

## HEAL Winter 2018 Resident and Youth Leader Learning Community

Saturday, December 8, 2018 | Marriott Hotel Riverside | 9:00 am – 4:00 pm

### OBJECTIVES

1. Participants will celebrate their family activism and activism “for life”;
2. Participants and speakers will share ideas on how to involve youth, their efforts to combat discrimination, and their vision for community building ;
3. Participants will learn about the importance of “resident leadership” related to sustainability of the work in HEAL communities.

### AGENDA

<b>8:15 – 9:00 am</b> <i>Regency Salon II</i>	<b>Optional Zumba Session with Partners and Resident Leaders</b> Join us for an energizing Zumba session, led by Riverside REAL and RCHF Leaders.
<b>9:00 – 9:30 am</b> <i>Grand Ballroom</i>	<b>Breakfast, Registration and Hotel Check-Out</b> <i>When checking out of the hotel rooms, we encourage you to leave your suitcases with the front desk or take them to your vehicles. Additional seating for meals is available in the Orangecrest and Salon I breakout rooms.</i>
<b>9:30 – 10:00 am</b>	<b>Welcome and Introduction</b> Councilmember Andy Melendrez, City of Riverside
<b>10:00 – 10:45 am</b>	<b>Lessons from Resident Leaders: A Conversation facilitated by Noell Garcia</b> Hilda Gaytán, North Long Beach HEAL Zone Tammy Amezola, Ontario HEAL Zone Norma Mayoquiqui, Eastside Riverside HEAL Zone  Please join a lively conversation with three amazing resident leaders from different HEAL communities, moderated by Noell Garcia. These long-time HEAL resident leaders will share their insights about the importance of resident leadership in HEAL communities, secrets to their success and thoughts on how to sustain community change and resident activism!
<b>10:45 – 12:00 pm</b>	<b>Morning Breakout Sessions: Lived Experiences in HEAL Communities</b>
<i>Regency Salon II</i>	<b>Building and Sustaining Relationships with City Government</b> Councilmember Andy Melendrez, City of Riverside Miguel Lujano, Legislative Field Representative, City of Riverside Moises Lopez, Deputy City Manager, City of Riverside Teresa Gomez, Human Dignity Program Coordinator, City of Long Beach  Reflecting on their personal stories of HEAL work, Riverside and Long Beach partners will share their experiences building and sustaining relationships between residents, youth and city government to create healthier communities. They will share best practices for working with local government and offer advice on how to develop policy solutions and advocate for public funding. Following the discussion, participants will reflect and dialogue in small groups.

*Orangecrest*

**Family Activism – Leadership for Life**

Facilitated by Angeles Nelson, Lemon Grove HEAL Zone  
Nora Beltran and Rene Beltran, Ontario HEAL Zone  
Rosa Carney and Adam Carney, Lemon Grove HEAL Zone  
Linda Contreras and Emma Contreras, Lemon Grove HEAL Zone  
Rosie Gonzales and Christine, Lemon Grove HEAL Zone

In this session, Ontario and Lemon Grove will share their secrets to sustainable, effective advocacy for healthy communities – family activism! What does it mean to plan for “leadership for life”? What kinds of advocacy and healthy activities lend themselves to family involvement? How do families learn to balance activism with the everyday demands of school, work and household duties? Come join us for this important discussion.

*Regency Salon I*

**Youth Advocacy – From Ideas into Action**

Alejandra Arizmendi, Long Beach HEAL Zone  
Sody Castillo, Riverside HEAL Zone

In order to sustain safe and healthy neighborhoods, youth advocates must have meaningful leadership opportunities. In this session, HEAL youth leaders from Long Beach and Riverside will share stories that highlight how young people are taking on responsibilities and driving decision-making in their communities. This is a great opportunity for both youth and adult allies to share resources and recommendations for effectively engaging youth.

**12:00 – 1:00 pm**

**Lunch Break**

*Join us for a healthy lunch with your community and family. Additional seating for lunch is available in the Orangecrest and Salon I breakout rooms.*

**1:00 – 3:00 pm**

*Hotel Lobby*

**Local Visit: Art Transformation in East Riverside**

Join us for a guided bus tour of the HEAL Community in EAST Riverside! Local leaders will share their experience in developing the Green Alleyway Project, a community transformation project that increased resident involvement and leadership, and improved neighborhood safety.

**3:00 – 3:30 pm**

*Orangecrest*

**HEAL Awards for Resident and Youth Leaders**

Presented by Cecilia Arias, Kaiser Permanente

**3:30 – 4:00 pm**

**Closing Circle and Reflections**

Facilitated by Judy Harper, Community Partners