

YWCA IS ON A MISSION

eliminating racism
empowering women
ywca

Contra Costa/Sacramento
FY2025-2026 | Q-1

YWCA: Advocacy Update (YWCA National)

YWCA's commitment to racial justice and civil rights runs deep

Since the 1800s, Black and Native women have been providing leadership in YWCA's movement, and because of the leadership of women of color, in 1946 YWCA began working for integration throughout the organization, adopting an "interracial charter" that established that "wherever there is injustice on the basis of race, whether in the community, the nation, or the world, our protest must be clear and our labor for its removal, vigorous, and steady."

That work culminated in the creation of YWCA's One Imperative in 1970:

To thrust our collective power towards the elimination of racism, wherever it exists, by any means necessary.

Today, we remain committed to ensuring that everyone is afforded equal protection under the law, and our intersectional mission to eliminate racism and empower women demands that we show up to advocate against the oppression that many groups and individuals endure, including through recognizing the interconnected experiences of discrimination and disadvantage that women face from their overlapping identities. Too often, stereotypes, biases, and racial power dynamics are embedded in our laws and public policies. They are also reflected in the use of racial profiling, heightened surveillance tactics, targeted enforcement strategies, and other practices that increase policing of certain racial and ethnic communities (but not others) that lead to criminalization and often the death of people of color.

At YWCA, we demand a world of equity and human decency.

We envision a world of opportunity. We commit ourselves to the work of racial justice. We will get up and continue to do the work until injustice is rooted out, until institutions are transformed, until the world sees women, girls, and people of color the way we do: Equal. Powerful. Unstoppable.

<https://www.ywca.org/what-we-do/racial-justice-civil-rights>

Visit www.ywca.org to learn more or contact advocacy@ywca.org with additional question

Calendar of Events

July:



4th- All sites closed due to 4th of July holiday

29th- First day of school (OUSD/BUSD)



August:

6th- First day of school (AUSD, PUSD, MDUSD)

19th- First day of school (WCCUSD)

September:



1st- All sites closed due to Labor Day holiday

18th- Parent orientation Meeting (all sites)

Meet our YWCA Contra Costa / Sacramento Board of Directors and Staff Members

Affectionately known as "Ms. E," I have proudly served as the Site Supervisor at the YWCA Mary Rocha Center since February 2025. Although I'm new to the YWCA, I bring over 20 years of experience in education, with a strong foundation in both Elementary and Early Childhood settings. Early in my career, I discovered my passion for early education and made a commitment to being a child-centered educator. My teaching philosophy is rooted in supporting children as they actively engage with the world around them, finding joy in learning while honoring their unique individual needs.



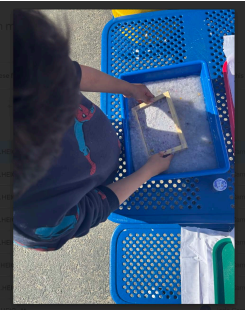
I currently hold a Site Supervisor Permit with the State of California and am qualified to receive a credential as a Master Teacher with an emphasis in both Infant/Toddler Development and Children with Exceptional Needs. I am also continuing my professional growth by pursuing a bachelor's degree in early childhood education.

Erica Meadors
Site Supervisor
YWCA Mary Rocha

YWCA Childcare Curriculum



In the month of April we learned about our environment. We learn how to conserve water and energy. The children created new items with recycled materials.



In the month of June we learned all about food and nutrition.



In the month of May the children learned about different animals. Some of our sites had visits from local petting zoos.



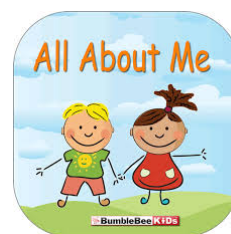
Curriculum



Each month has a new theme that will be explored with the children. You can find the weekly lesson plans on the parent board in your child's classroom

July: Transportation

August: Sports



September : All about ME!

Parenting:

Back-to-School Tips for Families



Make the first day of school easier for kids.

Take your child to visit the new school or classroom before the first day of school. Attend any orientations you can and take an opportunity to tour the school. Also consider taking your child to school a few days prior to class to play on the playground to help them feel comfortable. Many children get nervous about new situations, including changing to a new school, classroom or teacher. It can be helpful to rehearse heading into the new situation.

Remind your child that teachers know that students may be nervous about the first day of school; they will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem-solve ways to master the new situation.

Point out the fun aspects of school starting to help your child look forward to the first day of class. Talk about how they will see old friends and meet new ones, for example.

Find another child in the neighborhood you child can walk to school or ride with on the bus. If you feel it is needed, drive your child (or walk with them) to school and pick them up on the first day. Get there early on the first day to cut down on unnecessary stress.

Develop a healthy sleep routine.

Help your child adjust to earlier bedtimes a week or two before the new school year starts, just to help them ease into new routines. Set a consistent bedtime for your child and stick with it every night. Getting enough sleep is critical for kids to stay health and be successful in school. Not getting enough sleep is linked with lower academic achievement, as well as higher rates of absenteeism and tardiness.

Create a bedtime routine that is consistent to help your child settle down and fall asleep. For example, a calming pre-bedtime routine may involve a bath/shower, reading with them, tucking them in and saying goodnight.

Have your child turn off electronic devices well before bedtime. Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/back-to-school-tips.aspx>



**Mental Health
Counseling**

How can I get the school district to evaluate or assess my child?

Your school district has an obligation to “identify, locate and evaluate” all children with disabilities who may be eligible for special education, including those who are attending private schools or are homeless or wards of the court. This is called “Child Find.” If the district has a reason to suspect that your child may have a disability, it has its own duty to conduct a full evaluation to determine her eligibility. The threshold for suspecting a disability is relatively low. The district must assess a student based on a suspicion of disability and consequent need for services, not whether a student actually qualifies for special education services.

You can also make a referral for assessment at any time. Send a written, dated referral to your local school administrator (for example, the principal or special education program consultant); outline your areas of concern about your child’s suspected disability and request an “evaluation” or “assessment.” Follow up with a phone call to ensure the school district is aware of your referral and to remind them of the timeline they must follow.

Once the school district receives your written referral for assessment, the assessment process must begin. A referral is defined as any written request for assessment by a parent, guardian, foster parent, teacher, or other service provider. Under California regulations, all written referrals shall initiate the assessment process. If you call or speak to school staff to make a referral, the school district must offer to put your request in writing.

MDUSD: Preschool Assessment Center 925- 685-1960
PUSD Special Education (925) 473-2300 x2515
AUSD 925-779-7500
WCCUSD Special Education (510) 307-4630
BUSD 925.513.6319

YWCA offers the following Therapy Services:

Individual Therapy, Family Therapy,
Group Therapy, Child Play Therapy

Experienced Professionals for:

Domestic Violence, Substance Abuse,
Parenting Skills, Depression, Anxiety,
Post Traumatic Stress, Death & Dying

YWCA provides services to meet your needs.

**For more information please call:
(925) 372-4213 x 116**

*Block Grant funding is provided by the Community Development
Block Grant (CDBG) Family Empowerment Program.*

Mental Health topics are taken from the “Desk Reference to the
Diagnostic Criteria from DSM-IV-TR®

sacramento / community events

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Admin / Mental Health / Sacramento

Administrative Office
YWCA of Contra Costa County
1320 Arnold Dr. #170
Martinez, CA 94553

Hours: Monday through Thursday
8:00am to 4:30pm
Phone: (925) 372-4213

Chief Executive Officer:
Mobile: (925) 323-5106
Fax: (925) 387-8606

Nancy J. Atkinson
e-mail: njabirds@aol.com

HR Generalist/Executive Assistant:
Phone: (925) 372-4213 x123

Dominica Dailey
e-mail: ddailey@ywcacccc.org

Finance Specialist
Phone: (925) 372-4213 x113

June Nakatani
e-mail: jnakatani@ywcacccc.org

Administrative Assistant / Behavioral Health:
Mobile: (925) 839-0313

Michelle Cendejas
e-mail: m2cendejas@ywcacccc.org

Assistant Executive Director for Childcare:
Mobile: (925) 839-0868

Michelle Manning
e-mail: mmanning@ywcacccc.org

Program Director:
Mobile: (925) 514-9323

Racheal Mercado
e-mail: rmercado@ywcacccc.org

Enrollment Clerk:
Mobile: (925) 374-2007

Suleyma Cisneros
e-mail: ywcaenrollment@ywcacccc.org

YWCA Sacramento
1122 17th Street
Sacramento, CA 95811

Property Manager:
Phone (new): (916) 800-9773
email: cperales-hughes@ywcacccc.org
Mgmt Hrs: M-F 8:30am – 12:30pm

Claudia Perales-Hughes

Resident Associate
Thursday to Monday 7:00pm to 9:00pm

Nora Legg

YWCA Sites & Services

Freedom—#073401260
1050 Neroly Road
Oakley, CA 94561

Childcare, State Preschool
Ages: 2 to 4 years
Hours: 8:00am to 5:00pm
Phone: **(925) 839-0155**

Mary Rocha—#070213850
931 Cavallo Road
Antioch, CA 94509

Childcare, State Preschool
Ages: 3 to 4 years
Hours: 8:00am to 5:00pm
Phone: **(925) 507-5559**

Bay Point—#070207103
225 Pacifica Avenue
Bay Point, CA 94565

Childcare, State Preschool
Ages: 2 to 4 years
Hours: 8:00am to 5:00pm
Phone: **(925) 839-3156**

Delta—070213769
605 Pacifica Avenue
Bay Point, CA 94565

Childcare, State Preschool
Ages: 2 to 4 years
Hours: 8:00am to 5:00pm
Phone: **(925) 839-3186**

Hidden Valley—#070211880
510 Glacier Drive
Martinez, CA 94553

School Age Program
(Private)
Ages: TK to 2nd Grade
Hours: 8:00am to 5:30pm
Phone: **(925) 374-2838**

Richmond—#070209900
3230 Macdonald Avenue
Richmond, CA 94804

Childcare, State Preschool
Ages: 2 to 4 years
Hours: 8:00am to 5:00pm
Phone: **(510) 621-8550**

Sacramento
1122 17th Street
Sacramento, CA 95811

Residential Facility
Hours: 8:00am to 7:00pm
Phone: **(916) 800-9773**

WE ARE A
COMMUNITY



YWCA Administrative Office
1320 Arnold Dr. #170, Martinez, CA 94553

Hours: Monday-Thursday, 8:00am to 4:30pm
Phone: (925) 372-4213 Fax: (925) 387-8606

Visit us on the web: www.ywcacccc.org
E-mail us: info@ywcacccc.org