



PEACEFUL MARCH TO LIFT UP YOUTH VOICES

On September 12, Public Health Advocates and various youth empowering organizations in Stockton are hosting a youth march. Police injustice and brutality continues to be a major issue within Black and Brown communities in the United States, and this march is designed to give the youth in Stockton a constructive environment for their voices to be heard. The march intends to bring awareness to topics of sensitivity such as, the over-bearing presence and population of police officers on public school campuses, the lack of accountability that has been present from local-level elected officials, and their inability to follow through on policies that our youth are in need of.

With this march, we are aiming to prioritize youthful voices with hopes of encouraging them to take stances against the injustice present in their communities. However, there is strength in numbers, and we ask anyone, regardless of age, to join us in solidarity as we push to create change and make our communities healthier and safer for all its members. We look forward to seeing many young and energetic faces out at the march and hope you can come out and support. We are a couple weeks away and ask that if you are interested in participating to be on the lookout for this flyer in the community and pass it on to the young people you know!



COMPASSION
NON-VIOLENCE
COMMUNITY
JUSTICE
EQUALITY

UPCOMING EVENTS:

September 2020

- 1:** REACH Steering Committee Meeting @ 5PM
- 10:** FOR Healing Youth Leadership @ 5:30PM
- 17:** Community Leadership Workgroup @ 5:30PM
- 24:** FOR Healing Youth Leadership @ 5:30PM

October 2020

- 6:** REACH Steering Committee Meeting @ 5PM
- 8:** FOR Healing Youth Leadership @ 5:30PM
- 13:** Clergy Network Meeting @ 5:45 PM
- 15:** Community Leadership Workgroup @ 5:30PM
- 22:** FOR Healing Youth Leadership @ 5:30PM

***Note:** All meetings will be taking place virtually. Please contact your meeting coordinator for a Zoom meeting link.

Food Distribution

- Mayfair SDA Senior Brown Bag Distribution: 2nd & 4th Fridays

THE BLACK TABLE

On July 1, 2020 Stockton REACH called on Black community organizations, businesses, and community leaders to join a virtual meeting to discuss current issues affecting Stockton and how we can all work together to provide solutions. This on-going conversation is known as The Black Table. The Black Table is made up of members of all ages and creates a space for all voices to be heard. The group is currently working to build workgroups that address the many areas that can be even better in our city.

The Black Table will be featured in this year's Stockton Black Family Day celebration on Labor Day Weekend, September 5-7, as a community panel. During this panel, the Black Table will be sharing experiences of what it is like to work, live, and play in Stockton.

The Black Table meets twice a month on the 1st and 3rd Wednesday from 11:00 am-12:00 pm.

For more information on how to get connected to The Black Table, please contact Ericka Dorsey at ED@PHAdvocates.org or 844-962

CURRENT MEMBERS:

NAACP- Stockton Branch
Balloons Over Bullets
Stockton African American Chamber
Amelia Ann Adams Whole Life Center
Faces of Resilience Youth Group
Stockton Black Family Day
Flourishing Families Inc.
Faith in the Valley
Be Smooth Inc.
The Owl Movement
Brandie Moore- Community Member
Lia McCoy- Community Member
SynJohn Sears- Community Member



BREASTFEEDING LOWERS HEALTH RISKS FOR MOM & CHILD

Although we celebrated breastfeeding nationally in August, the benefits of breast milk are important to highlight every month because they are directly related to so many health disparities. For instance, September is Childhood Cancer Awareness Month. According to several studies, breastfeeding lowers the risk of cancer in children, particularly leukemia. This information is not widely known but is just one of the many reasons to give babies that liquid gold for as long as you can!

October is Breast Cancer Awareness Month, a month that we continue to create awareness around the devastating disease that effects so many. It has been proven that breastfeeding reduces risk of developing breast cancer in women who have breastfed at least 12 months (for any or all of their children) reducing their rate of developing breast cancer by 4.3%. This number continues to grow for additional months of breastfeeding up to 25%. This means that the longer you breastfeed each baby, the lower your rate of developing breast cancer could be. It is pretty amazing that your body has the ability to not only nourish your baby, but also keep you AND your baby healthy! That's nature at its best!

6 TIPS FOR STUDENTS TO IMPROVE DISTANCE LEARNING

1) BE POSITIVE

It's tough having to learn in a totally new environment. Any stress students had about learning is now doubled, so having a positive attitude will help students believe in themselves and improve their results.

2) Find or create a quiet place to learn

It is very tempting to just attend class from the comfort of your bed but finding your own quiet seated area to learn will help you stay engaged and focused longer.

3) Ask questions in the chat

Just like you should raise your hand in the classroom, never be afraid to ask questions in the chat. Not only is it less embarrassing, you're also not going to forget what you must ask when the teacher is finally able to answer you.

4) Take brain breaks

Every few hours remember to move around and do some stretches to keep your body engaged while giving your eyes and brain a little rest. You will feel less burnt out at the end of the day!

5) Keep calm through technical difficulties

Everyone is relying on technology more than usual. You have to expect that sometimes the Wi-Fi will crash, the audio will disappear, or your battery will die. Don't panic. With a level head it will be easier to find out how to fix the problem. Ask for help, your teacher will understand.

6) Afterschool get active!

Your body is used to walking around the campus from class to class throughout a normal school day. Stay healthy after virtual school by taking a walk around your home or playing outdoors!

REACH PARTNER DIRECTORY

Faith-Based Partners

Harvest Church Ministries

Mayfair Seventh Day Adventist

Hope Church

Shiloh Delta Valley Church

The Open Door House of Prayer Ministries

Victory In Praise

Wings of Healings Christian Center

Valley View Church of Christ

Holy Kingdom of Praise Ministries

Greater White Rose C.O.G.I.C

CBO Partners

Conway Homes Resident Council

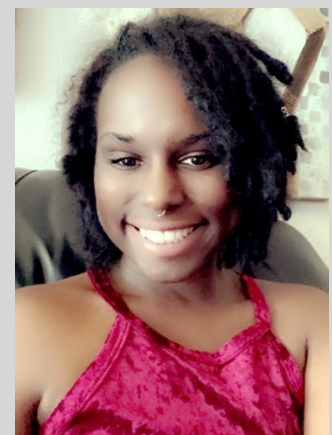
Emerald Pointe Townhomes

North Stockton Bengals

TEAM Charter Bianchi

Teen IMPACT Center

BREASTFEEDING PEER COUNSELOR SPOTLIGHT



Khadija Fox is a mother of three, all of whom she breastfed. After seeing how she has been able to help her friends and family in their birthing and breastfeeding journeys, she is now in the process of becoming a Doula (A woman who provides guidance and support to pregnant women during labor).



PHAdvocates.org



@PHAdvocates



@WeArePHA



@wearephadvocates



@reachsanjoaquin



stocktonreach.org