Palma School Newsletter
A monthly newsletter for the parents of Palma

MAY 2020

Where boys of promise become men of character

What’s Inside:

• Letters from the President and Principal
• May Calendars
• Locker Cleanout Schedule - Mr. Viarengo
• Campus Ministry
• Chieftain Athletics
• Guidance Department
• Parents’ Club
• Resources

You can help Palma School by following, liking and sharing our social media.

Easy Ways We Can Help Palma
Here are a few simple ways we can be of great help to Palma fulfilling its mission:

• Like, follow and share Palma’s social media
  Being active on social media spreads Palma’s name and the good things happening here.

• Display a Palma magnet or sticker
  Showing Palma pride on your vehicle alerts the public to yet another happy Chieftain family.

• Shop on Smile.Amazon.com
  It is the same Amazon website except 0.5% of your purchase dollars will be donated to Palma.

• Tell your friends, neighbors and co-workers
  The most effective voice for Palma is yours. Talk to people about Palma and invite them to events.

• Include Palma in your prayers
  Prayer is the driving force behind many positive outcomes. Pray for our boys and our school.

Questions, comments or suggestions: please email marketing@palmaschool.org

You can help Palma School by following, liking and sharing our social media.
Dear People of Palma,

Were these normal times, we’d all be delighted with the “giddiness,” in the best possible way, that usually accompanies the many festivities typically observed during the last month of the school year, this beautiful month of May. The pomp and circumstance of the signature Palma event, the senior graduation, will be very different this time.

As we all know, this May, indeed the whole end of this school year, has been and continues to be anything but typical; certainly, there is no giddiness to enjoy or sit back and watch what should be the pinnacle of the school year. Challenges have become the norm. Sheltering-in-place got old, I would guess, after a short period of time for families. Keeping a routine of sorts in learning on-line, not to mention teaching on-line, creates a whole new dimension of growth via new challenges. If it is true that growth and maturity come through challenges, all of us going through this pandemic together — health, job, income, staying together — will eventually be better because of it. I pray our current seniors, an exceptional class of young men, eventually possess and cherish the gift of acceptance to the items over which we have no control. With suffering and death so plentiful each and every day, how could one not be touched in needing to see the larger picture. As the Psalmist tells us in Psalm 91 — “You will not fear the terror of the night, nor the arrow that flies by day, nor the plague that prows in the darkness, nor the scourge that lays waste at noon.”

This is a verse from Compline, the Office of the Hours, each and every night. How appropriate we now keep that advice close to heart.

Palma lost a dear friend in April as Mrs. Shirley Lavorato passed away unexpectedly. She was one who was always here for Palma over these past 33 years and before. She and her husband, Sam, were a remarkable couple, putting their three sons through Palma. Sam had the wisdom to let Shirley do her thing and she did it so very well, all for the benefit of the local Cancer Society, for her beloved Salinas Valley Memorial Hospital, and, fortunately, for Palma School. A long-time director on the Palma Board, she served with grace and dignity. She and a cadre of contemporaries raised funds to build our Blessed Edmund Rice Chapel. She was responsible for inviting local philanthropist Francis Cislini to take an interest in upgrading the Palma Library and in building the Palma Computer Lab. She did so much more, always very quietly, for the benefit of Palma School. There is a gift from her, a mirror, in the foyer to the MPB offices that pretty well captures Shirley’s commitment to Palma; etched onto the mirror is: “Anything…everything…for the Palma Boys.” Thank you, Shirley. May you rest in peace.

Fondly,

Brother Patrick D. Dunne, C.F.C.
President
Some time ago, but after the dawn of our quarantine realities of today, a dear friend shared with me an op-ed written by Ellie Friedman, a high school senior at Walled Lake Central High School in the Midwest. She wrote,

“I have always looked forward to the helping out with graduation speeches, receiving recognition at Senior Honors Night, leading my last school club meeting, and dancing with my friends at prom. But, in the grand scheme of things, those experiences are largely unimportant…I will take my extra time at home to study topics that interest me. I will reach out to my friends (virtually, of course) and tell them how much their presence means to me. I will cherish my diploma even more, because it will have one hell of a story behind it. …It’s okay to be upset. It’s okay to ponder everything that could’ve been. But I encourage you to consider how this unprecedented turn of events can be a good thing. We got this.”

You got this, Class of 2020! You are surviving a most historic crisis in human history the world over. You are leading among your peers because you have been committing yourself to the discipline, structure, and uncommon self-motivation necessary to finish what you have started — but now through remote E-School learning, virtual platforms, and social distancing. The day will arrive when you will thrive. You will be called on to lead, to influence others by what you say, what you do, and how you carry yourself.

For you graduates, this is a most important juncture in your life — and it matters, certainly to you, but also to the rest of us. This milestone of yours brings us hope and gratitude. We are grateful because you have each made your mark on us, and on one another. It is here where you have learned to share and to pray, to study, and to achieve. It is here where you have earned life-long friendships and have learned forgiveness because it is here where so many of you received it from others. My hope and prayer for you is that you have learned that you are a gift to all of us, and that you are LOVED! Now for some of you, at times, particularly for those of you who have challenged that love, you may have received it back in some of its toughest forms. If you've ever had to sit in my office awaiting reproach, you may have even questioned that love. But you are loved. Don't forget that!

Parents of the graduates: you have sacrificed, volunteered your time, and invested your family, your entire selves into your son's education here at Palma. And this is how it should be. Your children deserve it. They deserve to be loved. I congratulate you and encourage you in this noblest of life's endeavors.

Graduates: whether you have been here for six years or two years, or any amount of time in between, it is no mistake that you have been here. I genuinely believe God has handpicked you to be here and in this very time in history. You have been chosen! You are special! And so…class of 2020, allow me to congratulate you. And permit me, if you will, to offer you this humble advice: don't forget who you have become here at Palma. Through all of life's experiences I pray you will remember to be men of character who love confidently, with the confidence that you are loved! God bless you. You got this, Chieftains!

Yours in Blessed Edmund Rice,

David J. Sullivan
Principal
May 2020 Calendar

1  7:30am  MAIN OFFICE Temporarily CLOSED
   9:00am  Independent Study & Preparation until 3:00pm
   Founder's Day: Bl. Edmund Rice, Pray for Us!
   2:00pm  Founder's Day Mass POSTPONED Indefinitely

2  8:00am  AP Biology Final Exam Rescheduled to May 18
          8:00am  AP Calculus AB and BC Final Exams Rescheduled to May 12
          8:00am  AP Statistics Final Exam Rescheduled to May 22

4  7:30am  Main Office Hours TBA
          9:00am  E-School RED DAY: per. 1,2,6,0
          2:00pm  Gr. 11: Retrieve Belongings (Last Names A-K) until 3:00pm
          3:00pm  Gr. 11: Retrieve Belongings (Last Names L-Z) until 4:00pm
          6:00pm  Intro. to Engineering online
          6:00pm  Java Honors in CLab online

5  7:30am  Blessed Edmund Rice Feast Day
          9:00am  E-School GOLD DAY: per. 3,4/5,7,8
          11:35am  Know That You Matter Club Meeting
          2:00pm  Gr. 9: Retrieve Belongings (Last Names A-G) until 3:00pm
          3:00pm  Gr. 9: Retrieve Belongings (Last Names H-Z) until 4:00pm

6  7:30am  Main Office Hours TBA
          9:00am  E-School RED DAY: per. 1,2,6,0
          2:00pm  Gr. 10: Retrieve Belongings (Last Names A-H) until 3:00pm
          3:00 pm  Gr. 10: Retrieve Belongings (Last Names I-Z) until 4:00pm

7  7:30am  Main Office Hours TBA
          9:00am  E-School GOLD DAY: per. 3,4/5,7,8
          2:00pm  Gr. 7: Retrieve Belongings (Last Names A-J) until 3:00pm
          3:00pm  Gr. 7: Retrieve Belongings (Last Names J-Z) until 4:00pm

8  7:30am  Main Office Hours TBA
          8:30am  Gr. 8: Pick Up Grad Packs (Last Names A-G) until 9:00am
          9:00am  Independent Study & Preparation until 3:00pm
          9:30am  Gr. 8: Pick Up Grad Packs (Last Names H-O) until 10:30am
          10:30am Gr. 8: Pick Up Grad Packs (Last Names P-Z) until 11:30am
          12:00pm Seniors Class 2020: Pick Up Grad Packs (Last Names A-F) until 1:00pm
          1:00pm  Seniors Class 2020: Pick Up Grad Packs (Last Names G-O) until 2:00pm
          2:00pm  Seniors Class 2020: Pick Up Grad Packs (Last Names P-Z) until 3:00pm

11 7:30am  Main Office Hours TBA
          9:00am  E-School RED DAY: per. 1,2,6,0
          1:00pm  AP U.S. Government Exam
          5:00pm  Athletic Council Meeting
          6:00pm  Intro. to Engineering online
          6:00pm  Java Honors in CLab online

12 7:30am  Main Office Hours TBA
          9:00am  E-School GOLD DAY: per. 3,4/5,7,8
          11:00am  AP Calculus AB and BC Exams

13 7:30am  Main Office Hours TBA
          9:00am  E-School RED DAY: per. 1,2,6,0
          9:00am  AP Physics 2 Exam
          11:00am  AP English Literature Exam
          6:30pm  Jr. High Academic Awards Program TBA

14 7:30am  Main Office Hours TBA
          9:00am  E-School GOLD DAY: per. 3,4/5,7,8
          1:00pm  AP Physics 1 Exam

15 9:00am  Independent Study & Preparation until 3:00pm
          11:00am  AP U.S. History Exam

18 9:00am  Senior Class 2020 Capstone Presentations: May 18-21
          11:00am  AP Biology Exam
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19</td>
<td>11:00am</td>
<td>AP Psychology Exam</td>
</tr>
<tr>
<td>20</td>
<td>11:00am</td>
<td>AP English Language and Composition Exam</td>
</tr>
<tr>
<td>21</td>
<td>11:00am</td>
<td>AP World History Exam</td>
</tr>
<tr>
<td>22</td>
<td>9:00am</td>
<td>Independent Study &amp; Exam Correction Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>until 3:00pm</td>
</tr>
<tr>
<td></td>
<td>11:00am</td>
<td>AP Statistics Exam</td>
</tr>
<tr>
<td></td>
<td>1:00 pm</td>
<td>AP Spanish Language and Culture Exam</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>End of Spring 2020 Semester</em></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td><strong>Memorial Day - SCHOOL CLOSED</strong></td>
</tr>
<tr>
<td>26</td>
<td>8:00am</td>
<td>Grades Due</td>
</tr>
<tr>
<td></td>
<td>9:00am</td>
<td>View of Corrected Exams CANCELLED</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jr. High Trip to Washington, DC:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>May 26-30 Reschedule TBD</td>
</tr>
<tr>
<td>27</td>
<td>6:30pm</td>
<td>HS Academic Awards Program TBA</td>
</tr>
<tr>
<td>28</td>
<td>3:15pm</td>
<td>Service: Delivery to Farmworkers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Gonzales) until 5:45pm</td>
</tr>
<tr>
<td>29</td>
<td></td>
<td>Spring Semester 2020 Report Cards Mailed</td>
</tr>
</tbody>
</table>
### May 2020 Calendar

#### Sunday - Saturday

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td><strong>4</strong></td>
</tr>
<tr>
<td>4</td>
<td><strong>5</strong></td>
</tr>
<tr>
<td>5</td>
<td><strong>6</strong></td>
</tr>
<tr>
<td>6</td>
<td><strong>7</strong></td>
</tr>
<tr>
<td>7</td>
<td><strong>8</strong></td>
</tr>
<tr>
<td>8</td>
<td><strong>9</strong></td>
</tr>
<tr>
<td>9</td>
<td><strong>10</strong></td>
</tr>
<tr>
<td>10</td>
<td><strong>11</strong></td>
</tr>
<tr>
<td>11</td>
<td><strong>12</strong></td>
</tr>
<tr>
<td>12</td>
<td><strong>13</strong></td>
</tr>
<tr>
<td>13</td>
<td><strong>14</strong></td>
</tr>
<tr>
<td>14</td>
<td><strong>15</strong></td>
</tr>
<tr>
<td>15</td>
<td><strong>16</strong></td>
</tr>
<tr>
<td>16</td>
<td><strong>17</strong></td>
</tr>
<tr>
<td>17</td>
<td><strong>18</strong></td>
</tr>
<tr>
<td>18</td>
<td><strong>19</strong></td>
</tr>
<tr>
<td>19</td>
<td><strong>20</strong></td>
</tr>
<tr>
<td>20</td>
<td><strong>21</strong></td>
</tr>
<tr>
<td>21</td>
<td><strong>22</strong></td>
</tr>
<tr>
<td>22</td>
<td><strong>23</strong></td>
</tr>
<tr>
<td>23</td>
<td><strong>24</strong></td>
</tr>
<tr>
<td>24</td>
<td><strong>25</strong></td>
</tr>
<tr>
<td>25</td>
<td><strong>26</strong></td>
</tr>
<tr>
<td>26</td>
<td><strong>27</strong></td>
</tr>
<tr>
<td>27</td>
<td><strong>28</strong></td>
</tr>
<tr>
<td>28</td>
<td><strong>29</strong></td>
</tr>
<tr>
<td>29</td>
<td><strong>30</strong></td>
</tr>
<tr>
<td>30</td>
<td><strong>31</strong></td>
</tr>
</tbody>
</table>

#### April - June

<table>
<thead>
<tr>
<th>April</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>S M T W T F S</td>
<td>S M T W T F S</td>
</tr>
<tr>
<td>5 6 7 8 9 10 11</td>
<td>7 8 9 10 11 12 13</td>
</tr>
<tr>
<td>12 13 14 15 16 17 18</td>
<td>14 15 16 17 18 19 20</td>
</tr>
<tr>
<td>19 20 21 22 23 24 25</td>
<td>21 22 23 24 25 26 27</td>
</tr>
<tr>
<td>26 27 28 29 30</td>
<td>28 29 30</td>
</tr>
</tbody>
</table>

---

**Notes:**
- Monday, May 4: 8:00 AM Grades Due, 10:00 AM Department Mtgs.
- **CANCELLED** > 9:00 AM Warning of Corrected Exams.
- **RESCHED.** to May 5 > 9:00 AM Warning of Corrected Exams.
- **RESCHED.** to May 8 > 2:00 PM Spring 2020 Report Cards Mailed.
Because on-campus classes will not be resuming before the end of the school year, we want to make sure you have the opportunity to pick up any belongings that might still be in a PE or book locker and also to return any Palma athletic equipment you may still have.

We are asking students and parents in grades 7, 9, 10, and 11 to come by the school as needed according to the schedule below, which has been arranged to avoid as many conflicts with classes as possible (if a student assigned to come during the first hour has an academic class at that time, he can come during the second hour).

If your family has students in two or more grades other than grade 8 or 12, you can choose the day that works best for you, but we do ask that all seniors and eighth graders come on their designated day. If you can’t make it during these times, please let us know so that we can make alternate arrangements with you. Please bring a backpack or a box to ensure all items can be taken away in one visit. Make sure you also take locks with you as returning students will be assigned different lockers next school year. To make it convenient for our families, particularly for those students who have forgotten their combination, and to expedite the process, the administration will have opened all locks in advance.

Palma staff will be on hand to make sure people observe physical-distancing rules; we also ask that you observe additional health directives such as using hand sanitizer and wearing face masks. We will have the book locker room doors open as you pass the flagpole and enter either the B wing or the C wing locker room. Families will form a line with appropriate spacing, and no more than two families will be permitted in the locker room at a time. When you leave, you may do so through the opposite doors to the parking lot.

The front gymnasium doors will be open during these same times so that students may access their gym lockers. Parents and students will need to adhere to the same physical-distancing rules, with no more than two families at a time in the locker room and exiting through the side doors when finished. Any items remaining on campus after May 15th will be donated.

We’ve missed seeing everyone, so it will be nice to check in with you, however briefly. And as always, we are keeping you and your family in our prayers.

Students in grades 8 and 12 also need to pick up their caps, gowns and graduation announcements, so all families in those grades are asked to come on Friday, May 8th.

<table>
<thead>
<tr>
<th>Grade 7</th>
<th>Grade 8</th>
<th>Grade 9</th>
<th>Grade 10</th>
<th>Grade 11</th>
<th>Grade 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00-3:00 pm</td>
<td>8:30-9:30 am</td>
<td>2:00-3:00 pm</td>
<td>2:00-3:00 pm</td>
<td>2:00-3:00 pm</td>
<td>12:00-1:00 pm</td>
</tr>
<tr>
<td>Last names A-J</td>
<td>Last names A-G</td>
<td>Last names A-G</td>
<td>Last names A-H</td>
<td>Last names A-K</td>
<td>Last names A-F</td>
</tr>
<tr>
<td>3:00-4:00 pm</td>
<td>9:30-10:30 am</td>
<td>3:00-4:00 pm</td>
<td>3:00-4:00 pm</td>
<td>3:00-4:00 pm</td>
<td>1:00-2:00 pm</td>
</tr>
<tr>
<td>Last names K-Z</td>
<td>Last names H-O</td>
<td>Last names H-Z</td>
<td>Last names I-Z</td>
<td>Last names L-Z</td>
<td>Last names G-O</td>
</tr>
<tr>
<td>10:30-11:30 am</td>
<td>Last names P-Z</td>
<td></td>
<td></td>
<td></td>
<td>2:00-3:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Last names P-Z</td>
</tr>
</tbody>
</table>
Heartfelt thanks
Heartfelt gratitude to Palma parents, students, and friends for donating tons of goods for the homeless and our farm workers. Yours are the large helping hands of Founder Blessed Edmund Rice we see on the icon in the chapel. Thank you for your faith in action.

Sheltering in place
As Social Distancing and Shelter in Place stretch from weeks into months, we recognize more than ever the need for prayers and peace. Every November we honor All Saints and All Souls by encouraging families to submit the names of loved ones deceased or needing healing. These names and intentions are placed in a basket on the altar in our Blessed Edmund Rice Chapel. We would like to do this again for the remainder of the school year. Send us the names of loved ones you wish us to hold in prayer. Or, if you want, simply send us your prayer intentions. These will be read aloud with words of peace and healing from the sacred center of our Blessed Edmund Rice Chapel. Perhaps this practice will bring some comfort to you in this trying time. Shared closeness in Christ is light in the darkness.

Prayers and intentions may be emailed to micheletti@palmaschool.org or mirassou@palmaschool.org

Blessed Edmund Rice Feast Day is May 5th
Summer fund raising
We are looking for volunteers to help out at our fireworks stand June 27th through July 4th. This year’s fireworks stand will be located in the Star Market parking lot. All appropriate safety measures will apply. The California Rodeo has been moved to October so keep an eye out for more information about this.

For all of your daily athletic updates please follow me on twitter at @Coach_Rbishop. I tweet fun information regarding Palma Athletics.

Underarmor contract
We will be using Underarmor now for all of our athletic wear.

Noah Puleaii ’21 is in demand
Noah was recently featured on KSBW. He has received more than a dozen offers from Division I schools. Click the link to see the story as told on KSBW.
D’s in college prep courses just won’t cut it
Four-year colleges and universities will only accept grades of “C” or better to meet college prep course requirements for admission. If your son is planning to attend a four-year college, he must make-up any deficiencies prior to graduation. Students taking summer school courses to make-up D’s and F’s are reminded that passing a five-credit course during summer school will only replace one five-credit semester grade (not the entire year). In other words, a student failing both semesters of Biology would need to register for (and pass) 10 credits of Biology prior to graduation. Also, remember that colleges require that incoming freshman have completed at least two years of the same foreign language. This means that a student who completed one year of Latin and one year of Spanish has not met that requirement. The CSU and the University of California require completion of one year (10 credits) of a visual or performing arts prior to graduation. Palma students now have a number of options for accomplishing this requirement.

Scholarships and financial aid
One more reminder — scholarships are still available out there, and many of our students are highly competitive. Scholarships come in many forms and sizes. Not all scholarships are based solely on grades and/or financial need. The Guidance Office posts information on all scholarships we receive in Naviance. Many students may not be aware that they are eligible to apply for scholarships. Scholarships can be based on a wide range of criteria including academics, athletics, leadership, career interests, writing skills, ethnic background, religious affiliation, or any combination of the preceding. One can also use the internet to check out some of the outstanding FREE scholarship search sites like [www.fastweb.com](http://www.fastweb.com). This and other financial aid and college related links are indexed on the home page of your Naviance Family Connection account at [http://connection.naviance.com/palma](http://connection.naviance.com/palma).

Tips for student athletes
When it comes to athletic scholarships and college sports recruiting, it is important for you to become familiar with the rules and regulations surrounding the various college associations, conferences, and divisions. Violation of the rules, even while still in high school, can result in ineligibility in your future athletic career. Your first task should be to determine which associations (NCAA, NJCAA, etc.) your prospective colleges and universities belong to, and then carefully review those groups’ websites.
College signing day
Seniors, we are asking that you create a 30-second video revealing the school you will be attending this fall. This will be posted on all Palma social media and our website, so please make sure your video is clean and appropriate. Feel free to include the school you are attending (you can wear a hoodie, shirt, or hat), your major, and scholarship information if you choose to do so. If you are not going to attend college, please describe the plans you have for the future. The video can be serious or funny, and can include your family, but please make sure it is suitable to be viewed by the public. If you have any questions, please email Mr. Giammanco at giammanco@palmaschool.org. You can submit your videos to rico@palmaschool.org. Congratulations to the class of 2020 for all of your hard work and the example you have set for the Chieftain family.

Senior monthly reminder
• Record in Naviance which college you will be attending.
• Record in Naviance all scholarships you are receiving.
• If you have questions about housing, talk to your counselor or call the college.
• Prepare for any Advanced Placement Program (AP) Exams you plan to take.
• Inform all colleges to which you applied of your admission and financial aid decisions by May 1st. Send a deposit to only one college.

Junior monthly reminder
• Sign up to take the ACT, SAT and SAT subject tests in the fall. The CSU/UC are not requiring these tests for 2021 admission. However, many private institutions are still requiring them. You can register for the SAT in May for the fall. They will be offering one test each month from August to December.
• If you plan to play a sport in college and you haven’t signed up with the clearinghouse you need to do that now (www.eligibilitycenter.org).
• Continue to explore colleges and financial aid opportunities.
• Look into summer programs, workshops, internships, or jobs.

Schedule of SAT/ACT test dates

<table>
<thead>
<tr>
<th>Test</th>
<th>Test Date</th>
<th>Register by</th>
<th>Late Reg. Deadline*</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT</td>
<td>Jun 6, 2020</td>
<td>Cancelled</td>
<td>Cancelled</td>
</tr>
<tr>
<td>ACT</td>
<td>Jun 13, 2020</td>
<td>May 8, 2020</td>
<td>May 22, 2020</td>
</tr>
</tbody>
</table>

* A late fee will be added after the “Register by” date.

Parents’ Club

Thank you to all of the volunteers who helped Parents’ Club raise funds for our boys’ activities at Palma.

Stay in touch with the Palma community by visiting our social media regularly.
Mental and Emotional Health Resources During COVID-19 Pandemic

**National Resources**

The National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Substance Abuse & Mental Health Services Admin: 1-800-985-5990 or text TalkWithUs to 66746

  Crisis Hotlines: 1-877-663-5433 or locally at 831-458-5300

The National Crisis Text Line: text Connect to 741741

National Hopeline Network: 1-800-784-2433

LGBTQ+ National Youth Talkline: 1-800-246-7743

---

**California Based Resources**

California YOUTH Crisis Line: 1-800-843-5200

California Peer-Run Warm Line: 1-855-845-7415

Beacon Health, Mental Health referrals for Medi-Cal beneficiaries: 1-855-765-9700

---

**Monterey County Based Resources**

Natividad Medical Center Crisis Line: 831-755-4111

Monterey County Behavioral Health: 888-258-6029

Community Human Services: 831-658-3811

Interim, Inc. OMNI Warmline: Call 831-800-7660, text 831-998-7916, omni@interiminc.org

Valley Health Associates: Youth Outpatient Drug Treatment: 831-424-6655

Equine Healing Collaborative, Marriage and Family Therapists and Social Workers, 831-582-1017

Harmony at Home: Carmel (831) 625-5160, Salinas (831) 272-6644, Sarah@Harmony-At-Home.org

NAMI (National Alliance for Mental Illness) Monterey: info@namimonterey.org or 831-422-NAMI

Monterey County United Way: Call 2-1-1 or text your zip code to 898-211

Sam’s Guide: [http://mcdss.co.monterey.ca.us/docs/SAM%27s_GUIDE_2019.pdf](http://mcdss.co.monterey.ca.us/docs/SAM%27s_GUIDE_2019.pdf)

---

You are not alone! You deserve support! There are people ready to help!