



Parent Ambassador Monthly Meeting

March 2, 2026



Made in Hayward

Agenda for February P.A. Meeting

TIME	TOPIC	PRESENTER
6:00 PM - 6:10 PM	Welcome	Yoana Guerra
6:10 PM -6:20 PM	Land Acknowledgement & Agreements	Joann
6:20 PM - 6:40 PM	Ice Breaker activity	Josh
6:40 PM - 6:50 PM	Announcements	Yoana
6:50 PM - 7:20 PM	Presentation on Mental Health - La Familia	Evelia S.
7:20 PM - 7:50 PM	Project time	Everyone
7:50 PM - 8:00 PM	Q&A Reminders / Closing	Yoana

Parent Ambassador Support Staff

General Phone Line:
510-723-3857 x 34198



Yoana Guerra

Parent Ambassador Coordinator
(510) 305-8100
Email: yguerra@husd.k12.ca.us



Yelitza Peña

Coordinator, Student and Parent Support
Programs
Email: ypena@husd.k12.ca.us



Sabrina Aranda

Director, Student and Parent Support
Programs



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Parent Ambassador Leads 2025-2026



**Jonathan
Delgado
Glassbrook
510-309-3910
Spanish &
English**



**Ciara
Eashman
East Avenue
415-756-4801**



**Victoria
Vivaldo
Cherryland
510-862-6453
(Spanish)**



**Joann Guzman
Southgate
650-271-2969**



**Michelle Fernelius
Eldridge
408-888-0193**



**Joshua Ridenhour
Treeview
214-364-4566**

Land Acknowledgement

The HUSD School Board respectfully acknowledges the original peoples of the lands on which our campuses are built. For thousands of years and hundreds of generations the Chochenyo (**Cho-ken-yio**) people actively stewarded these lands to ensure they provided for all living things.

This land on which our district was established was, and continues to be, of significance to the Muwekma (**Mew-weck-mah**) Ohlone tribe. Today we acknowledge the impact that colonization had on the Chechenyo/Muwekma Nation, and recognize our responsibility to help them heal from this history and secure a sustainable future.



Painting of three Ohlone people crossing the waters in San Francisco Bay by Louis Choris. (Google Images)

Key Reminders:

I. Commitment to Attend Meetings

- **Missing three or more consecutive meetings will result in removal from the program.**

II. Confidentiality

III. Punctuality

IV. Respectful Communication

Ice breaker

In your group share two truths and a lie.

Be ready to share out!





**WELCOME! LA FAMILIA IS HERE TO SUPPORT THE MENTAL
HEALTH AND WELL-BEING OF OUR COMMUNITY. WE ARE
COMMITTED TO PROVIDING CARE, RESOURCES, AND
GUIDANCE FOR INDIVIDUALS AND FAMILIES.**

**¡BIENVENIDOS! LA FAMILIA ESTÁ AQUÍ PARA APOYAR LA
SALUD MENTAL Y EL BIENESTAR DE NUESTRA
COMUNIDAD. ESTAMOS COMPROMETIDOS A BRINDAR
ATENCIÓN, RECURSOS Y ORIENTACIÓN A INDIVIDUOS Y
FAMILIAS.**



SIGNS OF DEPRESSION IN CHILDREN AND TEENS

SEÑALES DE DEPRESION EN NIÑOS Y ADOLECENTES

OVERVIEW / INFORMACIÓN GENERAL



Depression looks different at each age.

La depresión se ve diferente según la edad.



AGES 3–6 / EDADES 3–6

- Cries a lot or gets upset easily **Llora mucho o se enoja fácilmente*
- Does not want to play **Ya no quiere jugar*
- Very clingy or afraid to separate **Muy dependiente o con miedo a separarse*
- Acts younger than before **Actúa como más pequeño(a)*
- Changes in sleep or eating **Cambios en dormir o comer*
- Many stomachaches or headaches **Muchos dolores de estómago o cabeza*



AGES 7–11 / EDADES 7–11

- Sad or angry most days

**Triste o enojado(a) casi todos los días*

- Avoids friends

**Evita a los amigos*

- School performance drops

**Baja el rendimiento escolar*

- Says bad things about self

**Dice cosas malas sobre sí mismo(a)*

- Trouble focusing

**Problemas para concentrarse*

- Feels sick often

**Se siente mal con frecuencia*



AGES 12–18 / EDADES 12–18

*** VERY SAD OR HOPELESS**

*** MUY TRISTE O SIN ESPERANZA**

• ANGRY OR IRRITABLE OFTEN

*** ENOJADO(A) O IRRITABLE FRECUENTE**

• STAYS ALONE A LOT

*** SE AÍSLA MUCHO**

• SLEEPS TOO MUCH OR TOO LITTLE

*** DUERME DEMASIADO O MUY POCO**

• NO INTEREST IN ACTIVITIES

*** SIN INTERÉS EN ACTIVIDADES**

• RISKY BEHAVIOR

*** CONDUCTAS DE RIESGO**

• TALKS ABOUT DEATH OR NOT

*** HABLA DE LA MUERTE O DE NO QUERER**

**WANTING TO LIVE
VIVIR**



HOW PARENTS CAN HELP CÓMO PUEDEN AYUDAR LOS PADRES

- Listen calmly
 - Let your child talk
 - Say: “I’m here for you”
 - Keep routines
 - Spend time together
- * *Escuche con calma*
 - * *Deje que su hijo(a) hable*
 - * *Diga: “Estoy aquí para ti”*
 - * *Mantenga rutinas*
 - * *Pasen tiempo juntos*



WHEN TO GET HELP / CUÁNDO BUSCAR AYUDA

- Get help if these signs last more than 2 weeks or affect daily life
- Busque ayuda si estas señales duran más de 2 semanas o afectan la vida diaria.



GET HELP IMMEDIATELY / BUSQUE AYUDA INMEDIATA

- Get help right away if a child talks about self-harm or suicide.

You might need to call emergency services **911**

- Busque ayuda inmediata si el niño habla de hacerse daño o suicidio.

Talvez tenga que llamar a servicios de emergencia **911**



LA FAMILIA IS HERE TO SUPPORT YOU AND YOUR FAMILY.

Do you need support or have questions?

La Familia está aquí para apoyarlos a usted y a su familia. ¿Necesita apoyo o tiene preguntas?

- Evelia Servin

Mental Health Educator (Adults) ☎ 510-331-2401

- Alicia Lopez Mental

Health Educator (Children & Youth) ☎ 510-331-5580

- Lucia Leon (General)

Mental Health Specialist ☎ 510-571-6361



THANK YOU / GRACIAS

Thank you for being here today. We know these topics can be difficult, but you are not alone. La Familia is here to support you and your family. If you have questions or concerns, please reach out to us—we are here to help.

Gracias por estar aquí hoy. Sabemos que estos temas pueden ser difíciles, pero no están solos. La Familia está aquí para apoyarles a usted y a su familia. Si tiene preguntas o inquietudes, por favor comuníquese con nosotros. Estamos aquí para ayudarles.

La Familia CyB 2026

GROUP PROJECTS



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How to submit your volunteer hours

We remind you that by registering to be part of our program, you agreed to report a minimum of 5 volunteer hours per month. When completing this form, please note that this is only an estimate of the hours spent, as well as the number of people present at the event, etc. except when you assist someone individually. In that case, if the person provides the information, you may include them. If you have any questions about how to record your hours or how you can collaborate with your school, please do not hesitate to contact me for guidance. Volunteer hours can be submitted:

[CLICK HERE](#)



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Reminders

Next monthly meeting: **April 13**
English manual
Manual en Espanol



Parent Ambassador Handbook

"It takes a village to raise made in Hayward children."



September 2025



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Questions/ *Preguntas*

