

# MONTHLY NEWS

The latest news and updates from SBX Youth & Family Services



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## ACKNOWLEDGING WOMEN'S HISTORY MONTH

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## COMMUNITY LIT DROPS!

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## EVENTS COMING UP IN MARCH

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## MENTOR'S CORNER: WORDS FROM OUR CURRENT MENTORS

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## VP of Operations shares her testimony for Women's History Month

### Berenice Zuniega

Being a woman has not always been a positive characteristic when I would describe myself. For most of my childhood and young adult life being a female felt like a burden. Most of the women in my family were stay-at-home moms who tended to their husband and children, including my mother. Contrary to cultural norms of my external family, my dad instilled values in me that promoted self-sufficiency and independence. [cont. on pg. 3]





## Free PPE & Community Lit Drops

SBX has been working hard to share information about our services during this period of social distancing. We have made over 350 door-to-door literature drops with additional PPE supplies for our community. Our goal is to reach 4,000 households all across the Inland Empire.



## Breathe I.E.

There has been 333,000 people diagnosed with Asthma here in the Inland Empire. That is 333,000 too many! Breathe IE is here to help people recognize their triggers to help future medication costs and emergency room visit costs. Help us help you! Learn more about asthma with us. Sign up today! Call us at 951-477-1900 or visit [sigmabetaxi.com/breatheie](http://sigmabetaxi.com/breatheie)

## Mentor's Corner

Interview with Youth Mentor Akosua Atuahene

**What experiences in your life led you to be a mentor?**

As a young person I was going there a lot mentally and emotionally. I always felt that no one understood me and if they did understand me, they were judging me. I had a lot of dark moments where light did not exist. I was fortunate to cross paths with a teacher who illustrated to me the value of endurance. He always provided me with leadership opportunities and various ways for me to strengthen my voice and expand my creativity. But most of all he was someone I could talk to, someone who listened, and someone who cared. I want to be what he was for me, a supportive adult who cares for someone else.

**How has being a mentor impacted your life?**

"Experience as a mentor has allowed me to gage the needs of young people and the community they live in through their eyes. As time changes so do the basic needs, rights, and responsibilities that our young people should have. Being a mentor has led me to become your advocate, not only for the youth but the community at large.

**Can you tell me about a standout moment with a mentee?**

The most significant moment I encounter as a mentor is seeing my mentees in their cap and gown. Watching them walk across the stage with the crowd cheering because of how proud we all are with the endurance and dedicated is an amazing feeling

**What would you like the communities you serve to know about our youth?**

I would like for the community to know that the young people we serve are being given the tools and skills needed to walk down the journey we call life, confidently and in their own skin! A person's biggest need is support and that's just what we offer.

If you or someone you know could benefit from a mentor call us today to learn more at 951-247-1700

# Riverside County Vaccine Information

According to the Riverside University Health System, a number of vaccines are being developed to protect against COVID-19. While the development of COVID-19 vaccines has proceeded rapidly to help save lives, none of the steps in place to test vaccines for safety have been skipped. Two of those vaccines, one from Pfizer and one from Moderna, tested their vaccines over 70,000 people altogether from many walks of life and ethnicities to make sure they were safe and effective. After following the groups for a period of time, scientists were able to show that the groups that received real vaccine were protected against COVID-19. The two vaccines were

around 95% effective at preventing COVID-19 without causing serious side effects. For more FAQs and to schedule your vaccine visit: [ruhealth.org](http://ruhealth.org). See below for distribution phases being administered in Riverside County as of 3/12/2021.

**COVID-19 Vaccination Distribution Phases**

**PHASE 1A** Persons at risk of exposure to SARS-CoV-2 through their work in any role in direct health care or long-term care settings.

**Vaccinating Now**

- Healthcare workers
- Long-term care Residents

**PHASE 1B**

**Vaccinating Now**

- Persons age 65 years and older

**Workers in the following sectors:**

- Education & childcare
- Food and agriculture
- Emergency services

**State Approved Categories**

- Individuals 16 - 64 years of age and have an underlying health condition or disability which increases their risk of severe COVID-19
- Public transit workers
- Janitorial/Custodial service workers

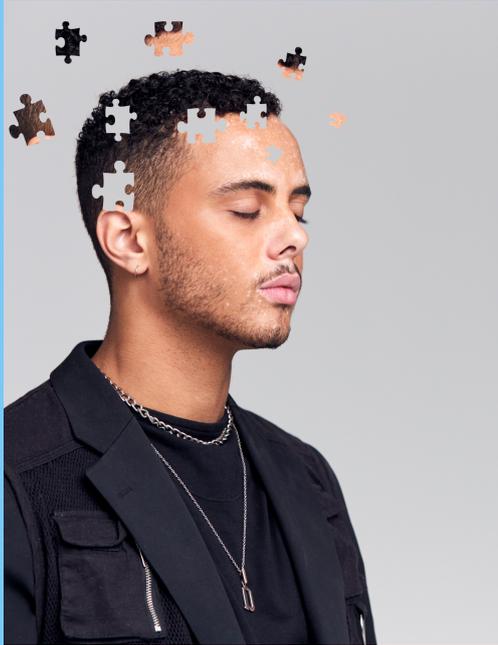
Recommended by CDPH [Covid19.ca.gov/vaccines/](http://Covid19.ca.gov/vaccines/) Currently, there are limited supplies of the vaccine. This information will be updated when supplies improve. Revised 3/12/2021

## VP of Operations shares her testimony for Women's History Month

[cont.] His motivation was to break those cultural and societal gender roles by parenting me very much like a father would parent a son. In other words, I developed a “machismo” mentality that hindered my ability to relate to other women and emasculated my romantic partners. By the time I reached my 30’s, I was married with four kids and had a picture-perfect life. What most people could not see was that I had become so unhappy after years of depriving myself of the beauty of being a woman. I had assimilated into a man’s world and developed a hatred towards myself for being just a woman. Through my work at SBX as Vice President and a mentor to hundreds of broken young people, I felt my own pain that I had suppressed my entire life. I found healing through other people’s healing. Then, one day my path led me to God. My story ended there but my legacy began. A legacy that embraces every part of my womanhood because women CANNOT do it all, but we CAN do things that men cannot. Today, I wear many hats, some from my past and some that are new. The only thing that has changed is that I wear them like a lady. I am powerful when I am vulnerable, I am uplifting when I ask for help, I am influential when I speak softly, and I am unstoppable when I respond with love. I am a woman that is no longer trying to have a seat at their (men) table. I am building a pretty pink one for all of my sisters!

Berenice Zuniga  
 VP of Operations, Director of Special Programs  
 SBX Youth & Family Services

# Mental Health Wellness Tips



## 4 All-Star Tips for Working Remotely

We all know too well that remote work can bring feelings of isolation and burnout. Try these workspace hacks to get your mind decluttered:

1. Set a routine. Try thinking of 5 key steps to get your work day started.
2. Over-communicate with your team. This is more important now more than ever!
3. Clean up your home! Working from home can feel like you are working 24/7 but don't forget you need to give some time to taking care of yourself and your home.
4. Have your Tech Stack ready. Organize your workspace to get your work flowing smoothly. Try cleaning up your workspace at the end of each day and make it part of your routine.

# Monthly Events

## Her Awards Night 2021

Wednesday, March 31st @ 6:30pm

## Inland Empire Antiracist Summit

Wednesday March 17th @ 5pm



Contact SBX Youth & Family Services:  
 Address: 14340 Elsworth Street, Suite B104 Moreno Valley, Ca 92553  
 Office Phone: 951-247-1700 or Text Info to: 951-406-4466  
 email: [admin@sigmabetaxi.com](mailto:admin@sigmabetaxi.com)  
[sigmabetaxi.com](http://sigmabetaxi.com)

# YOUTH

# NOW

## SBX YOUTH IN ACTION

IECYJ

IE Coalition for Youth Justice

IS LOOKING FOR  
YOUNG PEOPLE TO  
ENTER A LOGO  
CONTEST

Enter for a chance to win \$100  
visa gift card

Create an IECYJ logo with the colors light blue &  
yellow that represent our vision:

"Create a safe and healthy environment that gives youth the  
resources to grow and thrive through education, uplifting youth  
voices, advocacy, capacity building, and community service."

Submit to [justicesandoval@sigmabetaxi.com](mailto:justicesandoval@sigmabetaxi.com)

Submit by:

03/31/21

### HOOD TALK: LOVE IN RAGE

Our next Hood Talk will focus on our emotions and how to channel them in a healthy way. We will discuss ways to express feelings like anger and rage.

Date: Tuesday, March 30th @5pm.

To join please email Justice at [justicesandoval@sigmabetaxi.com](mailto:justicesandoval@sigmabetaxi.com)

SIGMABETAXI.COM



@sbx.youthaction



SBX: Youth & Family Services



@SigmaBetaXiinc



## let's talk about sex, a youth-led workshop

This month's youth-led workshop was a success! One of our SBX mentors Tamara Paige, and mentees Pelumi, hosted a workshop called: "Let's talk about sex", which went very well! With 10 other students attending, Tamara and Pelumi lead the workshop digging deeper on our young people's perspective of sex. Our workshops are typically an hour to an hour and a half, but some of our young people had so many questions that we found ourselves hanging out for two and a half hours. We touched on peer pressure, the precautions that comes with birth control, contraceptives, puberty, and more.

The IE Coalition for Youth Justice (IECYJ) has started hosting a youth group to discuss social justice issues that affect young people in our community. We have learned all about the patriarchy and how it affects young people today such as dress code violations in school. If you would like to join our next meeting or learn more about the space, please email Justice at [justicesandoval@sigmabetaxi.com](mailto:justicesandoval@sigmabetaxi.com)

## youth action group



follow us on social media

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