



*Please join individuals & organizations
from all over San Diego County for the*

First Quarterly

**San Diego County
Family Support Network Meeting
Friday, February 6th
1:00-3:00**

County Administration Center

***Please note new meeting location**

1600 Pacific Hwy

Room: Tower 6

San Diego, CA 92101

Featured Topic: Positive Youth Development

***An Asset Development presentation to demonstrate a way to build capacity
in family support organizations during difficult fiscal times.***

Heather Nemour, Chula Vista Community Collaborative

This gathering will bring together individuals & organizations that work with all aspects of Family Support. We welcome county, private and non-profit organizations.

We will provide an opportunity to network and share resources with other Family Support organizations in San Diego County.

Bring your business card, agency information & flyers for upcoming events/trainings to share with the group at the resource table.



*For questions regarding the Network, or to become involved in the planning process, contact:
Samantha Florey 714-517-1900 ext. 212 samanthaflorey@all4kids.org*

East County Licensee Education on Alcohol and Drugs (LEAD) Training

Training certified by the State of California Department of Alcoholic Beverage Control (ABC)

Monthly Trainings

Dates: Thursday, January 15, 2009
Tuesday, February 17, 2009
Thursday, March 12, 2009
Wednesday, April 22, 2009
Thursday, May 21, 2009
Thursday, June 11, 2009

Time: 1:00 p.m. – 4:30 p.m.

Sponsored By

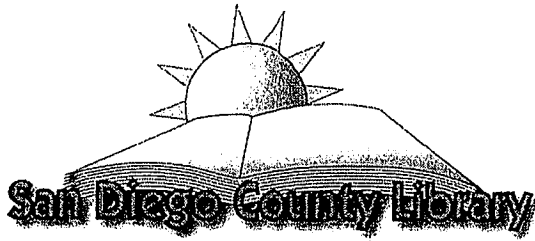
COMMUNITIES
AGAINST
SUBSTANCE
ABUSE

Location: Grossmont HealthCare District
Conference Center
9001 Wakarusa Street
La Mesa, California 91942

Training Facilitator: Ken Clark, ABC Certified Instructor



To RSVP Please Call
(619) 442-2727 ext. 104



FREE Internet classes taught in Arabic at five San Diego County Library locations

February 2009

Casa de Oro Branch
8:00 to 9:30 a.m.
Tuesdays & Thursdays

2/3, 2/5, 2/10, 2/12, 2/17,
2/19, 2/24, and 2/26

9805 Campo Road, #180
Spring Valley, CA 91977

El Cajon Branch
8:00 to 9:20 a.m.
Tuesdays & Thursdays

2/3, 2/5, 2/10, 2/12, 2/17,
2/19, 2/24, and 2/26

201 E. Douglas Avenue
El Cajon, CA 92020

La Mesa Branch
5:00 to 7:00 p.m.
Fridays & Saturdays

2/6, 2/7, 2/13, 2/14, 2/20,
2/21, 2/27, and 2/28

8074 Allison Avenue
La Mesa, CA 91941

Rancho San Diego Branch
6:00 to 7:30 p.m.
Mondays & Wednesdays

2/2, 2/4, 2/9, 2/11, 2/18,
2/23, and 2/25

11555 Via Rancho San Diego
El Cajon, CA 92019

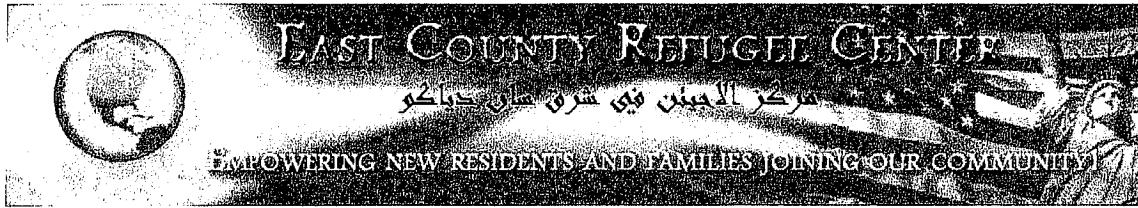
Spring Valley Branch
6:00 to 7:30 p.m.
Wednesdays & Thursdays

2/4, 2/5, 2/11, 2/12, 2/18,
2/19, 2/25, and 2/26

836 Kempton Street
Spring Valley, CA 91977

Pre-registration is requested.

Please contact Safa Arabo at (619) 469-2151 or (619) 312-5716
to register or for additional information.



The East County Refugee Center is offering a Free Drug Education seminar for middle Eastern families and all the public in cooperation with a Foundation for a Drug Free world focusing on the dangers of street drugs.

Each participant will receive educational booklets facts and figures on the risks and impact of drug and our safety of our community.

The seminar is on Monday, February 23rd at 4:00 pm to 6:00 pm. The location is the El Cajon Library, 201 East Douglas Ave, El Cajon CA 92020.

The East County Refugee Center offers assistance to newcomers to East County with a focus on refugees from the Middle East. For more information call 619-334-9708 or visit the website at www.EastCountyRefugeeCenter.Org.

Foundation for a Drug Free World offers drug education materials around the world and can be reached at www.DrugFreeWorld.Org



Parents of El Cajon Valley High School Students...

**Come to "COFFEE TALK"
Our monthly parent information nights**

IT'S FREE

Monday, February 23rd, 2009

6:00 - 7:30 p.m.

ECVHS Student Center

Topic: Standardized Testing

**Learn why we have standardized testing and
how you can help your student
prepare for testing.**

**Call today for more information or to register
Family Resource Center
(619) 401-4786**



Before You Pucker Up This Valentine's Day, Check That Breath!

Bad breath stinks!!!

Your breath can make the difference between a great Valentine's Day and a really bad one.

By taking care of your teeth and mouth, you may avoid embarrassing moments.

Tips to Avoid Bad Breath

- ◆ See your dentist 2 times a year
- ◆ Brush 2 times a day for 2 minutes
 - ◆ Lightly brush your tongue
- ◆ Limit snacking to twice a day
 - ◆ Chew gum with Xylitol
 - ◆ Floss once a day
 - ◆ Don't smoke

See your dental professional if bad breath won't go away or if it gets worse. It could be related to a serious health issue.



Center for Community Solutions

Healing and Preventing Sexual Assault
and Relationship Violence

Personal Safety Class for Women

What is Personal Safety?

Personal safety is a set of awareness, assertiveness, verbal confrontational skills, safety strategies and physical techniques that enable a person to successfully avoid, prevent, resist, escape and survive violent assaults.

The program empowers through options, techniques, and situational analysis.

Personal Safety is based upon real life experiences. It validates intuition and fears and applauds past successes.

The Center for Community Solutions Personal Safety Program respects the action or non action taken to survive intimidation, threats, attempts, and actual assaults whether perpetrated by a stranger, an acquaintance, or intimate partner.

What you will learn

- You are worth defending
- Your Voice and Brain are Powerful
- Personal Strengths
- Vulnerable Area
- Options and Choices
- Intuition as a Safety Tool

Program Outline

- Success Stories
- Myths regarding Sexual Assault
- Personal Safety

Home

Auto

Out and About

- Assertiveness Techniques
- Physical Defense

\$25 suggested donation per person
No woman turned away due to lack of funds.

For more information or to schedule a class,
Please contact:

Ma'at Crook

Prevention Educator

(619) 697.7477 x13

mcrook@ccssd.org