



SENECA

FAMILY OF AGENCIES | UNCONDITIONAL CARE

Upcoming Dates

Support Groups

1st and 3rd Tuesdays of the month:

April 6th & 20th

May 4th & 18th

June 1st & 15th

Time: 6-7 PM

2nd and 4th Fridays of the month:

April 16th & 30th

May 14th & 28th

June 11th & 25th

Time: 1-2 PM

Month of the Child

[Join us on Facebook Live](#) (click here!) for a Q&A of our services on April 18th from 12-1 PM
Visit sanluischildcare.org for details

Food Box Updates



Family Ties has a new, personalized system for placing food box orders! To request a food box, follow these simple steps:

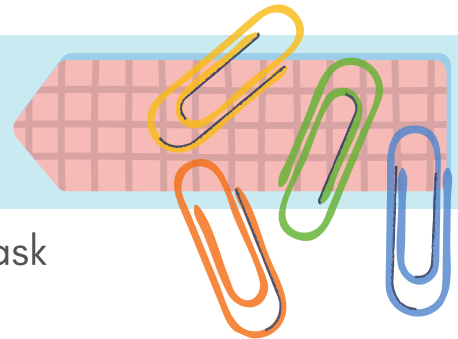
- Check your email inbox on Fridays
- Follow the link sent by Family Ties
- Request the foods you'd like to receive the following week

Please reach out to Branden or Aline with any questions regarding food boxes!

Proactive Measures Caregivers Can Take as Schools Reopen

- Teach child how to correctly wear a face mask
- Morning health checks
- Get tested (family members with symptoms or possible exposure)
- Child stays home when sick
- Child stays home if close contact with known case
- Stick to your social bubble
- Up-to-date with vaccines

Presented by the County of San Luis Obispo and Office of Education



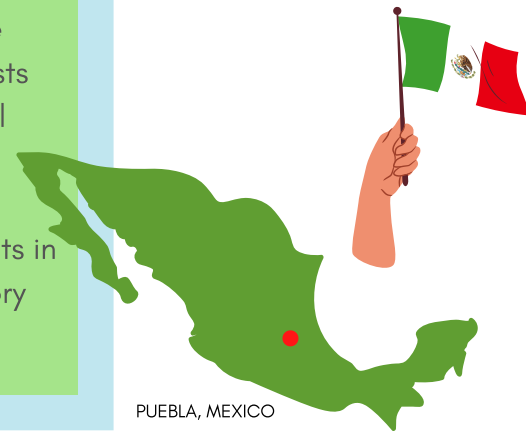
Diversity, Equity, and Inclusion

By highlighting several upcoming cultural holidays, we hope to celebrate and uplift diverse stories from our shared history.

May 5, or Cinco de Mayo, is commonly interpreted in the US as a day to celebrate Mexican culture and heritage. But the holiday has its roots in civil rights and social justice. Cinco de Mayo is a commemoration of the Battle of Puebla in 1862, in which a small Mexican army under the command of President Benito Juárez defended the town of Puebla de Los Angeles from attack by French troops. The Battle of Puebla represented a symbolic victory against France during a time of Mexican resistance. Cinco de Mayo did not become popular in the US until the 1960s, when it was popularized by Chicano activists as a celebration of cultural self-determination and Mexican pride against all odds.

If you are celebrating Cinco de Mayo this year, you can acknowledge its roots in resistance and civil rights by sharing what you learn about the holiday's history with others!

CINCO DE MAYO



Sources: History.com, "The Real Meaning of Cinco de Mayo," Antonio Sanchez, PhD

JUNETEENTH



The 19th of June, commonly known as Juneteenth, commemorates the day in 1865 that enslaved people in the state of Texas were freed. Slavery in Texas had continued for two and a half years after the Emancipation Proclamation was signed in 1863, as states under Union control did not adhere to it instantly. Federal troops arrived in Galveston, Texas on June 19th to motion for freedom of enslaved people, and celebration erupted amongst the freed Black people. Although it should be acknowledged that many Black people were not freed on this day, as slave holders kept this news away from enslaved people and forced the continuation of their labor until after harvest season.

Juneteenth marks the date that slavery ended in the United States for the majority of Black people, and remains a holiday to remember our country's history. Share the history and significance of this holiday as celebration!

Sources: History.com, "What is Juneteenth?", Elizabeth Nix

APRIL IS MONTH OF THE CHILD!

Visit www.sanluischildcare.org for more information. Flyers in Spanish are also available.

APRIL
MONTH OF THE CHILD
CHILD ABUSE PREVENTION MONTH

Join us for a month long celebration
spotlighting community resources for families
and child entrepreneurs

WWW.SANLUISCHILDCARE.ORG
council@sanluischildcare.org
805.782.4723

Talk Read Sing
Child Care Planning Council
San Luis Obispo County

FIRST 5
SAN LUIS OBISPO COUNTY

Center for Family Strengthening
CAPSLO
County of San Luis Obispo
PUBLIC LIBRARIES
sanluisobispo.org

APRIL 2021
MONTH OF THE CHILD
CHILD ABUSE PREVENTION MONTH

**DRIVE THRU
FAMILY RESOURCE EVENTS**

Connect with your local Family Resource Center! Pick up **FREE** practical items,
educational resources and family-friendly activity kits.
No registration required. Please remain in your vehicle when you arrive.

The Link Family Resource Center
Saturday April 10, 2021 • 11am - 1pm • 4507 Del Rio, Bldg. 1, Atascadero
Contact: (805) 466-5404

Oceano Family Resource Center/Oceano Community Center
Friday April 16, 2021 • 2:30pm - 4pm • 1425 19th St., Oceano
Contact: (805) 474-3690

Pregnancy & Parenting Support of SLO County
Saturday April 24, 2021 • 11am - 2pm • 3480 South Higuera, Suite 100, SLO
Contact: (805) 541-3367

The Link Family Resource Center
Saturday April 24, 2021 • 11am - 1pm • 1802 Chestnut St., Paso Robles
Contact: (805) 466-5404

WWW.SANLUISCHILDCARE.ORG

Child Care Planning Council
San Luis Obispo County

FIRST 5
SAN LUIS OBISPO COUNTY

Center for Family Strengthening
CAPSLO
County of San Luis Obispo
PUBLIC LIBRARIES
sanluisobispo.org

Pregnancy & Parenting Support
of San Luis Obispo County

SPRING RECREATION

We put together a current list of spots offering recreation to make your search easier!*

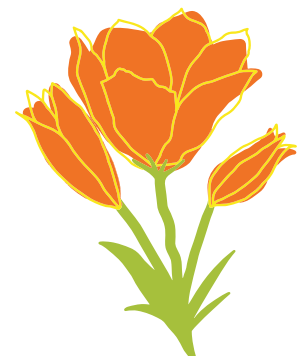
Updated 4/1/2021

Register now

- YMCA: sloymca.org
 - Summer Camp
 - After-school care
 - Spring break camps
 - Sports camps
- Boys and Girls Club: bgcslo.org
 - Spring break camps
- Paso Robles: prcity.com
 - Sports camps
 - Spring break camps
- Templeton: templetoncsd.org
 - Sports
- Atascadero: atascadero.org
 - Sports
- San Luis Obispo: slocity.org
 - Spring break camps
 - Sports
- Morro Bay: morro-bay.ca.us
 - Aquatic sports
- Pismo Beach: pismobeach.org
 - Spring break camps
 - Surf camp
- Arroyo Grande: arroyogrande.org
 - Spring break camps
 - Sports

*Don't Forget

Family Ties offers reimbursement for recreation and respite costs. Ask Branden or Aline for more information!





Food box recipe:

Southwest Salad

Ingredients

- 1 lb. ground beef or chicken breast filet
- ½ cup onions, chopped
- 1 tablespoon chili powder
- 2 teaspoon ground cumin
- 1 cup kidney beans, canned, unsalted, drained
- 1 can (15 oz) chickpeas, unsalted, drained
- 1 medium tomato, diced
- 2 cups romaine lettuce
- ½ cup cheddar cheese, reduced fat

Prep Time: 30 min

Servings: 4

Adapted from:

fruitsandveggiesmorematters.org
For CalFresh or Food Bank information, call
(805) 238-4664

Directions

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir in chili powder and cumin into beef mixture; cook for 1 minute.
3. Add kidney beans, chick peas, and tomatoes. Mix. Heat through.
4. Combine lettuce and cheddar cheese in a large serving bowl.
5. Portion lettuce and cheese mixture into 4 separate bowls. Add 1 cup of beef mixture to each bowl and serve.

Nutrition information per serving:
Calories 330, Total Fat 7g, Saturated Fat 2g,
Protein 36g,
Carbohydrate 33g, Dietary Fiber 11g,
Cholesterol 65mg, Sodium 210mg

Our Outpatient Clinic serves foster and adoptive families with various mental health services such as Occupational Therapy, Psychiatry, and Parenting Classes.

Family Ties serves Relative/Near Kin-Caregivers and their families with services such as food boxes, support groups, and case management.

Our Placement Program works with families through Foster Care and Adoption.

For more information about our programs, please call our main line at (805) 434-2449, or visit us at senecafoa.org

Kin-GAP: Kinship Guardianship Assistance Payment

Kin-GAP is a child-only cash aid program for children who were dependents of the court (I.E. in the foster care system) and who reside in the home of a relative appointed guardian by Juvenile Court. Kin-GAP offers relative caregivers the option to provide a permanent home for related dependent children.

The monthly payment is the same amount the child received while in Foster Care. Kin-GAP is a separate program from Foster Care and from CalWORKs.

Eligibility: *There are some eligibility requirements for Kin-GAP. Please call your local Department of Social Services to obtain details, to make arrangements to apply, or to just learn more about this public benefit!*

- *Kin-GAP application and renewal forms can be mailed in and don't require a face-to-face appointment.*
- *The Kin-GAP grant amount may increase as the child gets older.*
- *Kin-GAP children are eligible to Medi-Cal with no share-of-cost.*

Contact Information & Resources

Seneca Staff:

Tina Lehman, LMFT, Program Director
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Karen Shin, LMFT, Clinical Supervisor
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Kristi Augusta, MSW, Adoption & Foster Care Program
kristi_augusta@senecacenter.org

Local Resources:

Parent Connections of SLO County
(805) 904-1411

SLO County Child Abuse Prevention Council
(805) 543-6216

Team of Advocates for Special Kids
(805) 461-0231

State Resources:

Kinship Center Headquarters
1-800-4-KINSHIP

Seneca Family of Agencies Headquarters
(510) 654-4004

California Kinship Caregivers
1-800-KIN-0047

Kinship Support Services Program
(916) 657-1858

State Coalition of Grandparents & Relative Caregivers (510)
845-7189

Edgewood Center for Children & Families
(415) 681-3211

Senior Legal Hotline
(916) 551-2140

National Resources:

AARP Grandparent Information Center
1-800-424-3410

Suggestions and ideas for our newsletter can be submitted to our editor:
aline_deluca@senecacenter.org