



**El Cajon Collaborative Council Meeting
November 2, 2021 / 12:30 – 2:00pm
Zoom Virtual Meeting**

<https://us02web.zoom.us/j/71342147983?pwd=aU9wd1VYckhTMDc0WjJkMjZGMdhjUT09>

Meeting Agenda

What Does Gratitude Look Like?

- I. **Welcoming Remarks & Introductions:** (20 minutes) Carol Lewis, El Cajon Collaborative Coordinator
- II. **Presentation:** (10 minutes)
Organization: La Maestra Community Health Centers
Program: Wellness Clinic for Youth
Presenter: Megan Dunn
- III. **Presentation:** (40 minutes)
Organization: Leap to Success
Program: Finding Gratitude in All Things- Empowering Women to Succeed
Presenter: Kelley Grimes, MSW
- IV. **Sharing and Networking:** (20 minutes)
This is an opportunity to share information about your programs and upcoming events. We'd love to support your agency and you with the work you are doing in the community. Feel free to raise your hand or put your information into the chat.

*“Gratitude is the healthiest of all human emotions.
The more you express gratitude for what you have,
the more likely you will have even more to express gratitude for.”
Zig Ziglar*

Next Meeting: Tuesday, December 7, 2021, 12:30 p.m. Zoom Meeting--Same link as above.

Next Homeless Services Work Group: Wednesday, November 16 at 10:00 a.m.- Zoom Meeting
<https://us02web.zoom.us/j/81925601759?pwd=LzBuaGVWN0h4bDdPTWVmVkw3aUFDUT09>

Next Community Health Work Group: November 17 at 8:30 a.m.- Zoom Meeting
<https://us02web.zoom.us/j/82094867584?pwd=UFV2YmM0ckI3aXA0ZzRwU25ERDhWdz>

Next Food Access Network Meeting: Wednesday, November 8 at 1:00 p.m.- Zoom Meeting
<https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09>

Vision:

Through our collaboration, El Cajon's children, youth and families are safe, empowered and thriving.

Mission:

The El Cajon Collaborative builds relationships, leverages resources and promotes best practices to enhance the quality of life for children, youth and families in our community.

2020-2024 Overall Strategic Focus
El Cajon Collaborative

Goals:

1. Increase access to healthy, nutritious food:

A. Objective: Create a goal-focused subcommittee;

2. Enhance prevention strategies and increase advocacy efforts for mental wellness and substance abuse prevention:

A. Objective: Promote ACES education to the public and school districts;

B. Objective: Support anti-bullying campaigns and education to families;

C. Objective: Create community partnerships for IEP trainings and advocacy;

D. Objective: Promote drug-free, smoke-free environments;

3. Advance opportunities to create safe, healthy and livable neighborhoods.

A. Objective: Ensure safe, fair and affordable housing across the continuum of need;

B. Objective: Increase community engagement in self-sufficiency opportunities;

Action 1: Intergenerational activities that promote healthy living and self-sufficiency;

C. Objective: Increase opportunities for meaningful leadership and civic engagement;

D. Objective: Support community-wide activities for families and individuals that are experiencing homelessness or are at risk;

4. Support the Cajon Valley Union School District (CVUSD) for Health and Wellness Activities and Policies.

A. Objective: Serve as the Wellness Council for CVUSD to build awareness of and engagement in school and district-wide health policy development, implementation, review and updates;

B. Objective: Organize and execute a district-wide Wellness Fair with stakeholders to share information with students, staff, families and the community about healthy eating, physical activity, health services and other local health and wellness resources.

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