



## Advocating for Disability Rights at the Capitol!



Last month on April 2, CAPC, Inc. consumers and staff had the incredible opportunity to attend **DisCo at the Capitol: California Disability Community Advocacy Conference!** This annual event serves to **empower and educate advocacy within the disability community.** Alongside hundreds of self-advocates, families, and service providers, we raised our voices in Sacramento representing CAPC, Inc. to champion policies that **protect and empower individuals with disabilities** across California. Our consumers and staff took part in a day of meaningful advocacy at the State

Capitol, where their presence helped elevate visibility for adults with disabilities. Prior to the rally, participants prepared thoughtful signage reflecting their priorities and values. Throughout the day, they engaged in conversations with fellow advocates and state leaders, helping spotlight key issues among our community.



Consumer Paul with Director Cecilia preparing for the rally.



Other advocates gathered in front of the Capitol.



Consumers and staff speaking with fellow allies.

### Want to Be an Advocate Too?



- 1. Share Your Story** – Reach out to your local representatives and let them know what issues matter to you.
- 2. Stay Informed** – Follow us at @CAPCINC on social media for updates on policies and action alerts.
- 3. Join Our Advocacy Network** – Visit our Advocacy page at [capcinc.org](http://capcinc.org) to find out ways to get involved, how to advocate for yourself, and keep up with our efforts in inclusivity for all!



# Volunteer Corner



Highlighting the dedicated volunteers among CAPC whose time and efforts make a lasting impact in our community.



CAPC Consumer Sylvia pictured during her volunteer shift.

"In 2008 I started my PIH volunteer job and I love it. I feel happy and proud."

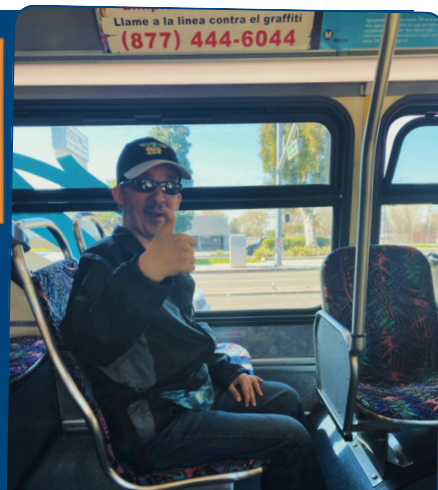


"I started at the Breast Center, I used to fill up the teas and coffee in the waiting area and also put clean night gowns for the patients. I also worked at the Mariposa Gift Shop putting new items out and making sure the store was clean. After the pandemic, those jobs were not available and I began to work in the sewing department stuffing pillows for the patients to take home with them as a gift. Staff take me or I meet them at the hospital. They job coach me, helping me as I need making sure I complete my tasks."

-Sylvia G., Consumer



"I would like to acknowledge David R for his ongoing commitment to his volunteer position."



CAPC Consumer David pictured using public transportation to arrive at his volunteer shift!

"David currently volunteers at the URM Thrift Store and Boutique in the city of Whittier. He has been volunteering there for over a year and takes the initiative to start working without being asked when scheduled. He is very cordial with all of the employees and customers during his shift. David has expressed that he enjoys volunteering and likes the people that he works with."

-Alex L., Case Manager



Interested in volunteer work or being employed?

Contact your Case Manager to meet with Jazmyne, our Employment Specialist!



## CAPC HIGHLIGHT



"With my family and CAPC's support, I was able to finish an associate degree in Liberal Arts in June 2013. In June 2023, I also finished another degree in Social and Behavior Sciences, again with CAPC's support."

The entire CAPC staff has been very supportive of me in reaching my goals as well as guiding me with safety measures in dealing with people as well as facing various real-life situations. I feel much more secured now compared to what I was before."

## MEET LEONOR!



CAPC Consumer Leonor is pictured at a past CAPC Event.

"I'm a self-taught artist. I love to draw since at an early age. I have participated in several art shows, I love children's books, and it's where I find inspiration in my drawings. I also love traveling to different places with my family. With CAPC staff and support, I was able to visit local tourist destinations, such as Olvera Street, Hollywood, Pasadena and many more. It's also the CAPC staff who showed how to take the bus and train safely. This year I'm looking forward to get a job that suits me while enhancing my skills."

-Leonor A., Consumer



CAPC Consumer John is pictured to the left with DSP James.

## CAPC HIGHLIGHT

"The individual I'd like to highlight is John R. He's been working diligently at an Adult School trying to get his GED. Every Thursday I take him, and he spends hours studying to complete the diploma program. He's currently working through his last science course and despite it being difficult, he continues to try his best and doesn't let it affect his positive mindset."

-James D., DSP

His dedication and drive have me impressed and motivated to give my all to reach my own goals as well."

Join the

## Sizzle into Health BBQ club

Learn grill skills, healthy recipes, grill safety & safe food handling practices.

- STARTS FIRST WEEK OF JUNE
- WHEN: MEETINGS 2X A MONTH
- DAYS HOSTED TBD

LAST DAY TO JOIN IS **MAY 21ST!**

Spots are **LIMITED.**

Call the office at (562) 693-8826 to reserve a spot.



## Turn Awareness into Action: Celebrating Mental Health Month

**May** is Mental Health Month, it's time to move beyond awareness and take steps towards better mental health for ourselves and our communities.

### Take Action Today!

#### 1. Start with Self-Care

- Take a free anonymous mental health screening on Mental Health America website
- Explore self-care practices like meditation, exercise, or creative activities.
- Remember: asking for help is a strength!

#### 2. Engage Your Community

- Share your story to break stigma.
- Join your local mental health programs or workshops.
- Check in with friends, family, and neighbors.

#### 3. Advocate for Change

- Join the MHA Advocacy Network to stay updated on mental health issues.
- Contact your elected officials and encourage them to support mental health funding and services.
- Educate others on the importance of mental health in your community.

**This Mental Health Month, let's not just talk about mental health - let's take action.**

Knott's Berry Farm Trip  
Wednesday, May 21st



Tickets:  
\$55 Per Person  
Scan the  
QR Code  
to purchase:



**RSVP with payment  
by Tuesday May 16th**

Memorial Day  
Monday, May 26th



**CAPC OFFICE CLOSED**

CAPC's Founders Luncheon  
Wednesday, June 4th



**SAVE THE DATE  
Wednesday June 4, 2025**

**11 a.m. - 1 p.m.**

**DoubleTree Whittier**

Celebrate CAPC's history, impact,  
and the individuals we serve.



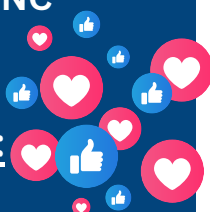
## 2025 CAPC EVENTS CALENDAR



Knotts Berry Farm - May 21, 2025  
 Angel's Game - Spring 2025  
 Founders Luncheon - June 4, 2025  
 CAPC Open House - August 2025  
 Great Wolf Lodge - September 2025  
 Celebrity Waiter Dinner & Dance-  
 October 4, 2025  
 Golf N Stuff Halloween Day -  
 October 2025  
 Community Harvest Event-  
 August 2025  
 CAPC Holiday Party- December  
 2025

**FOLLOW US ON SOCIAL  
MEDIA AND STAY UPDATED:**

FACEBOOK: @CAPCINC  
 INSTAGRAM: @CAPCINC  
 X: @CAPCINC



**OR VISIT OUR WEBSITE:**  
[WWW.CAPCINC.ORG](http://WWW.CAPCINC.ORG)

***If you see one of  
these icons...***



**Community  
Resource**



**Events**



**CAPC Highlight**



**Community  
Support**



**JUSTIN G.**  
**RITA G.**  
**LEONOR A.**  
**JESSICA T.**  
**ARTHUR V.**

**APPLYING TO JOBS? NEED A WORK STATION TO  
FILL OUT APPLICATIONS?**

**INDIVIDUAL RESOURCE  
CENTER IS AVAILABLE FOR  
USE!**



**FILL OUT  
JOB APPLICATIONS**



**TRANSPORTATION**

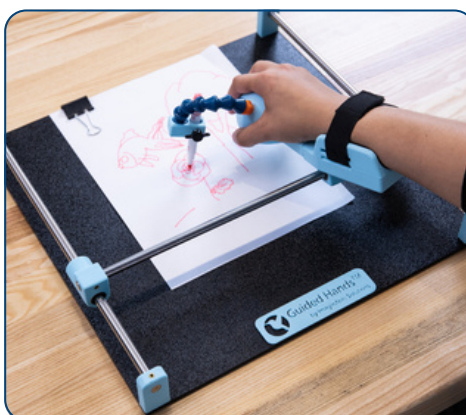


**HUDD HOUSING  
PACKETS**



**SUBMIT A SCHEDULE REQUEST TO RESERVE A DESK!**

**AVAILABLE FOR USE AT  
CAPC RESOURCE CENTER** ✓



**Guided Hands  
ImaginAble Solutions**

Assistive device that helps  
anyone with limited hand  
mobility to write, paint, draw  
and access technology  
through touch-screen  
devices.

**Contact your case manager to reserve a device!**