



### YOUR WEEK AHEAD

Monday	Tuesday	Wednesday	Thursday	Friday
10-27	10-28	10-29	10-30	10-31
Day 3	Day 4	Day 1	Day 2	Day 3























# MINDSPEAK ESSAY COMPETITION



- Middle School (Grade 6-8)
- High School (Grade 9-12)

Calling ALL young creative minds and compassionate hearts to explore and openly discuss the topic of "YOUTH MENTAL HEALTH & WELLNESS" and make your voice heard!

SUBMISSION DEADLINE: 11:59 PM SATURDAY DEC 20TH, 2025

A Certificate of Recognition from US Senator Andy Kim + Cash Prizes (for ALL winners in each category)







INFORMATION, FREE REGISTRATION & SUBMISSION



# VOLUNTEERS NEEDED MOTHER'S CLUB THANKSGIVING MEAI PACKING EVENT

SATURDAY NOV 22. 1-3PM



# SIGN UP ON THE SIGNUPGENIUS

STUDENTS THAT ARE NOT ABLE TO
COMPLETE THEIR VOLUNTEER
COMMITMENT NEED TO CONTACT
KATHY O'NEAL AT (551) 500-7479 OR









## **NEXT WEEK'S SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
11-03	11-04	11-05	11-06	11-07
Day 4	Day 1	Day 2	Schools Closed	Schools Closed