

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>Food Distribution</b>
3	4	5 <b>Food Distribution</b>	6	7 <b>Food Distribution</b>	8	9 <b>Food Distribution</b>
10	11	12 School 1/2 day	13	14 <b>Food Distribution</b>	15	16 <b>Food Distribution</b>
17	18	19 <b>Food Distribution</b>	20	21 <b>Food Distribution</b>	22	23 <b>Food Distribution</b>
24 31	25	26 <b>Food Distribution</b>	27	28 <b>Food Distribution</b>	29 NO SCHOOL	30 <b>Food Distribution</b>

## PAUMA VALLEY COMMUNITY EVENTS

**Food Distribution**  
 Tuesdays 5 & 19 12 pm– 1 pm  
 16650 Hwy 76,  
 Pauma Valley, CA 92061

**Food Distribution**  
 Thursdays 10 am—11am  
 Pala Mission Church  
 11800 Mission Rd  
 Pala, CA 92059

**Food Distribution**  
 Saturdays 8:30 am—9:30 am  
 4th Saturday 12:30 pm—2pm  
 St Stephen’s Church  
 31020 Cole Grade Rd  
 Valley Center, CA 92082

**Food Distribution**  
 4th Tuesday 2pm  
 Pauma Valley Community Church  
 32077 Community Church Dr  
 Pauma Valley, CA

CALL 211 FOR MORE RE-  
 SOURCES

For more events in your community  
 visit: [WWW.SDCL.ORG](http://WWW.SDCL.ORG)

In collaboration with:  
 Neighborhood Healthcare  
 28477 Lizard Rocks Rd,  
 Valley Center, CA 92082



### This Months Wellness Themes:

National Depression Screening Day  
 National Bullying Prevention Month  
 National Breast Cancer Awareness Month  
 Domestic Violence Awareness Month

Red Ribbon/Drug Prevention Awareness  
 Pregnancy and Infant Loss Awareness  
 National ADHD Awareness Month



# Octubre 2021

Follow us on:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)  
[vistahillsmartcareblog.wordpress.com](http://vistahillsmartcareblog.wordpress.com)

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
					1	2 <b>Distribución de Comida</b>
3	4	5 <b>Distribución de Comida</b>	6	7 <b>Distribución de Comida</b>	8	9 <b>Distribución de Comida</b>
10	11	12 Escuela medio día	13	14 <b>Distribución de Comida</b>	15	16 <b>Distribución de Comida</b>
17	18	19 <b>Distribución de Comida</b>	20	21 <b>Distribución de Comida</b>	22	23 <b>Distribución de Comida</b>
24	25	26 <b>Distribución de Comida</b>	27	28 <b>Distribución de Comida</b>	29 No Escuela	30 <b>Distribución de Comida</b>
31						

## EVENTOS COMUNITARIOS EN PAUMA VALLEY

**Distribución de Comida**  
 Martes 5 y 19 12 pm– 1 pm  
 16650 Hwy 76,  
 Pauma Valley, CA 92061

**Distribución de Comida**  
 Jueves 10 am—11 am  
 Pala Mission Church  
 11800 Mission Rd  
 Pala, CA 92059

**Distribución de Comida**  
 Sabado 8:30 am—9:30 am  
 4to Sabado 12:30 pm—2pm  
 St Stephen’s Church  
 31020 Cole Grade Rd  
 Valley Center, CA 92082

**Distribución de Comida**  
 4to Martes 2 pm

Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.SDCL.org](http://www.SDCL.org)

### Mes de concientización sobre:

- Día para Revisar su Estado de Animo**
- Concientización Prevención del Acoso Escolar/Bullying**
- Concientización sobre el Cáncer de Mama**
- Concientización sobre la Violencia Doméstica**
- Red Ribbon / Prevención del Abuso de Drogas**
- Concientización Sobre el Embarazo y Pérdida Infantil**

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