

# Hub City Happenings

Hub City Outreach Center

July 1<sup>st</sup>, 2021  
Volume 3, Issue 3

## The Hot Talk

### Important Events & Dates:

**\*Due to many events being cancelled or rescheduled during the Coronavirus Pandemic, we decided not to include events in this Quarter's newsletter\***

Independence Day	7/4
3 <sup>rd</sup> Annual Summer Bash	7/22
Frenship ISD First Day	8/16
New Deal ISD First Day	8/16
Lubbock ISD First Day	8/18
Lubbock-Cooper ISD First Day	8/18
Idalou ISD First Day	8/18
Slaton ISD First Day	8/19
Roosevelt ISD First Day	8/20
Shallowater ISD First Day	8/24
Labor Day	9/6

**Please reach out to us if you had a (free) event that was cancelled or rescheduled. We would absolutely love to be able to showcase it in our Q4 Newsletter on 10/1/2021.**

### Joke of the Month:

**Q:** When do you go at red and stop at green?

**A:** When eating a watermelon!

Joke for this quarter was submitted: Megan E.

Submit your best joke to:  
Team@HubCityOutreachCenter.org

Please include your name,  
school/agency and your  
joke/riddle.

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*Your events can be featured here for free! Reach out via email with your event details to be on the front page of next quarter's issue!*

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## “We Want You To Know...”

Getting back into the swing of things isn't going to be easy for everyone. We want you to know 7 intentional parenting tips to guide respect for our children's capacity to be aware and present in their lives. Our children's lives change and grow daily. How do we stay in tune with what matters most? Checking in with ourselves, staying grounded and being perfectly imperfect- that's how! We hope you find these seven tips useful in your family's lives. **Tip 1:** Embrace Imperfection! Mistakes happen, we're human. As a role model, if you're able to be in a place of acceptance and grace for yourself, chances are your children may follow suit. **Tip 2:** Listen with Curiosity. Seeing struggles and happy times can make it seem like it's easy to walk in our children's shoes. Reality check: it is not easy to be a kid today. Instead of judging or jumping to conclusions, ask questions, show you care, listen, and see their perspective. **Tip 3:** Communicate Courageously! Be clear and honest about what you need and how you feel. Show your family that you are their safe space to express themselves freely, without judgement. **Tip 4:** Practice Appreciation and Gratitude! What is your child's love language? How can you make them feel seen, heard, and loved in a way that matters most to them? (even about the little things!) **Tip 5:** Forgive Ourselves and Forgive Others! Mistakes are learning opportunities! Focus on growth. Focus on solution. Focus on being human, not perfect. Youth are relentless, being open to forgiving can help guide the way for them to realize now everything in life is going to be perfect. **Tip 6:** Practice Support and Generosity. **Tip 7:** Remember to have FUN! We know raising children isn't easy and it's a serious task but enjoy your time together as much as possible. Stop taking *everything* so seriously.

For more in depth mindfulness assistance for youth and teens, follow this link: [www.mindful.org/mindfulness-for-kids/](http://www.mindful.org/mindfulness-for-kids/)

## HCOC's Hallmarks

First thing first: we are hosting our third annual (free) summer bash on July 22<sup>nd</sup> from 5:30pm-7:30pm at Maggie Trejo Supercenter! Be there.

We are hosting a week-long, free summer camp at Buckner! Find details on our socials or reach out to sign up! Unfortunately, we will not be hosting our annual back-to-school bash, but we will be joining various efforts already in place across the city. We will advertise them on our socials! Thank you to all who donated socks to the Dupree Elementary sock drive! We exceeded our goal and so many kiddos are probably running around outside right now with fresh socks on- all thanks to YOU! Ok, since we've sat down last with you, a few great things have happened: Jonathan E. and Adam B. presented at another massive conference! This time they presented "I Am The Troubled Youth" at the Annual Prevention Providers Meeting that was held for all State-funded Prevention Providers. The presentation was a humor-filled, relatable, digestible, and interactive way to explore the different implications for marketing social services and interacting with service recipients in a respectful and intentional way. Jonathan and Adam also spoke at ESC Region 17's Mental Health Conference, too! Like most of you, we enjoyed some time outside- we have held two Adopt-A-Highway Clean up events where we've collected twenty 40-gallon bags of trash along our stretch of US 62/82 going east towards Idalou. We have been movin' and groovin' with summer programming, focusing on some underserved populations such as foster youth, homeless youth, and youth in the juvenile center. We are still scheduling meetings to set up Fall 2021 and Spring 2022 programming so be sure to contact us ASAP to get on our schedules! Additionally, Fall 2021 we are rolling out a new Mentoring program! Our one-of-a-kind Mentoring Program is for individuals who identify as Femxle. We respectfully acknowledge that not all womxn have periods, and not all people with periods identify as womxn. The structure of "LeadHERship League" addresses, eliminates, and builds resiliency against internal and external barriers that identifying-femxles face, as well as combating the four gaps we have identified in adolescent services in Lubbock County. We are excited for things to start to get back to the "norm" and we are here for you during this difficult transition and

~Intern Positions Now Available!~

Hub City Outreach Center's Prevention Services are provided by a Behavioral Health Professional who has competency related to substance abuse prevention and relative behaviors. Our services help individuals, families and communities develop the capacities needed to achieve behavioral health and wellness.

Interns will gain experience and knowledge in: prevention systems, community mobilization events, networking and training opportunities, referral knowledge, and media aspects! Interns will shadow programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community-based orgs and various coalitions.

Interns will develop the following skillset: presentation, public speaking, group facilitation, strategic communications, strategic planning and evaluating, building resiliency, cultural proficiency, ethics, needs assessments and risk assessments, ATOD knowledge and systems of prevention across the lifespan.

Check out our available positions on our website under the 'Careers' tab.



ABOVE: HCOC's first Adopt-A-Highway Clean Up Event for our Environmental initiative was a success with the help from our friends from the City Health Dept.

## Volunteer with Hub City Outreach Center

Not all volunteer opportunities have to take your entire day. If you're looking for something that is only a few hours weekly, listen up! Hub City Outreach Center has a few volunteer options available and they're everchanging so always feel free to reach out to us and we can let you know more specifics and answer any questions. If you have kids under the age of 18, they are welcome to participate in our programs, as long as you are present. Please wear comfortable clothes and tennis shoes.

If you can't make a day but want to make a difference, make a donation. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, household & baby items, incentives and monetary donations.

Questions:

Call Megan: 806-701-1687

More Information:

[HubCityOutreachCenter.org](http://HubCityOutreachCenter.org)

Available days for Volunteer Hours:

→ ALL IN-PERSON VOLUNTEER OPPS:  
**Clothing Closet Events: Inquire for details.**  
**AAH-Environment: Inquire for details.**  
**Summer-Spring Events: Inquire for details.**

→ The Adopt - A - Neighbor Programs:  
**Adopt-A-Voucher: "GIVE2FEED" to 44-321**  
**Adopt-A-Student: "GIVE2EDU" to 44-321**  
**Adopt-A-Family: "GIVE2FAM" to 44-321**  
**Adopt-A-Child: "GIVE2FUN" to 44-321**

## Partnership Spotlight:

This quarter we're spotlighting Louisa and Kendra at Slaton Independent School District (Slaton ISD) and a long-time favorite entity, Young Scholars USA, owned by Sip Gutierrez.

Since we've began our partnership with Slaton ISD, we have seen this school district go above and beyond for their students in a few ways. We have provided a variety of Prevention services from curriculum sessions for the male leadership group, where not a single student dropped out of our group to being able to provide essentials to students in need. With that, Slaton shines in that this school district has been tentative to all of their student's needs, even during the summer vacation! Slaton allowed us to provide two huge bags of hygiene products and school supplies to a student who was experiencing homelessness. A huge thank you to Louisa Gonzales, Counselor and Kendra Cates, Counselor! Thank you for all that you two have done for the students, staff and our specialists while at Slaton ISD schools. We are thankful for the continuation of this partnership as we plan out our next two groups coming this Fall! If you see us at Slaton schools, please say hi!!! We love to chat, get to know you, hear how we can help and how we can work together to create a healthier, safer and happier environment for our students and families.

Young Scholars USA is owned and operated by a long-standing community coalition guru, Sip Gutierrez! Sip, Young Scholars USA, and Hub City Outreach Center have partnered together to make huge impacts on the youth in our community, from scholarships to donations to events to volunteering and banquets. Young Scholars USA is our main funding agent for our scholarship program. This coming fiscal year, we are looking to grant three scholarships to three graduating seniors looking to go into higher education, technical school or a trade. We will have more information some Spring but we are so thankful for Sip and his dedication to enhancing the lives of youth in our community!

Always keep in mind that we can come talk to your groups! Whether they are adolescents or adults, we got y'all on Prevention Services and basic-necessity items! Contact us for more info!

## Leadership Forefront

Hub City Outreach Center is proud to be creating and working with leaders of tomorrow. Leaders are those who set desire in others to be and to do better. Daily, we encounter people who struggle yet persevere. We are delighted to be able to showcase leaders in our newsletter. This Quarter we are showcasing Lacy M., and Cindy G! Both are some of our outstanding YPS rockstars! We love having you both on this team! Thank you for being so amazing to the Lubbock community.

If you have a hardworking student/staff member or if you know someone who has a serving heart, please let us know. Send your nominations to us via email so we can share their accomplishments with the world.

Lacy M. is the office go-getter and a YPS superstar! Lacy goes above and beyond for her team and students. While always eager to lead and work with teams, her ideas are always vibrant, relevant, and feasible. Lacy has fantastic relationships with stakeholders throughout our amazing community which has enabled Hub City Outreach Center to provide services and meet populations in a unique way. Lacy has done countless groups for youth and even college students. Her community outreach efforts are tenfold. Lacy is a brilliant ball of sunshine in our office, our students lives and in our community. We're so thankful and honored to be able to showcase Lacy M. for all her outstanding efforts in Prevention!

Cindy G. is our longstanding YPS go-to-gal! Cindy is so passionate about her work and focuses her outreach and service efforts to ensure she can provide prevention programming to those she cares about most. Cindy services the foster youth and foster family community, as well as the placement and shelter children, too. Cindy's implementation on social-emotional skills and resiliency skills through prevention efforts makes visible, lasting impacts on the youth in our community in so many ways. She is able to make difficult concepts relatable to the youth she serves. Cindy may be quiet sometimes, but she is so silly and mighty and we love having her on our team! Go Cindy!!

## Hub City Outreach Center

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**Facebook:** @HubCityOutreachCenter



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Hub City Outreach Center's eclectic team is comprised of compassionate individuals that each come from diverse backgrounds and vast areas of expertise. Our organization applies a holistic approach on prevention efforts. We treat everyone equally while respecting the unique qualities they possess. Together, we aim to help youth understand their own personal value and guide them towards a bright and successful future through Prevention Services. As a non-profit, we depend on donations. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, incentives, and monetary donations. If you would like to collaborate in any way, please reach out via email. Thank you for considering us!



### LEFT:

Jonathan E (left) and Adam B (right) took the stage again and presented "I Am The Troubled Youth" at the state-wide Annual Texas Prevention Providers Meeting! An outstanding hour and a half interactive presentation discussing how to talk about considerations for marketing social services and interacting with service recipients.

Everything a Public School Parent needs to know:

### Your Child's Education Matters!

**Texas Education Service Center; Region 17**

[www.esc17.net/](http://www.esc17.net/)

Business Hours: M - F | 8:00 am - 5:00 pm

Phone: 806-792-4000

<https://www.lcisd.net/>

<https://www.lubbockisd.org/>

<https://www.shallowaterisd.net/>

<https://www.roosevelt.k12.tx.us/>

<https://www.ndisd.net/>

<http://www.slatonisd.net/>

<https://www.frenship.net/>

<https://www.idalouisd.net/>

## Resources ~

This quarter, we're providing a ton of local (and some state/national) resources for people who identify as LGBTQAI+ and our allies. No one should ever feel alone, and Hub City Outreach Center wants you to know that you are not alone. If there are resources that are not shown that you would like, reach out for a referral and we can walk with you in the direction you're looking for. Be proudly you. We support you. ***We are here for you!***

<https://www.lubbockpride.org/>

<https://www.depts.ttu.edu/rise/>

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>

<https://www.aglp.org/Pages/BlackLGBTQresources.htm>

<https://pflaglubbock.org/about/>

<https://www.spcaa.org/champs-program/>

<https://www.wtamu.edu/student-support/buff-allies/>

<https://www.outwestlubbock.org/>

<https://www.thetrevorproject.org/about/>

<https://translifeline.org/>

<https://transequality.org/about-transgender>

<http://www.glma.org/>

<https://www.aglp.org/>

<https://www.glaad.org/resourcelist>

<https://www.sageusa.org/>