

The Hayward Unified School District

Newcomer Services Program

Community Without Borders
Comunidad Sin Fronteras

01/29/2026



Today's Agenda / *Agenda de Hoy*

5:30pm - 6:00pm	Dinner & Welcome ~ <i>Cena y Bienvenida</i>
6:00pm - 6:25pm 6:25pm - 6:50pm	EBAC Presentation on Medi-Cal Changes ~ <i>Presentación en Cambios de Medi-Cal</i> La Familia Caminos Program presentation on Stress Management & Anxiety Coping Skills <i>Herramientas para Sobrellevar la Ansiedad y Manejar el Estrés</i>
6:50pm -7:00pm	Exit Survey & Door Prizes ~ <i>Encuesta de Salida y Premios</i>



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Meet the Team / *Nuestro Equipo*



Sabrina Arand,
Director II
Department of
Community
Schools, Student,
and Family
Engagement



Carolina Fortin
Newcomer Services
Coordinator



Josefina
Garcia
Newcomer
Family
Engagement,
Outreach &
Equity
Specialist



Georgina Ferro
Newcomer
Counselor



Yelitza Pena
Coordinator,
Student & Parent
Support Programs

Parent Resource Center HUB.
24823 Soto Road.
Hayward, CA 94544
Room 19 and 27



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Access to Today's Presentation / Acceso a la presentación de hoy



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East Bay Agency for Children

***Hayward Family
Resource Center***



MISSION

East Bay Agency for Children improves the well-being of children, youth and families by reducing the impact of trauma and social inequities.

VALUES

We believe in **EQUITY**, that all people should have access to services, supports and opportunities to be successful. We subscribe to the theory of "targeted universalism", whereby our strategies recognize and are responsive to the unique needs of marginalized children and families. We believe that a culturally and ethnically diverse staff with broad language capacity and roots in the communities we serve is critical to our success.

We approach our work with **HUMILITY**. We are committed to learning and reflection, to being open, curious and responsive in our interactions with one another and in relationship with community partners and those we serve.

We pursue **COLLABORATION**. We aspire to true partnering and leveling the power differences with those we serve. We work with transparency and believe that children and families greatly benefit when engaged in their own care and advocacy. We strive to lead or follow, dependent upon how we can bring optimum value, in working with public systems, policy makers, partner providers, and the private sector in reducing disparities and promoting equity.

We embrace and cultivate **INNOVATION**. We are creative in our approach and boldly take risks to challenge perceived notions of the limitations of those we serve.

We are committed to **EFFECTIVENESS**. Our service models and strategies are evidence-informed and grounded in best practice. We continually work to understand and improve our outcomes through a data-driven culture. We hold ourselves and each other accountable.



IMMIGRANTS & REFUGEES ARE WELCOME
Imigrantes y refugiados son bienvenidos

BLACK LIVES MATTER
Las vidas de la comunidad negra importan

LGBTQ ARE IN A SAFE ZONE
Aquí es una zona segura para la comunidad LGBTQ

WOMEN'S RIGHTS ARE HUMAN RIGHTS
Los derechos de las mujeres son derechos humanos también

EVERYONE is valued
TODOS son valorados

DIVERSITY is honored
DIVERSIDAD es respetada



70+
years
of
service

Located at the HUS Parent Hub

24823 Soto Rd
Hayward, CA 94544

Room 11

Monday - Friday

9am - 5pm

closed for lunch: 12pm - 1pm

walk-ins welcomed, appointments also available.



Our Services:

- Family Support
- Resource Navigation
- Application Assistance
- Workshops & Parent Cafes
- Grief & Loss support services
- Guidance in understanding and connecting more with your children
- Searching for other programs or classes suitable for you or your family
- Connection to basic needs
- Plus so much more!



We provide assistance with applying and retaining public benefits.





50% OFF

**buses, BART and
all Bay Area transit**



Discounts for Bay Area
residents, ages 19-64 who
meet certain income levels.



Learn more about



CLIPPER.
START ▶▶

Eligibility:

- Adults 19 - 64 yrs old
- Earning < 200% FPL
- Residing in the Bay Area

Requirements:

- proof of ID
 - can be ID/passport for another country
- proof of income
 - CalFresh & Medi-Cal cards
- mailing address in the Bay Area (proof not needed)

Upcoming Workshop/ Proximo Taller:

Febrero 11 y 18

3pm - 4pm
Centro de Padres
Salon 14

Para registrar: (510) 407-1569



RITUALES FAMILIARES DESPUÉS DE UNA PÉRDIDA

Aprender a reconocer y crear rituales familiares significativos durante los momentos de duelo.

Series de Dos Partes!

Miercoles Febrero 11 a las 3pm - 4pm

Miercoles Febrero 18 a las 3pm - 4pm

*rifa para los participantes
de las dos sesiones*

Donde: Centro de Padres
24823 Soto Rd
Hayward, CA 94544

Nos reuniremos en salon 14.
Se ofrecerán refrigerios ligeros.



Para registrar, llame or mande
mensaje a Emily: 510-407-1569



2026 Changes to Medi-Cal Coverage

As of 1/1/26, Medi-Cal Full Coverage Freeze began which means adults 19 and older, who are not pregnant, and have unsatisfactory immigration status, will only be eligible for emergency Medi-Cal.

WHAT HAPPENS AFTER JANUARY 1, 2026?

- You will not be able to apply for Full Scope Medi-Cal.
- You can still apply for Restricted (Emergency Only) Medi-Cal.
- If you have Full Scope Medi-Cal, you can keep it as long as you still meet eligibility rules.

WHO IS NOT AFFECTED BY THE CHANGES ?

- Children (ages 0 - 18)
- Pregnant Individuals
- Medicare recipients (separate rules apply)

IF YOU WOULD LIKE TO PROTECT YOUR COVERAGE

- Renew: Complete your renewal paperwork annually
- Update information: Contact the Medi-Cal office if any of your information changes (address, income, legal status, etc.)

July 1st 2026: changes to dental coverage



Dental coverage for adults (19+) who do not have satisfactory immigration status will no longer have dental benefits.

- Emergency dental will be covered such as treatment for severe pain or infections, or tooth extractions for everyone no matter immigration status.
- If you are pregnant and do not have satisfactory immigration status, you will continue to receive full dental benefits during your pregnancy and up to one year after.
- Important to go to the dentist before July 1st!

How Can We Help?

- ▶ Renew your Medi-Cal on time as soon as you receive the packet from the county.
 - ▶ If the county needs more information after to renew your Medi-Cal, they will mail you a renewal form in a yellow envelope.
 - ▶ Fill it out by the due date to keep your coverage.
 - ▶ If you miss your renewal date, there is a 90 day grace period to still complete it. Do not reapply if you are still within the grace period, just complete the renewal and send the appropriate documents.
 - ▶ Generally, you will need to submit proof of income. Submit proof of any changes you would like to make on your MediCal, like change of address and/or contact information, adding/removing someone, etc.
- ▶ You can schedule an appointment with us for help with Medi-Cal renewals and we will send them to the county electronically through [BenefitsCal.com](https://www.benefitscal.com)
- ▶ If you do need to apply for the first time, we can still schedule an appointment to complete the application.

Hayward FRC Staff/Contact Information:

Emily Martinez

Program Coordinator

Cell: (510) 407-1569

emily.martinez@ebac.org

Office Phone #: (510)
723-3857 ext. 34117

Elizabeth Gonzalez

Family Resource Specialist

Cell: (510) 368-8244

elizabeth.gonzalez@ebac.org

Email:

haywardFRC@ebac.org



Gracias!

Preguntas?



BIENVENUE **WELKOM** **WELINA**

BENVENUTO Tervetuloa

CROESO
WILLKOMMEN

SALVE

ようこそ
CHÀO MỪNG

འཇོག་ཁྱིམ་
환영

BIENVENIDO

欢迎
स्वागत हे

ДОБРО ПОЖАЛОВАТЬ

Bienvenue

WELCOME **GRATISSIMUM**

DOBRODOŠLI **WĚLLKOMM**

WITAMY **SVEIKI** **CROESO**





La Familia- Caminos Program



*Yelitza Sanchez, ASW
Therapist
(510) 571-6282
YSanchez@livelafamilia.org*



*Jefferson Cortave, LMFT
Therapist
(341) 258-5425
JCortave@LiveLaFamilia.org*



Mental Health And Well-Being



Agenda:



Introduction

¿WHAT IS MENTAL HEALTH?



Stigmas

PERSONAL BELIEFS AND SOCIETAL BELIEFS



Stress

¿WHAT IS STRESS?

Anxiety

¿WHAT IS ANXIETY?

Self-Care

THE IMPORTANCE OF TAKING CARE OF YOURSELF

Coping Skills

WHAT YOU CAN DO TO HELP YOURSELF

Questions



TIME FOR ANY DOUBTS OR QUESTIONS YOU MAY HAVE.

+
01
**WHAT IS
MENTAL
HEALTH?**
✦ +



MENTAL HEALTH ...



How we think, feel, act, and how we handle stress.



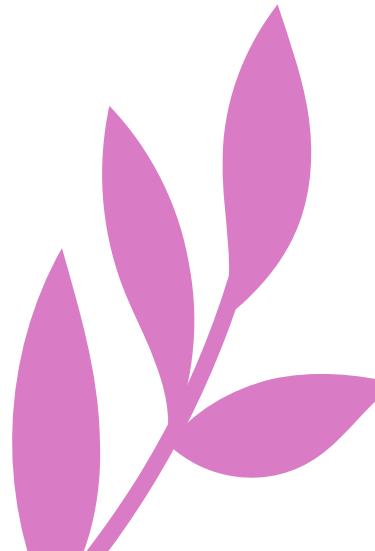
Just like physical health, everyone has mental health.

Just like our body can get tired, sick or hurt, our mind can also get tired or overwhelmed.

Reflection:

How does your mood affect your day?

***Mental health is important in all stages of life.**



Factors That Impact Mental Health

Family and relationships: Not having support from family or loved ones can create sadness, anger or fear.

School or work stress: Learning a new language, the pressure to perform well, constant criticism.

Biology or family history:

Brain chemical, genetics influence how we respond to stress.

Life changes or trauma: Moving, losing someone, accidents, or violence.

Physical health and sleep: Illness, poor nutrition, lack of sleep.

Environmental: A stressful environment like discrimination, unsafe neighborhood and poverty.





♥ 02

Stigmas:

Stigma

It refers to negative attitudes, beliefs, and stereotypes about Mental Health.



- ❑ This makes it difficult for us to seek support and negatively impacts our self-esteem.

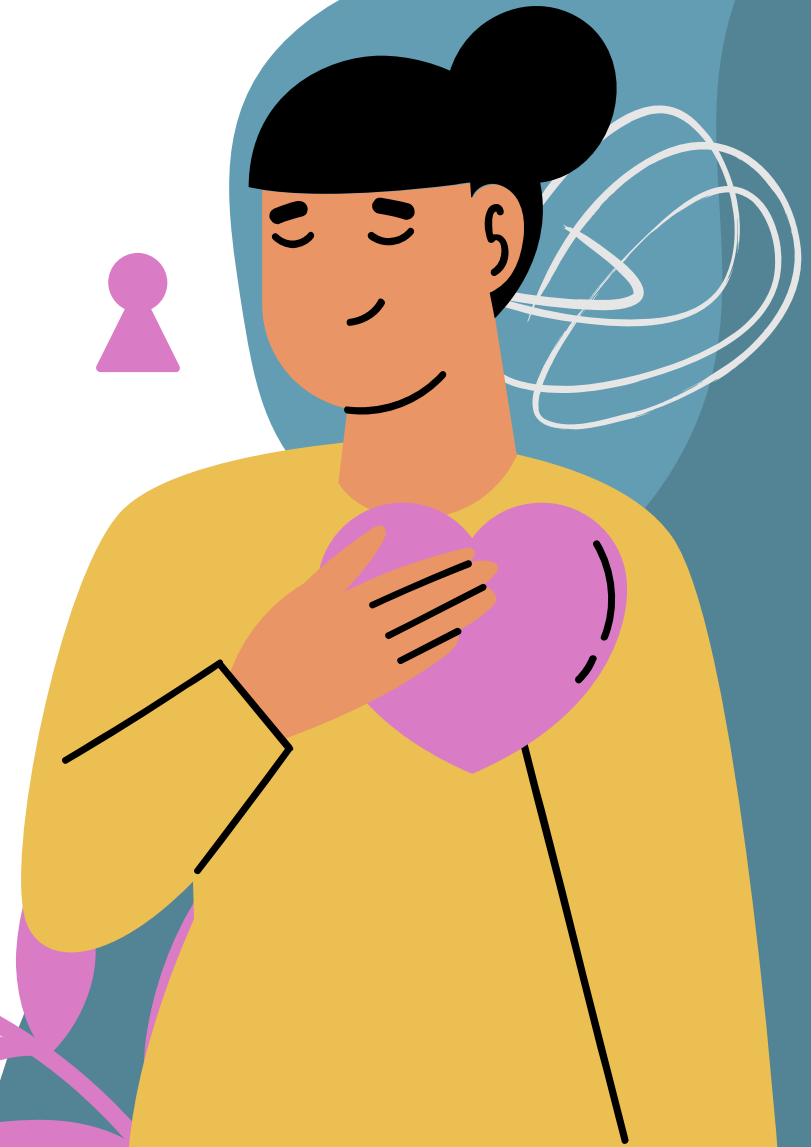
Reflection :

- ¿What types of stigmas (opinions) have you heard about mental health?



Stigmas can make people:

- **Feel ashamed**
- **Stay silent**
- **Avoid getting help**
- **Feel weak**



¿How to reduce Stigma?

- **Communicate your Emotions**
- **Educate yourself and others about mental health.**
- **Be aware of language that can be stigmatizing, such as the terms “Crazy,” “Insane,”**
- **Show compassion/empathy**



03

What is Stress



Stress:

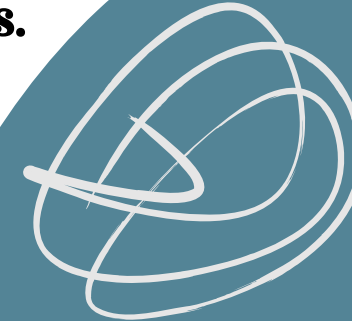
Is the body and mind's natural response to challenges or demands in life.

✦ It happens when we feel pressured, threatened, or overwhelmed.



Common Causes of Stress

- **School: Homework, academic Pressure, and Exams,**
- **Relationships: Friendships, Dating, and family conflicts.**
- **Money worries: Not finding a job,**
- **Changes: Moving to a new city. new school.**
- **Body: Physical changes.**
- **Family: Financial problems, Divorces, Arguments.**
- **Social Media: Negative information.**



Reflection:

¿What do you think are some ways stress affects us?

(Think about your physical state, your relationships, friendships, and family.)



04

What is Anxiety



What is Anxiety?

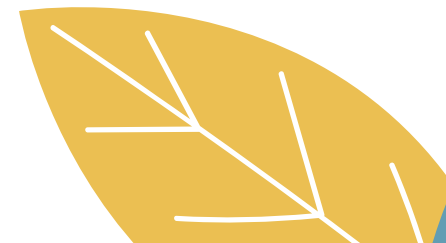
Is a feeling of worry, nervousness, or fear.

Too much anxiety can make it hard to sleep, focus or enjoy life.



Signs of Anxiety:

- Racing heart.
- Sweaty hands.
- Stomach aches.



Stress Vs. Anxiety

Stress: Usually connected to a situation.

Anxiety: Can last longer and feel harder to control



STRESS

VS

ANXIETY



A natural response to a specific challenge or pressure.

Examples: deadlines, workload, family responsibilities.

lemons
@ojoy.sg



A persistent feeling of fear or worry, even without a clear cause.

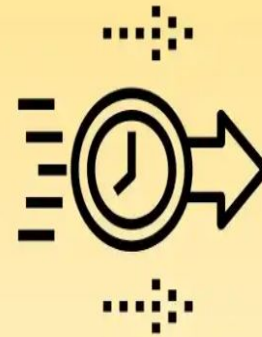
Examples: "What if something bad happens?"

O'JOY
O'JOY 心理健康中心

STRESS

VS

ANXIETY



Temporary, tied to a situation, often goes away when resolved.



Longer-lasting, can occur without trigger, may interfere with daily life.

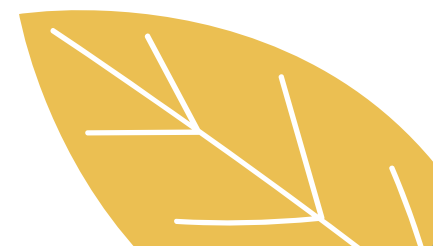


05

Self Care



✦ **(Self)- (Care)**





Coping Skills

Coping Skills are tools that help us:

- Calm down
- Feel safer
- Manage emotions



HOW TO REDUCE STRESS AND ANXIETY



MEDITATE



GET ENOUGH SLEEP



FIND CREATIVE HOBBY



EXERCISE DAILY



GO OUTSIDE



BE ACTIVE IN YOUR COMMUNITY



EAT HEALTHY



AVOID CAFFEINE AND ALCOHOL



TALK TO SOMEONE



A Simple Breathing Tool for Calm

“Hot Chocolate Breathing”

- Pretend you’re holding a cup of **hot chocolate**
- Smell it slowly through your nose
- Blow gently to cool it down through your mouth
- Feel your shoulders drop as you blow
- Do it 3 times

“Sleepy Dragon Breathing” (for kids who like movement/sound)

- Breathe in through your nose
- Breathe out slowly like a **sleepy dragon**, not a loud one
- Make the breath quiet and long
- Notice your body calm down



Benefits of taking care of yourself:

- It can improve your physical health. 
- It can reduce stress and anxiety.
- It can boost your self-esteem.
- It protects your mental health.
- It can lead to better relationships.





06

Questions

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik**?

Upcoming Legal Clinic ~ FREE Consultations

Proximamente una Clinic Legal ~ Consultas GRATIS

February 23, 2026
Febrero 23, 2026

By invitation only
Por invitación
solamente

Parent Resource
Center Hub / *Centro*
de Recurso HUB

- ★ Do you or a family member have a Deportation Order? ~ *Usted o un familiar tiene orden de Deportación?*
- ★ Do you have a pending Asylum case and have not received any communication? ~ *Tiene una petición de Asilo y no ha recibido comunicación sobre su caso?*
- ★ Do you need support in applying for Asylum? ~ *Necesita apoyo con aplicar por Asilo Político?*
- ★ Do you need a Legal Consultation? ~ *Necesita una Consulta Legal?*



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Next Community Without Borders Event / *Próximo evento de Comunidad Sin Fronteras*

May 29, 2026
Mayo 29, 2026

5:30 - 7:00pm

**Parent Resource
Center Hub / *Centro
de Recurso HUB***



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¡Espere! Antes de partir...
tome nuestra
Encuesta de Salida

Wait! Before you
leave...take our
Exit Survey



Community Without Borders Exit Survey 2025/2026
Comunidad Sin Fronteras Encuesta de Salida 2025/2026

B I U  

Thank you for attending Community Without Borders "Medi-Cal Updates & Low-Income Housing Resources in Hayward Workshop". Please complete the survey to help us obtain feedback to help us better plan for the next event.

Gracias por asistir a Comunidad sin Fronteras Cambios en Medi-Cal y Vivienda Asequible en Hayward". Complete la encuesta para ayudarnos a obtener comentarios que nos ayuden a planificar mejor el próximo evento.



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Visit our Website:

<https://www.husd.us/newcomers>



Contact Us!// ¡Contáctenos!



By Appointment Only ~~ Por Cita Solamente

To better serve our families we require an appointment to be scheduled.

Para servirle mejor se requiere agendar una cita.

Yelitza Pena
Coordinator, Student & Parent Support Programs
ypena@husd.us
(510) 723-3857 ext. 34200

Josefina Garcia
Family Engagement Specialist
jgarcia@husd.us
(510) 723-3857 ext. 34103



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