supportive Services - Job Retention - For more information contact: Alicia Leperchey, [aleperchey@cpf.org](mailto:aleperchey@cpf.org)

**Farmer's Market**  
Free Farmer's Market will be Monday May 20th from 10:30 AM. Please bring your own bags. Provided by the Stockton Emergency Food Bank.

**CalFresh** **Second Harvest** **CPFWORKS** **HEARTS OF HARVEST** **STUFF THE CRUISER**

Tracy Family Resource Center May 2024

**Centro de Recursos Familiares Tracy** MAYO 2024

**COMMUNITY PARTNERSHIP FOR FAMILIES**  
Invertiendo en Familias Para Superar Pobreza Generacional  
235 W. Beverly Place, Tracy CA 95376 / (209) 229-4922  
Abiertos Lunes - Viernes 9:30 am - 5:00 pm

**Eventos Semanales**  
Mi Mama y Yo  
Lunes @ 9:30 AM

**Merced de Agricultores**  
Gratuito  
3er Lunes @ 10:30 AM

**Comida de Second Harvest**  
Miércoles @ 10:00 AM

**Inscripción de Cal Fresh**  
Martes - Con Cla

**Inscripción de Medi-Cal**  
Miércoles y Jueves - Con Cla

**Plan de Planera**  
Miércoles @ 9:30 AM

**Plan de Cotoco**  
Viernes @ 9:30 AM

**PG&E REACH Asistencia de Pago**  
Si su saldo vencido es menor de \$2,000, tiene una nota que le van a cortar la luz en 15 días, al menos o no tiene servicio de luz, usted podría ser elegible para este programa de asistencia de pago con hasta \$1000. Por favor llámenos para más información.

**"Stuff the Cruiser" Mochilas**  
Este año como todos los años, estaremos agitando donaciones para el regreso a la escuela. Empezaremos a registrar para las mochilas gratis con el Departamento de Policía de Tracy en primera de Julio.

**Hearts of Harvest**  
La Fundación de Hearts of Harvest (HHF) es una organización basada en Tracy California que tiene una misión de larga fecha para proporcionar asistencia financiera y apoyo a familias en el condado de San Joaquin con niños que tienen cardiopatía y otras enfermedades crónicas. Para más información, por favor de pregunta por Silvia Mejia al 209-229-4922.

**Administrador de Casos**  
Nuestros Administradores de casos asistimos a familias e individuos por variedad de crisis: Como Violencia Doméstica, Traumas Emocionales, Problemas de Salud, Problemas Financieros etc. Llame a Silvia Mejia al 209-229-4922. [Silvia@cpf.org](mailto:Silvia@cpf.org)

**Asistencia de Tarea**  
Nuestro Programa de Asistencia de Tarea continuará hasta el fin del año. Para más información por favor de contactar a Laura Ornelas, [laurea@cpf.org](mailto:laurea@cpf.org)

**CPF Works Program**  
El programa de CPF Works proporciona habilidades, herramientas, y capacitación para participantes de CalFresh motivados y comprometidos en encontrar trabajo. Conceptos: Supervisada Búsqueda de Trabajo - Experiencia Laboral - Entrenamiento Vocacional - Servicio de Apoyo - Retención de Empleo - Para más información contacte a Alicia Leperchey, [aleperchey@cpf.org](mailto:aleperchey@cpf.org)

**Prevail at TFRC**  
Prevail, anteriormente conocido como el Centro de Mujeres YFS, está teniendo horas de oficina en el Centro De Comunidad en Tracy cada otro Lunes de 9 a 11 de la mañana. Para más información contacte con la oficina.

**Merced Móvil Gratuito**  
El Mercado Móvil Gratuito será el Lunes 20 de Mayo de las 10:30am. Favor de traer su propio bolso. Proporcionado por el Stockton Emergency Food Bank.

**CalFresh** **Second Harvest** **CPFWORKS** **HEARTS OF HARVEST** **STUFF THE CRUISER**

Tracy Family Resource Center May 2024



**STOPP**  
Smoking & Tobacco  
Outreach/Prevention Program

**CESSATION RESOURCES FOR SAN JOAQUIN COUNTY**  
Are you ready to be tobacco free?

Agency/Contact	Local Services (in person)	Language(s)	Cost & Services
San Joaquin County 209-433-4747 2025 W. Summer Lane, Stockton	Call for information	English Translation services available	Classes offered. Call for class services from primary provider.
Asian Pacific Self Development and Residential Assessment (APASDA) 209-465-5777 3835 Alameda Avenue Suite C, Stockton	Monday-Friday 9am-5pm	English Korean Vietnamese	Call to make an appointment. Free cessation services are provided. Free group classes are available. Free nicotine patches are available. Free nicotine gum is available. Free nicotine inhaler is available. Free nicotine lozenge is available. Free nicotine patch is available. Free nicotine gum is available. Free nicotine inhaler is available. Free nicotine lozenge is available. Free nicotine patch is available.

**Phone Counseling Services**

Agency/Contact	Phone(s)	Language(s)	Cost & Services
SEA & California Healthcare (State Funded Program) 209-433-4747 English: 1-800-368-8866 Spanish: 1-800-438-8811 Korean: 1-800-536-5864 Vietnamese: 1-800-778-8460	Monday-Friday 9am-5pm Saturday 9am-5pm	English Spanish Korean Vietnamese	Free counseling with a coach. Free nicotine patches are available. Free nicotine gum is available. Free nicotine inhaler is available. Free nicotine lozenge is available. Free nicotine patch is available. Free nicotine gum is available. Free nicotine inhaler is available. Free nicotine lozenge is available. Free nicotine patch is available.
National Cancer Institute Smoking Quitline 209-478-5188	Monday-Friday 9am-5pm	English Spanish	Free programs tailored to smokers, women, pregnant women, teens, and people 40+. Visit the website or call for counseling and educational materials.
American Cancer Society 202-878-2245 1-800-273-2345	All day every day	English Spanish Translation services available	Referral to cessation services. Educational materials are available on their website. Other services include live chat and distribution of educational material by mail or e-mail.
American Lung Association 209-465-4872 Lung Health Professional: 1-800-548-8332	Monday-Friday 9am-5pm Saturday 9am-5pm Sunday 9am-5pm	English Spanish	Free nicotine patches are available. Free nicotine gum is available. Free nicotine inhaler is available. Free nicotine lozenge is available. Free nicotine patch is available. Free nicotine gum is available. Free nicotine inhaler is available. Free nicotine lozenge is available. Free nicotine patch is available.
Asian Smoker's Quit Line 209-433-4747 Korean: 1-800-438-8811 Vietnamese: 1-800-536-5864	Monday-Friday 9am-5pm	English Korean Vietnamese	Free, accessible, evidence-based cessation services provided by trained counselors. Free nicotine patches based on eligibility.

**San Joaquin County Public Health Services**  
2025 W. Summer Lane, Stockton

**San Joaquin County Public Health Services**  
2025 W. Summer Lane, Stockton

**STOPP**  
Smoking & Tobacco  
Outreach/Prevention Program

**CESSATION RESOURCES FOR SAN JOAQUIN COUNTY**  
Are you ready to be tobacco free?

Agency/Contact	Phone App Services	Language(s)	Cost & Services
No Butts 209-433-4747	Download the app from the App Store or Google Play. The app offers text and tailored help, right from the palm of your hand. Created by Nick E. California, No Butts uses proven methods to help you quit. Like a personalized quit plan and information on effective quitting aids. The app also has other helpful information features like logging your smoking triggers, reminders to keep you motivated, and provides an all-in-one quit kit.	English	FREE
No Vices 209-433-4747	This app was created by Nick E. California, a stop smoking service and research based program at the University of California, San Diego. Features include: a quit plan, a dashboard to view your quit journey, advice on how to get over cravings, and a plan that shows progress that has helped others quit.	English	FREE
Quit4Life 209-433-4747	This app is a product of Smokefree Team (SFT), a smoking cessation resource for teens. It was created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals, smoking cessation experts, and suggestions from former smokers.	English	FREE
Quit Guide 209-433-4747	This free app helps you understand your smoking patterns and build the skills to quit smoking. The app has the ability to track cravings by time of day and location. You also get motivational messages for each craving you track, helping you stay focused and motivated on your journey to a smoke-free life.	English	FREE
Smoker Free 209-433-4747	This evidence-based app allows you to track your health improvements, receive advice, track cigarette cravings, and provides interactive ways to keep you on track to becoming smoke-free.	English French Spanish Vietnamese	Additional costs for more features.

**San Joaquin County Public Health Services**  
2025 W. Summer Lane, Stockton

**STOPP**  
Smoking & Tobacco  
Outreach/Prevention Program

**CESSATION RESOURCES FOR SAN JOAQUIN COUNTY**  
Are you ready to be tobacco free?

Agency/Contact	Website	Language(s)	Information	Audience	Cost/Service
Stokkila.org	stokkila.org	English Spanish	Find your reason to quit. The Stokkila website serves as a hub with many resources available to help you quit smoking and/or vaping. Free message program available in English, Spanish, Chinese, Korean, Vietnamese. Must be at least 13 years old to enroll. Message and data rates may apply.	Youth & Adults	YES Text: QUIT TO 800-228-8822
Become4Life.org	become4life.org	English Spanish	The 4Life Plan is a free online smoking program. It is based on personal experiences from former smokers and uses the latest scientific research from the experts at the Mayo Clinic. A long page is available to connect with others on the same journey, share common interests, and ask for help. The long page is only available in English.	Youth & Adults	YES *Must create an account first
Smokefree.gov	smokefree.gov	English Spanish	Smokefree.gov helps you or a loved one quit smoking. The information and professional assistance available can help to support your motivation and keep you motivated. Free nicotine patches and e-cigarettes are available.	Youth & Adults Women Veterans	YES Text: QUIT TO 800-228-8822
Freedomfromsmoking.org	freedomfromsmoking.org	English	Freedom from Smoking Online (FFSO) is a program specifically designed for adults. Live one-on-one coaching is available. The program is available in English and Spanish. Message and data rates may apply.	Youth & Adults	NOT AVAILABLE

**Text Message Only (FREE)**

Agency/Contact	Website	Language(s)	Information	Audience	Cost/Service
Tracy Quitting This & Quitting	tracyquitthisandquitting.org	English	This is a free text and e-cigarette program. The program is available in English and Spanish. Message and data rates may apply.	Youth & Young Adults Age 13+	YES Text: QUIT TO 800-228-8822

**San Joaquin County Public Health Services**  
2025 W. Summer Lane, Stockton

## Cessation Resources for San Joaquin County

## Cessation Resources Page 2

## Cessation Resources Page 3

**The Parent Project**  
Parents Are The Answer

**AYUDAR A LOS PADRES A CAMBIAR LAS CONDUCTAS DESTRUCTIVAS DE LOS ADOLESCENTES**

**ORIENTACIÓN DE PADRES**  
VIERNES 9 DE FEBRERO DEL 2024  
HORA: 9-11AM  
UBICACIÓN: NORTH ELEMENTARY SCHOOL  
ROOM C142 LION'S DEN  
PARA MAS INFORMACION CONTACTAR:  
(209)830-3350

**PROGRAMA GRATUITO DE 10 SEMANAS**

- Manejar los desafíos de comportamiento de su hijo
- Mejora tu relación con tu hijo
- Crear y mantener la estructura en el hogar
- Prevenir o intervenir en el consumo de alcohol y otras drogas
- Mejorar la asistencia y el rendimiento escolar

23 de Febrero - 17 de mayo de 2024  
Cada viernes de 9:00-11:00 a.m.

**SAN JOAQUIN COUNTY Behavioral Health Services**  
**SAN JOAQUIN COUNTY OFFICE OF EDUCATION**  
**TRACY UNIFIED SCHOOL DISTRICT**

**HORARIO DEL PROGRAMA**  
**THE PARENT PROJECT**

Fecha	Hora	Unidad
02/23/24	9am-11am	Unidad 1: Cómo comprender a nuestros hijos *North Elementary School
03/08/24	9am-11am	Unidad 2: Atención a las conductas problemáticas *North Elementary School
03/15/2024		NO HABRÁ CLASE
03/22/2024	9am-11am	Unidad 3: Supervisión activa y estructura *North Elementary School
03/29/2024		NO HABRÁ CLASE
04/05/24	9am-11am	Unidad 4: Mejora de la asistencia y el rendimiento escolar *North Elementary School
04/12/24	9am-11am	Unidad 5: Consumo de Drogas: identificación, prevención e intervención *North Elementary School
04/19/24	9am-11am	Unidad 6: Cómo abordar las conductas incontrolables *North Elementary School
04/26/24	9am-11am	Unidad 7: Desarrollo de planes personales de acción *North Elementary School
05/03/24	9am-11am	Unidad 8: Búsqueda de ayuda y apoyo *North Elementary School
05/10/24	9am-11am	Unidad 9: Cómo construir relaciones saludables *North Elementary School
5/17/2024	9am-11am	Unidad 10: Graduación! *North Elementary School

**SAN JOAQUIN COUNTY Behavioral Health Services**  
**SAN JOAQUIN COUNTY OFFICE OF EDUCATION**  
**Tracy Unified School District**

**The Parent Project**  
Parents Are The Answer

**HELPING PARENTS CHANGE DESTRUCTIVE ADOLESCENT BEHAVIORS English Class**

**PARENT ORIENTATION**  
THURSDAY, FEBRUARY 15th, 2024  
TIME: 6-7PM  
LOCATION: 1975 W. LOWELL AVE  
TRACY, CA 95376  
Prevention Services Conference Room  
FOR MORE INFO CONTACT: (209)830-3218

**FREE 10 WEEK PROGRAM**

- Manage your child's behavioral challenges
- Improve your relationship with your child
- Create and maintain structure in the home
- Prevent or intervene in alcohol and other drug use
- Improve school attendance and performance

February 22nd - May 2 2024  
Thursday Evenings  
6:00-8:00pm

**SAN JOAQUIN COUNTY Behavioral Health Services**  
**SAN JOAQUIN COUNTY OFFICE OF EDUCATION**  
**TRACY UNIFIED SCHOOL DISTRICT**

## Parent Project

## Parent Project Schedule

**MENTAL HEALTH STUDENT RESOURCES**  
Mental health can affect how we think, act, and feel.

**WHAT CAN IMPACT OUR MENTAL HEALTH?**

- Stress
- Our environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

**WHAT ARE SOME SIGNS THAT SOMEONE IS STRUGGLING WITH THEIR MENTAL HEALTH?**

- Too much or too little sleep
- Over/under eating
- Lack of motivation
- Irritability
- Difficulty concentrating
- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Hearing voices or seeing things that are not there
- Thoughts of death or dying

**WHAT CAN WE DO TO MANAGE OUR MENTAL HEALTH?**  
The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors becoming harder to manage.

- Practice deep breathing (inhale for 4, hold for 7, exhale for 8)
- Go for a walk
- Talk to a counselor or therapist
- Journal
- Practice yoga
- Exercise

**WHERE CAN YOU GO TO GET HELP?**

Community Medical Centers  
Mental Health Services  
2025 W. Summer Lane, Stockton  
2025 W. Summer Lane, Stockton  
2025 W. Summer Lane, Stockton

National Suicide Prevention Lifeline  
Dial 988  
Crisis Text Line  
Text "HOME" to 747474

Scan QR Code for more info

**SAN JOAQUIN COUNTY OFFICE OF EDUCATION**

**RECURSOS DE SALUD MENTAL PARA ESTUDIANTES**  
La salud mental puede afectar cómo pensamos, actuamos, y nos sentimos.

**¿QUÉ PUEDE AFECTAR A NUESTRA SALUD MENTAL?**

- El estrés
- Nuestro propio ambiente
- La escuela/trabajo
- La familia y los amigos
- Los cambios repentinos en nuestros rutinas
- Factores biológicos
- Un duelo y pérdida
- El consumo de alcohol o drogas

**¿CUÁLES SON ALGUNAS SEÑALES DE QUE ALGUIEN ESTÁ TENIENDO PROBLEMAS CON SU SALUD MENTAL?**

- Dormir mucho o muy poco
- Comer demasiado o muy poco
- Falta de motivación
- Irritabilidad
- Dificultad para concentrarse
- Deseos de estar solo por largos periodos de tiempo
- Falta de interés por cosas que antes disfrutaba
- Escarar voces o ver cosas que no existen
- Tener pensamientos de muerte o suicidio

**¿QUÉ PODEMOS HACER PARA CUIDAR NUESTRA SALUD MENTAL?**  
Las siguientes son habilidades positivas para enfrentar problemas que puedes practicar cuando sientas que tus sentimientos, pensamientos o comportamientos son cada vez más difíciles de manejar:

- Practica la respiración profunda (inhala durante 4 segundos, mantén la respiración entre 7 segundos, exhala durante 8 segundos)
- Meditar
- Dar un paseo
- Escribir un diario
- Practicar yoga
- Hablar con un consejero o terapeuta
- Hacer ejercicio

**¿DÓNDE PUEDES IR PARA OBTENER AYUDA?**

Community Medical Centers  
Mental Health Services  
2025 W. Summer Lane, Stockton  
2025 W. Summer Lane, Stockton  
2025 W. Summer Lane, Stockton

National Suicide Prevention Lifeline  
Dial 988  
Crisis Text Line  
Text "HOME" to 747474

escaneos el código QR para más información

**SAN JOAQUIN COUNTY OFFICE OF EDUCATION**



We are here to serve you

## Student Mental Health Resources - English

## Student Mental Health Resources - Spanish



## Catholic Charities CalFresh Outreach Program

236 W. BEVERLY PLACE, TRACY, CA 95376

### CONTACT INFORMATION

MAHIRA: 209-444-5944 MARIA: 209-444-5922  
FOR APPOINTMENTS CALL: 209-229-4922



### Required Documents

✓	PROOF OF CITIZENSHIP OR IMMIGRATION STATUS
✓	PROOF OF INCOME (FOR 30 DAY PERIOD)
✓	UTILITY BILLS: (PG&E, WATER, GARBAGE, PHONE)
✓	SOCIAL NUMBER(S)
✓	PICTURE ID AND BIRTH CERTIFICATES (CHILDREN)
✓	RENT RECEIPTS OR MORTGAGE PAYMENT

### Services Provided

NEW ENROLLMENTS  
CASE FOLLOW-UP  
SEMI-ANNUAL REPORTING  
ANNUAL RECERTIFICATION  
FAIR HEARINGS  
VERIFICATIONS  
FOOD PANTRY REFERRALS

CALFRESH DOLLARS PER HOUSEHOLD\*\* THE MAXIMUM DEPENDS ON YOUR HOUSEHOLD SIZE, INCOME AND EXPENSES

Size	1	2	3	4	5	6	7	8
Maximum amount	\$281	\$516	\$740	\$939	\$1116	\$1,339	\$1,480	\$1,691

Maximum amounts until September 30, 2023



@calfreshoutreachprogram



@CalFresh Outreach Program

Funded by USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



## Programa CalFresh Outreach en Caridades Catolicas

236 W. BEVERLY PLACE, TRACY, CA 95376

### INFORMACIÓN DE CONTACTO

MAHIRA: 209-444-5944 MARIA: 209-444-5922  
PARA CITAS LLAME AL: 209-229-4922



### Documentos requeridos

✓	COMPROBANTE DE CIUDADANÍA O DE ESTADO MIGRATORIO
✓	COMPROBANTE DE INGRESO (DE UN PERIODO DE 30 DÍAS)
✓	COMPROBANTE DE UTILIDADES: (PG&E, AGUA, BASURA, TELEFONO)
✓	NÚMERO(S) DE SEGURO SOCIAL
✓	IDENTIFICACIÓN CON FOTO Y ACTAS DE NACIMIENTO (NIÑOS)
✓	RECIBO DE RENTA O HIPOTECA

### Servicios

NUEVAS INSCRIPCIONES  
SEGUIMIENTOS DE CASOS  
REPORTE SEMI-ANUAL  
RECERTIFICACIÓN ANUAL  
AUDIENCIAS  
VERIFICACIONES  
REFERENCIA A DESPENSA DE ALIMENTOS

BENEFICIOS DE CALFRESH POR HOGAR\*\* EL MÁXIMO DEPENDE DEL TAMAÑO DE SU FAMILIA, GASTOS, E INGRESOS

Tamaño	1	2	3	4	5	6	7	8
Cantidad Maxima	\$281	\$516	\$740	\$939	\$1116	\$1,339	\$1,480	\$1,691

Cantidad máxima hasta el 30 de Septiembre del 2023



@calfreshoutreachprogram



@CalFresh Outreach Program



**SUPPORT  
CONNECTION  
SUCCESS**

**SAN JOAQUIN  
COUNTY**  
Behavioral Health Services



## FREE MENTORING SERVICES

### Transitional Age Youth Mentoring (TAY) Program

The TAY program provides FREE mentoring services for youth and young adults between the ages of 16-25 years old.



Education



Emotional Wellbeing



Physical Health



Community Engagement



Parenting Skills



Housing Exploration



Employment



Financial Planning



Social Supports

*Prepare for success & independence!*  
Contact us at (209) 490-2744  
FOLLOW US ON INSTAGRAM @TAY\_CAPC



Scan this QR code with your camera app to visit our website!



**APOYO  
RELACIÓN  
ÉXITO**

**SAN JOAQUIN  
COUNTY**  
Behavioral Health Services



## APOYO PARA JOVENES GRATIS

### Programa de Guía Transicional

El Programa de Guía Transicional ofrece servicios gratuitos para adultos jóvenes entre las edades de 16-25.



Educación



Bienestar Emocional



Salud Física



Participación en la Comunidad



Habilidades de Padres



Vivienda



Empleo



Planificación Financiera



Apoyos Sociales

*Prepárese para el éxito y independencia como adulto!*

Contactenos (209) 490-2744  
SÍGUENOS EN INSTAGRAM @TAY\_CAPC



Escanea el código QR con la aplicación de tu cámara para visitar el sitio!





# Automotive Technology



**TUESDAYS  
4:00PM TO 8:00PM**



**Hands-On, Real-World, Occupationally Relevant Experiences in The Following Areas:**

- ✓ Systems Diagnostics, Service, and Repair
- ✓ Modification & Fabrication
- ✓ High Performance Engine Tuning
- ✓ Aftermarket Component Installation

**Related Job Opportunities:**

- ✓ Automotive Service Technician
- ✓ Automotive Maintenance Worker
- ✓ Specialty Vehicle Shop Employee
- ✓ Shop Foreman Technical Writer, Dispatcher
- ✓ Insurance Investigator, Inspector
- ✓ General Mechanical Maintenance and Repair Worker

**Project Based Learning  
Classroom and Shop Time**

Safety - Hand & Machine Tool Use - Welding - Machining  
Engines - Drivetrain and Suspension - Electrical  
Maintenance, Diagnostics, Service & Repair

**\$50 PER STUDENT**

**SIGN UP TODAY AT TRACY ADULT SCHOOL**

1895 W. Lowell Avenue  
Tracy, CA 95376

209-830-3384  
sstube@tusd.net



**International Alliance  
To Assist Children**

**Roya Foundation Proudly Presents Learning Programs**

- Monday: Computer & Laptop Training
- Wednesday: Arts & Leadership
- Thursday: Youth Financial Literacy
- Friday: Coding & ESL

**All classes are FREE.  
Classes are held  
from 3:30 to 4:30**

We are accepting applications for the Learning Programs and for free laptops. Due to limited resources, we can only provide service to those with the greatest needs. However, we plan to monitor and fulfill the unmet technology needs of low-income and at-risk students.

Registration applications are available at the Youth Technology Center located at:  
**305 West Street, Tracy**  
and online at:

**[www.Royafoundation.org](http://www.Royafoundation.org)**

**For More Information Contact:  
Roya Foundation  
[info@royafoundation.org](mailto:info@royafoundation.org)  
208-740-2784**





YOUTH 16 - 24 LIVING IN SAN JOAQUIN COUNTY

# APPLY TODAY!

OUT OF SCHOOL/DROP OUT,  
FOSTER YOUTH, LOW INCOME,  
HOMELESS, JUSTICE INVOLVED



Powered by:



WorkStart YES

Funded by:



THIS WIOA TITLE I FINANCIALLY ASSISTED PROGRAM OR ACTIVITY IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM. AUXILIARY AIDS AND SERVICES ARE AVAILABLE UPON REQUEST TO INDIVIDUALS WITH DISABILITIES. CALIFORNIA RELAY SERVICE 711 OR 1-800-735-2922 (ENGLISH) 1-800-855-3000 (SPANISH)

## WORKSTART YES

POWERED BY eckerd connects

### PROVIDING CONNECTIONS

Connecting young adults, ages 16-24 to no-cost education, training and employment opportunities



#### CAREER EXPLORATION & TRAINING

- Career Assessments
- Workforce Preparation
- Vocational & Technical Training



#### WORK READINESS WORKSHOPS

- Referrals to job openings
- Resume & Interviewing Tips
- Application assistance
- Earn a cash incentive for completion



#### INTERNSHIPS & PAID WORK EXPERIENCE

- Build valuable job skills
- Earn while you learn
- Entrepreneurial Development

Complete an interest form!



Contact us:

Phone: (209) 323-5169

306 E Main St Suite 211

Stockton, CA 95202

WorkStartYes@eckerd.org



This WIOA Title I financially assisted program or activity is an equal opportunity employer/program. Auxiliary aids and services are



## YOUTH JOB READINESS WORKSHOPS

The primary goal of our youth program is to ensure that youth in San Joaquin County are provided with the opportunity to improve their lives through developing skills in communication, self-awareness and reflection, goal-setting, career and education planning.



### CPF youth program offers

1:1 case management with youth and/or family.  
We connect and assist families with navigating available resources in San Joaquin County.



### Job readiness workshops

We assist with creating a resume, online job search, mock interviewing, interview and work attire.



### Driver's license project

We assist youth and guardian with navigating the steps to obtain a California I.D and drivers permit/license.

Join us in providing youth with work experience, skills, and fun activities.

Give us a call to sign up!

Contact Silvia Mejia at

(209)229-4921

or (209) 284-5869

for more information and to sign up.

## Student Handbooks

### 23-24 Stein Student Handbook.pdf

[Download](#)

647.9 KB

### 23-24 DRCDS Student Handbook.pdf

[Download](#)

601.4 KB



**Traci Mitchell**

Traci is using Smore to create beautiful newsletters



