

DECEMBER 2023

# NEWSLETTER

SHINGLE SPRINGS TRIBAL TANF PROGRAM



## UPCOMING WORKSHOPS & EVENTS

### EMPLOYMENT OPEN LAB

12/6 (ZOOM), 12/20 (ZOOM)

9:00 AM - 11:00 AM

VIRTUAL APPOINTMENT ONLY

Both Employment Coordinators are available for either in person or via Zoom to discuss the following topics: Career Exploration, Aztec program - Ready for Work, Life Skills, Writing Resumes and Cover letters, Job Search, Employment Applications, Career Development, Interview Q & A, Job Resources, Time Management, and Networking

RSVP: Cayce Borges (916) 760-1663, [cborges@sstanf.org](mailto:cborges@sstanf.org) (or)  
Tina Wilson (916) 760-1678, [vwilson@sstanf.org](mailto:vwilson@sstanf.org)



### EDUCATION OPEN LAB

12/7 (PLACER), 12/14 (EL DORADO), 12/18 (YOLO), & 12/19 (SAC)

9:30 AM - 11:30 AM

LOCATED ON EACH TANF OFFICE, VIRTUAL OPTIONS AVAILABLE

This is a safe space to talk about college exploration, vocational schools, FAFSA, scholarships & community resources, time management, networking, GED, adult high school diploma programs, SSR's. For youth we invite conversations around Indian Education, tutoring, Youth Development Fund, attendance & school meetings (IEP, SST, 504plans).

RSVP: Felicia Sanchez (916) 583-5063, [fsanchez@sstanf.org](mailto:fsanchez@sstanf.org) (or)  
Francisco Martinez (916) 760-0382, [frmartinez@sstanf.org](mailto:frmartinez@sstanf.org)



## OPEN BEADING

12/1/2023 •• 10:00 AM - 2:00 PM

Sacramento Site

Let's bead! This workshop is for all of our beaders to work on their beading projects and finish all your beading projects that are unfinished. Employment Department will be teaching about entrepreneurship and how to use social media to help sell items. Exclusive SSTTP bead boxes will be provided to those who attend!

RSVP Contact: Nikki Grant Perez, [Nperez@sstanf.org](mailto:Nperez@sstanf.org) or (530) 409-0541



## HOLISTIC WELLNESS

12/4/2023 •• 4:00 PM - 6:00 PM

Sacramento Site

Join our Holistic Home Wellness class and learn how to create natural household cleaners and detergents. Empower your family with the knowledge to live in a healthier, more sustainable environment. Take the first step towards a more holistic and eco-friendly lifestyle while strengthening family bonds. Don't miss this opportunity to learn and grow together.

RSVP Contact: Nikki Grant Perez, [Nperez@sstanf.org](mailto:Nperez@sstanf.org) or (530) 409-0541



## 2024 VISION BOARD & PLANNING

12/5/2023 •• 10:00 AM - 1:00 PM

Sacramento Site

This event is to assist participants with planning the next year. We will be discussing 5 major areas of life: Career, Learning/Education, Family, Well Being, and Spirituality. We will be using poster board, magazines, and planning journals as tools. Food will be provided.

RSVP: Cayce Borges (916) 760-1663, [cborges@sstanf.org](mailto:cborges@sstanf.org) (or)  
Tina Wilson (916) 760-1678, [vwilson@sstanf.org](mailto:vwilson@sstanf.org)



## BEADING CIRCLE WITH JEANINE GAINES

12/5/2023 •• 4:00 PM - 6:00 PM

Sacramento Site

Join this family formation workshop to finish all your unfinished projects throughout the year with the support of Jeanine Gaines. Jeanine can assist in finishing your decorative touches on your projects. Projects could be used as gifts for family and friends.

RSVP Contact: Nikki Grant Perez, [Nperez@sstanf.org](mailto:Nperez@sstanf.org) or (530) 409-0541



## **INFORMATIONAL FASFA WORKSHOP**

**12/6/2023 • 3:00 PM - 4:30 PM**

Sacramento Site

This event is to assist participants who are planning on attending college in the fall or spring of 2024. We will go over the importance of filling out the FASFA, the different types of grants that are offered to students. We will also cover how to apply for financial aid and what the important deadlines are.

**RSVP: Felicia Sanchez (916) 583-5063, fsanchez@sstanf.org (or)  
Francisco Martinez (916) 760-0382, frmartinez@sstanf.org**



## **SACRAMENTO HISTORY MUSEUM TOUR**

**12/8/2023 • 10:00 AM - 1:00 PM**

Sacramento History Museum

Join US ON a TOUR OF the Mómtim Péwinan, River People, curated by the Shingle Springs Band of Miwok Indians Exhibits & Collections Center. We will also have an old Sacramento scavenger hunt.

**RSVP Contact: Ancita Juarez, Amjuarez@sstanf.org or (916) 760-1668**

SACRAMENTO  
**HISTORY  
MUSEUM**  
*YOUR STORY LIVES HERE*



## **DREAM CATCHERS WITH CHANDRA CORTEZ**

**12/11/2023 • 5:00 PM - 7:00 PM**

Sacramento Site

Dream Catchers are not just art; they are a symbol of hope, protection, and cultural richness. Join us to craft your very own Dream Catcher and carry a piece of its magic with you.

**RSVP Contact: Pauline Ghost, Pperez@sstanf.org or (916) 760-0063**



## **NATIVE DANCE FITNESS - CYCLEBAR**

**12/7/2023 • 11:15 AM - 1:15 PM**

Off Site

Join us for this exclusive trip to the cycle bar with Abby Tayaba from Shingle Springs Band of Miwok Indians. First session at the cycle bar is free and is an hour long session. Space is limited and rsvp is required for registration

**RSVP Contact: Nikki Grant Perez, Nperez@sstanf.org or (530) 409-0541**





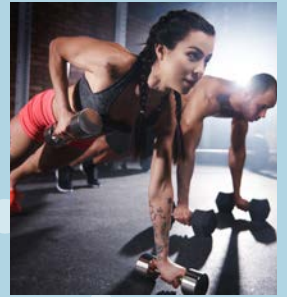
## **NATIVE DANCE FITNESS**

**12/13/2023 •• 11:30 AM - 1:30 PM**

Sacramento Site

Abby Tayaba will incorporate traditional values with fitness. This is a health & wellness program, which is dedicated to helping people with the life skills of health and wellness and exploring fitness coaching.

**RSVP Contact: Nikki Grant Perez, [Nperez@sstanf.org](mailto:Nperez@sstanf.org) or (530) 409-0541**



## **YOUTH NATIVE WELLNESS**

**12/14/2023 •• 5:00 PM - 7:00 PM**

Sacramento Site

Come join us for a fun night of youth wellness and team building. We will be discussing curriculum from the Native Wellness Institute.

**RSVP Contact: Stephanie Garcia, [sduarte@sstanf.org](mailto:sduarte@sstanf.org) or (916) 397-2554**



## **NATIVE STOCKINGS WORKSHOP**

**12/18/2023 •• 4:00 PM - 6:00 PM**

Sacramento Site

Come and join us at the Sacramento Site to work on creating Native Stockings for the holiday season.

**RSVP Contact: Ancita Juarez, [Amjuarez@sstanf.org](mailto:Amjuarez@sstanf.org) or (916) 760-1668**



## **RIBBON SKIRT SEWING WORKSHOP**

**12/19/2023 •• 11:00 AM - 2:00 PM**

Sacramento Site

We are offering beginner courses to build your confidence using a sewing machine. Everything is provided including fabric, accessories, and use of a sewing machine. (You are welcome to use your own machine and/or purchase fabric to your taste). We will be making Ribbon Skirts this month!

**RSVP Contact: Stephanie Garcia, [sduarte@sstanf.org](mailto:sduarte@sstanf.org) or (916) 397-2554**





## SHINGLE SPRINGS TRIBAL TANF

# ANNUAL WINTER SOLSTICE

PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE

BRING THE WHOLE FAMILY FOR TANF'S ANNUAL WINTER SOLSTICE GATHERING. WE WILL BE MAKING NECKLACES WITH COYOTE TEETH AND BONES ALONG WITH OTHER FAMILY FUN ACTIVITIES FOR YOUTH OF ALL AGES. ENJOY A SPECIAL KEYNOTE SPEAKER!

ALL FAMILIES MUST RSVP BY  
FRIDAY DECEMBER 15, 2023

RSVP:  
MAURICE MONTOYA,  
PROJECT SPECIALIST  
(916)760-1666  
MMONTOYA@SSTANF.ORG

**21ST**  
DEC

**4:00PM-7:00PM**

LOCATION:  
MAC POWELL EVENT CENTER  
2003 HOWE AVENUE,  
SACRAMENTO, CA 95825

Transportation is available to attend workshops! You must request transportation in advance. TANF program participants are the only ones that transportation can pick up and drop off.

## Tribal TANF Office Addresses and Phone Numbers

### Sacramento Site

2033 Howe Ave, STE, 100  
Sacramento, CA 95825  
(916) 760-1660

### El Dorado Site

532 Main Street  
Placerville, CA 95667  
(530) 683-0110

### Yolo Site

1355 Halyard Dr. STE, 180  
West Sacramento, CA 95691  
(916) 741-5056

### Placer Site

1919 Grass Valley  
Hwy, STE, 110  
Auburn, CA 95603  
(530) 820-0141