
March 2025 Newsletter



MARCH

We want to take a moment to sincerely thank everyone who attends our classes —your dedication and enthusiasm make each session special. We truly appreciate your commitment to learning and growing with us. For those who haven't yet joined, we encourage you to come be a part of this amazing community. Whether you're looking to expand your skills or connect with others, there's a place for you here. Let's continue to learn, grow, and support one another. We can't wait to see you in the next class!

Creating a strong community starts with each one of us coming together, sharing our time, experiences, and support. It's about building connections where everyone feels valued, heard, and understood. Whether it's through a small gesture or showing up at events, every interaction strengthens the bond we share. A true community thrives when we lift each other up, celebrate our differences, and work toward common goals. Let's continue to build a space where everyone feels welcome, empowered, and part of something bigger. Together, we're unstoppable!



In this newsletter you can expect:

A thank you to
participants

TANF Site Update

March Classes

Prevention
Department
Update

Site Contact
Information

Class Calendar
and Flyers

Shingle Springs Tribal TANF Updates

Sacramento Site

Hello Sacramento TANF Families!

As we enter the season of renewal and fresh starts, there's no better time to share exciting updates, upcoming events, and tips to help you spring into action. Let's dive in!

What's New at Our Site:

We are excited to welcome two new members to our team! Please join us in welcoming:

Megan Bailey - Receptionist

Vanessa "Nessa" Daigh - Family Advocate

Resource Updates

We're in the process of updating our community resource list, so stay tuned for more information coming your way! If you're looking for specific resources, don't hesitate to reach out to your Family Advocate. We're here to help!

Top Tips for Spring Cleaning (for Your Mind & Space)

Spring cleaning isn't just for your home—it's the perfect time to refresh your mind and workspace. Here are a few tips to help you clear the clutter and boost productivity:

- **Declutter Digitally:** Tidy up your digital files and unsubscribe from unnecessary emails. A clean inbox equals a clearer mind.
- **Set New Goals:** Whether personal or professional, spring is the perfect time to set fresh goals. Break them down into smaller tasks and create a timeline for success.
- **Get Outside:** Studies show that spending time outdoors boosts mood and creativity. Take advantage of the warmer weather by going for walks or getting involved in outdoor activities.

We're also thrilled to announce an exciting event for all families:

Sacramento Family Culture Night

Date: March 13th (Thursday)

Time: 5 PM – 7 PM

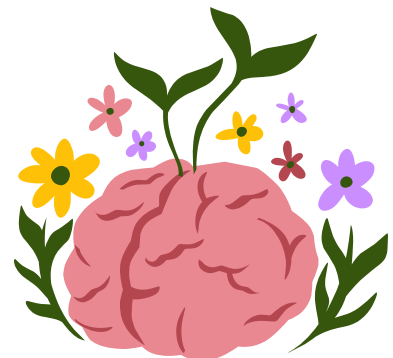
Join us for a night of cultural exploration, fun activities, and community building!

Thank you for being a part of our community. We're excited to continue this journey with you, and we hope this newsletter inspires you to make the most of March!

Warm wishes,

Gabrielle Zamarron

Site Manager, Sacramento Site



Prevention Update

Greetings TANF Families!

Prevention Staff completed a workshop “Adults Working with Native Youth.” We met workers from other TANF programs, and we received useful information to enhance youth events.

Prevention Staff also completed a workshop “Ancestral Arts & Skills” which enabled us to craft cultural items using ancient techniques. We learned about the uses of charcoal, saps, glue, pine pitch, tar, splitting and bending wood, processing animal hide, and making your own games, ornaments, paints, stone, and bone tools. Prevention Staff developed an appreciation for the natural environment and the detailed work of Native American ancestors. This training will enable prevention to bring more cultural arts & crafts workshops to participants.

The Prevention Staff have been planning activities for Youth Summer Camp, Nature Bridge Fort Cronkhite, June 17, 2025 – June 20, 2025. Teens are invited to attend. Please read upcoming newsletters for information on camp registration. We hope to see you at upcoming events!

Sincerely,

The TANF Prevention Team
Rosemary, Nikki, Ancita, Stephanie,
Pauline, Richard



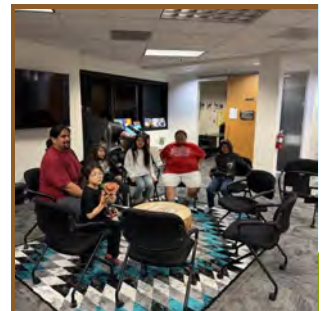
Sacramento Family Night



El Dorado Family Night



Sacramento Family Night



Young Men’s Drum Group



Young Men’s Drum Group

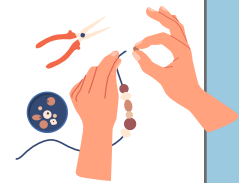


Sacramento Family Night



Young Men’s Drum Group

March Classes



<p>March 4th Family Beading YOLO 5pm-7pm</p>	<p>March 10th Medicine Wheel 5pm-7pm</p>	<p>March 18th Little Feathers 5pm-7pm</p>	<p>March 26th Family Culture Night YOLO 5pm-7pm</p>
<p>March 5th Financial Literacy Workshop 10am-12pm</p>	<p>March 11th Family Culture Night PLACER 5pm-7pm</p>	<p>March 19th Financial Literacy Workshop 10am-12pm</p>	<p>March 26th Financial Literacy Workshop 10am-12pm</p>
<p>March 5th Flute Lessons 4pm-6pm</p>	<p>March 12th Financial Literacy Workshop 10am-12pm</p>	<p>March 19th Flute Lessons 4pm-6pm</p>	<p>March 28th Young Men's Drum Group 5pm-7pm</p>
<p>March 6th Native Youth Wellness 5pm-7pm</p>	<p>March 12th Wellness Warriors 5pm-7pm</p>	<p>March 20th Beading Circle 5pm-7pm</p>	<p>March 29th Kids Fishing Derby 7am</p>
<p>March 7th Open Beading 10:30am-2pm</p>	<p>March 13th Family Culture Night SACRAMENTO 5pm-7pm</p>	<p>March 24th Family Culture Night EL DORADO 5pm-7pm</p>	<p>March 31st Medicine Wheel 5pm-7pm</p>
<p>March 7th Time Management Workshop 11:30am-12:30pm</p>	<p>March 14th Daughters of Tradition 5pm-7pm</p>	<p>March 25th Family Beading YOLO 5pm-7pm</p>	<p>March 31st Participation Raffle 5pm</p>
<p>March 8th Animal Tracking Workshop 8am-11am</p>	<p>March 17th Native Family Wellness 11am-2pm</p>		

Sacramento Site
2033 Howe Ave. Suite 100
Sacramento, CA 95825
916-760-1660

El Dorado Site
532 Main St.
Placerville, CA 95667
530-683-0110

Placer Site
1919 Grass Valley Hwy. Suite 110
Auburn, CA 95603
530-820-0141

Yolo Site
1355 Halyard Dr. Suite 180
West Sacramento, CA 95691
916-741-5056

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Medicine Wheel 5pm-7pm <hr/> Participation Raffle 5pm		Education and Employment Open Lab 9:30-11:30am 3/06 Placer 3/13 El Dorado 3/20 Yolo 3/27 Sacramento				1
2	3	4 Family Beading YOLO 5pm-7pm	5 Financial Literacy Workshop 10am-12pm <hr/> Flute Lessons 4pm-6pm	6 Native Youth Wellness 5pm-7pm	7 Open Beading 10:30am-2pm <hr/> Time Management Workshop 11:30am-12:30pm	8 Animal Tracking Workshop 8am-11am
9	10 Medicine Wheel 5pm-7pm	11 Ribbon Skirt Workshop PLACER 5pm-7pm	12 Financial Literacy Workshop 10am-12pm <hr/> Wellness Warriors 5pm-7pm	13 Family Culture Night SACRAMENTO 5pm-7pm	14 Daughters of Tradition 5pm-7pm	15
16	17 Native Family Wellness 11am-2pm	18 Little Feathers 5pm-7pm	19 Financial Literacy Workshop 10am-12pm <hr/> Flute Lessons 4pm-6pm	20 Beading Circle 5pm-7pm	21	22
23	24 Family Culture Night EL DORADO 5pm-7pm	25 Family Beading YOLO 5pm-7pm	26 Family Culture Night YOLO 5pm-7pm <hr/> Financial Literacy Workshop 10am-12pm	27	28 Young Men's Drum Group 5pm-7pm	29 Kids Fishing Derby 7am

TANF Website



Sacramento Site
2033 Howe Ave. Suite 100
Sacramento, CA 95825
916-760-1660

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532 Main St.
Placerville, CA 95667
530-683-0110

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916-741-5056

Placer Site
1919 Grass Valley Hwy. Suite 110
Auburn, CA 95603
530-820-0141





Family Beading

with
Chandra Cortez

enrolled member of
The Klamath Tribes

Join us for this Youth
Beading event with
Chandra Cortez looming
Bracelets!

MARCH

TUE | 4TH & 5:00PM-
25TH | 7:00PM



YOLO SITE
1355 HALYARD RD
STE 180
WEST SACTAMENTO, CA
95691

To RSVP Contact:
Pauline Ghost,
Youth Activity Specialist
916-798-9433



Transportation Available For Participants



Join Al Striplin Flute Lessons

5 -10 years old
March 5, 2025
Sacramento Site
4pm-6pm

10-18 years old
March 19, 2025
Sacramento Site
4pm-6pm



Parent must be present

I am of Amah Mutsun Ohlone (California Native) and Aztec heritage and hold an M.A. in Counseling. As a university counselor and Native Studies professor, I devoted my career to advocating for diverse communities and Native American families. I am also an artist, musician, author, and illustrator. It is said that music, art, and other creative expressions come directly through the veil from spirit, and seek form through our individual, unique efforts. I keep these thoughts in mind as I play and teach Native American flute.

Class sizes are limited to 5 participants per class
Youth must attend 2 consecutive age appropriate classes in order to receive flute and lessons.

TRANSPORTATION AVAILABLE

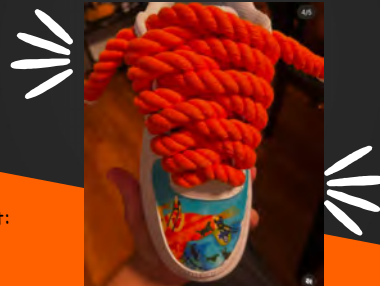
RSVP Contact:
Ancita Juarez-
Family Programming Specialist
amjuarez@sstanf.org or (916) 760-1668

SHINGLE SPRINGS TRIBAL TANF

Presents:

*Native Youth
Wellness*

*Sole
Creations*



RSVP Contact:
Stephanie
Dominguez
sduarte@sstanf.org
916-397-2554

Show off your creativity with your very own pair of shoes to design, along with learning the basics of Entrepreneurial Skills

March 6, 2025
5pm-7pm
Limited Spaces



Finance Literacy WORKSHOP

Come and learn about the importance of financial literacy and money management.

DATE AND TIME
Wednesday 3/5/2025
from 10am-12pm

SACRAMENTO SITE
2033 HOWE AVE., SUITE 200
SACRAMENTO, CA 95825

OR
VIA ZOOM:
MEETING ID: 824 4610 9324
PASSCODE: TANFEMP

TRANSPORTATION AVAILABLE UPON
REQUEST

Please RSVP:
Cayce Borges,
Employment Coordinator
cborges@sstanf.org
(916) 760-1663



Shingle Springs Tribal TANF Program

Open Beading



Join us to finish any projects you are working on. There will be a raffle for attendees for a chance to win beading related prizes. We will discuss ways to market your work and entrepreneurial advice. Education department will also discuss time management.



To RSVP Contact:

Nikki Grant Perez
Family Programming Specialist
nperez@sstanf.org
(530)409-0541

FRI | MAR | 10:30 AM - 2:00 PM
7

SACRAMENTO SITE
2033 HOWE AVE.
SACRAMENTO, CA

TRANSPORTATION AVAILABLE



Time Management Tips Every Busy Parent Needs to Know



Do you find managing your family's busy school schedule challenging? If so, please consider attending our workshop that offers effective time-management strategies for you and your children.

What to Expect:

- Expanding time management skills
 - Helpful usage of apps & technology
 - Time-saving prevention strategies
 - Managing your calendar like a pro!
-Refreshments available & an incentive will be offered!

Friday, March 7th
11:30am- 12:30pm
In-Person
Sacramento Site
2033 Howe Ave., Suite 200
Sacramento, CA 95825

For more information or RSVP contact Francisco Martinez, Education Coordinator at fmartinez@sstanf.org (916) 760-0382

**If transportation is needed, please contact me!

PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE

SHINGLE SPRINGS TRIBAL TANF PROGRAM

WELLBRIETY Medicine Wheel & 12 Steps talking circle

Join us on the Red Road To Wellbriety in a supportive and inclusive space where we come together to promote healing, wellness, and ceremony through shared experiences. The talking circle focuses on recovery and building a strong community bond. This is an open talking circle.

MON | MARCH 10 & 31 | 5:00 PM - 7:00 PM

WELLBRIETY
FOUR LAWS OF CHANGE:
1. CHANGE COMES FROM WITHIN
2. NO VISION, NO DEVELOPMENT
3. A GREAT LEARNING MUST OCCUR
4. YOU MUST CREATE A HEALING FOREST

TO RSVP CONTACT:
NIKKI GRANT PEREZ,
NPerez@sstanf.org
(530)409-0541

RICHARD SANCHEZ
RSANCHEZ@sstanf.org
(916)-678-8661

SACRAMENTO SITE
2033 HOWE AVE.
SACRAMENTO, CA

WELLBRIETY TALKING CIRCLES ARE COMPLETELY CONFIDENTIAL AND JUDGEMENT FREE



SHINGLE SPRINGS TRIBAL TANF PROGRAM

Animal Tracking Workshop

Bannister Park
3820 Bannister Rd
Fair Oaks, CA 95628

Saturday,
March 8, 2025
8am-11am

TRANSPORTATION AVAILABLE

Would you like to learn how to identify animal tracks and improve your wildlife sign reading skills? Then join expert tracker, naturalist and water harvester Chris Lopez, citizen of The Lakota Nation for a hands-on tracking workshop. This fun event will take place on a trail segment that will guide participants through a few basic techniques in tracking and sign identification. By learning how to track and scout, we can reconnect ourselves with nature and better understand why it's crucial to preserve the delicate balance of our environment.

Ideal for all outdoor skill levels.

RSVP Contact:
Ancita Juarez-
Family Programming Specialist
amjuarez@sstanf.org or (916) 760-1668





Shingle Springs Tribal Tanf Program

Ribbon Skirt

2 Part Series

Sewing Workshop

Offering beginner courses to build your confidence using a sewing machine. Everything is provided including fabric, accessories, and use of a sewing machine. (Your welcome to use your own machine and/or purchase fabric to your taste.)

We will be making Ribbon Skirts this month!

March 11, 2025
and
April 02, 2025
5-7pm

Placer Site
1919 Grass Valley Hwy Ste #110
Auburn CA 95603

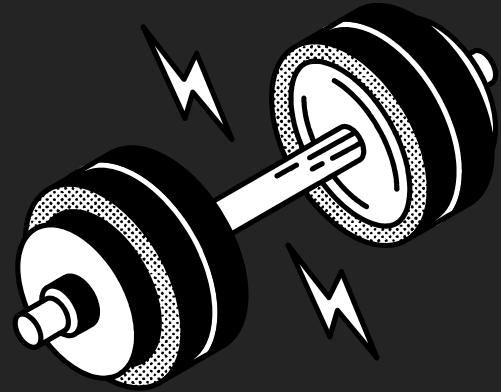
TRANSPORTATION AVAILABLE



RSVP:
Stephanie Dominguez
Youth Activity
Specialist
sduarte@sstanf.org or
(916) 397-2554

SHINGLE SPRINGS TRIBAL TANF

WELLNESS WARRIORS



JOIN US ON A HEALTHY JOURNEY
ENCOURAGING FAMILY FORMATION
AND WELLNESS

March 12, 5-7 pm
Sacramento Site



RSVP WITH RICHARD SANCHEZ
916-673-8661 or rsanchez@sstanf.org

TRANSPORTATION PROVIDED FOR PARTICIPANTS ONLY



Finance Literacy WORKSHOP

Come and learn about the importance of financial literacy and money management.

DATE AND TIME

Wednesday 3/12/2025
from 10am-12pm

EL DORADO TRIBAL TANF
532 MAIN ST.
PLACERVILLE, CA 95667

OR
VIA ZOOM:
MEETING ID: 824 4610 9324
PASSCODE: TANFEMP

TRANSPORTATION AVAILABLE UPON
REQUEST

Please RSVP:
Cayce Borges,
Employment Coordinator
cborges@sstanf.org
(916) 760-1663

SHINGLE SPRINGS TRIBAL TANF PROGRAM

Join us for Family Culture Night Walnut Dice Game



Come learn the rules and how to play the Walnut Dice Game with Christina. Christina Almendariz is a Maidu, Wintun Cultural Practitioner that will help guide us.

PART 2

Sacramento Site
March 13, 2025
5pm-7pm

El Dorado Site
March 24, 2025
5pm-7pm

Yolo Site
March 26, 2025
5pm-7pm



RSVP Contact:
Richard Sanchez-
Youth Activity Specialist
rsanchez@sstanf.org or (916) 760-0388



Shingle Springs Tribal TANF

DAUGHTERS OF TRADITION

Friday, March 14th, 2025 5:00-7:00pm
Dipped N Color Splat Studio
1221 Street, Sacramento, CA 95814

Join us for a special Daughters of Tradition off-site experience! As a reward for those who have consistently attended our sessions, we will be heading to Dipped N Color Splat Studio for a fun and creative painting activity. Afterward, we will complete our monthly session over a shared meal at Round Table Pizza in Old Sacramento.



Contact...
PAULINE GHOST
PPEREZ@SSTANF.ORG OR
Text 916-798-9433

Transportation Available

SHINGLE SPRINGS TRIBAL TANF PROGRAM

Take a walk with Nature!



Come take a walk in Nature as we explore our local native plants, along with a free style paint session to conclude the day

March 17, 2025

11am-2pm

Sutters Landing Park

20 28th St, Sacramento CA 95816

TRANSPORTATION AVAILABLE FOR PARTICIPANTS ONLY

To RSVP Contact:
Stephanie Dominguez
Youth Activity Specialist
Sduarte@sstanf.org or
916-397-2554



SHINGLE SPRINGS TRIBAL TANF PROGRAM

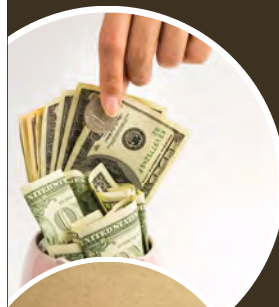
LITTLE Feathers STORY TIME

MARCH 18, 2025 5:00-7:00PM
SACRAMENTO LOCATION



WITH..
PAULINE GHOST
PPEREZ@SSTANF.ORG
OR TEXT 916-798-9433

TRANSPORTATION AVAILABLE FOR PARTICIPANTS



Finance Literacy WORKSHOP

Come and learn about the importance of financial literacy and money management.

DATE AND TIME

Wednesday 3/19/2025
from 10am-12pm

YOLO TRIBAL TANF
1355 HALYARD DRIVE, STE. 180
WEST SACRAMENTO, CA 95691

OR
VIA ZOOM:
MEETING ID: 824 4610 9324
PASSCODE: TANFEMP

TRANSPORTATION AVAILABLE UPON REQUEST

Please RSVP:
Cayce Borges,
Employment Coordinator
cborges@sstanf.org
(916) 760-1663



PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE
SHINGLE SPRINGS
TRIBAL TANF PROGRAM

Beading Circle

Join us for this family formation
learning to flat stitch earrings
with Jeanine Gaines enrolled member of
the Citizen Potawatomi Nation. Ages 12
and up.



PART 2



To RSVP Contact:

Nikki Grant Perez
Family Programming Specialist
nperez@sstanf.org
(530)409-0541

THUR | 20 | 5:00PM-
MAR | MAR | 7:00PM

SACRAMENTO SITE
2033 HOWE AVE,
SACRAMENTO, CA



Finance Literacy WORKSHOP



Come and learn about the importance of
financial literacy and money
management.

DATE AND TIME

Wednesday 3/26/2025
from 10am-12pm

PLACER TRIBAL TANF
1919 GRASS VALLEY HIGHWAY
STE. 110
AUBURN, CA 95603

OR
VIA ZOOM:
MEETING ID: 824 4610 9324
PASSCODE: TANFEMP

Please RSVP:
Cayce Borges,
Employment Coordinator
cborges@sstanf.org
(916) 760-1663

TRANSPORTATION AVAILABLE UPON
REQUEST

SHINGLE SPRINGS TRIBAL TANF PROGRAM

Join us for Family Culture Night Hand Drum Making



SHINGLE SPRINGS RANCHERIA
5281 HONPIE ROAD
PLACERVILLE, CA 95667

ADMIN BUILDING RM #2

MARCH 27, 2025
5PM-7PM

RSVP CONTACT:
PETE OLVERA- (530) 313-0591
PSAOLVERA@GMAIL.COM



SHINGLE SPRINGS TRIBAL TANF Young Mens Drum Group

WITH PHILLIP MOORE
Friday March 28,
5:00pm-7:00pm



RSVP WITH RICHARD SANCHEZ
916-673-8661 or rsanchez@sstanf.org

TRANSPORTATION AVAILABLE
FOR PARTICIPANTS ONLY



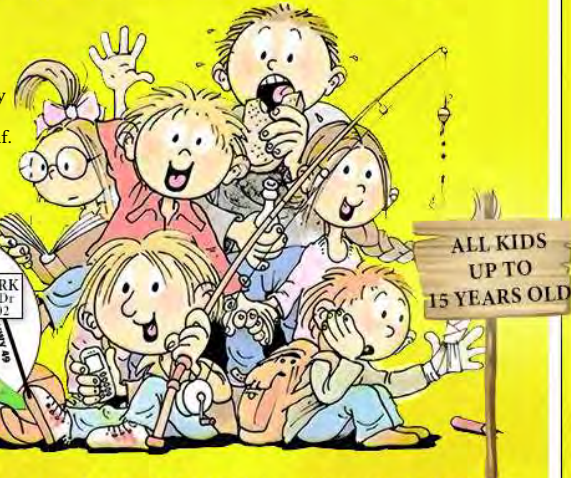
PLACER SPORTSMEN, INC. & AUBURN RECREATION DISTRICT
PRESENT

ANNUAL KID'S FISHING DERBY



SATURDAY, MARCH 29th
Sunrise until 10:30am at Auburn Regional Park

To RSVP
Contact:
Stephanie
Dominguez
Youth Activity
Specialist
Sduarte@sstanf.
org or
916-760-1679



PRIZES + FREE HOTDOGS + SOFT DRINKS!

DRY CREEK ROAD
REGIONAL PARK
3770 Richardson Dr
Auburn, CA 95602

SHINGLE SPRINGS TRIBAL TANF PROGRAM



PARTICIPATION RAFFLE



WANT A CHANCE TO WIN SOME AMAZING
PRIZES?

We are bringing back the participation incentive in the
Prevention Department starting January 2025-April 2025.
Earn one entry per family member each time they attend a
prevention workshop for that month.

MARCH 31, 2025

RSVP Contact:
Ancita Juarez-
Family Programming Specialist
amjuarez@sstanf.org or (916) 760-1668

SHINGLE SPRINGS TRIBAL TANF PROGRAM



EMPLOYMENT SERVICES VIRTUAL OPEN LAB

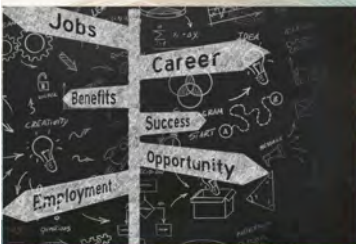
When: Every Thursday for all sites: 3/06, 3/13, 3/20, 3/27
Time: 9:30 am - 11:30 am
Zoom Meeting ID: 899 9781 7825 / Passcode: TANF2025



TOPICS FOR DISCUSSION:

Career Exploration, Aztec online program: Ready for Work & Life Skills, creating/editing resumes, cover letters, job search, filling out employment applications, interview Q & A, job resources, time management, and networking.

For more information please contact:
Tina Wilson, Employment Coordinator
Phone: (916) 760-1678 / Email: vwilson@sstanf.org



SHINGLE SPRINGS
TRIBAL TANF

ANNUAL CAMP-OUT



JUNE 17-20TH

AT NATURE BRIDGE

1033 Fort Cronkhite, Sausalito,
CA 94965

Join us for a fun filled week with amazing views, great food, and
memories to last a lifetime! Contact your Family Advocate to register

GAMES . EXPLORING . OUTDOOR ACTIVITIES

REGISTRATION BEGINS APRIL 16TH

