

APRIL 2021

# IN THE LOOP



## Alameda County Project Stabilization Community Benefits Agreement (PSCBA) Updates



### MENTAL HEALTH AND WELL-BEING DURING COVID-19

There is no denying that the past year has collectively been one of the most challenging years for everyone. On top of fighting a deadly disease, unfortunately we are all likely suffering from cabin fever, mental stress and even Post Traumatic Stress Disorder (PTSD)! A doctor or qualified mental healthcare provider is needed to diagnose someone with PTSD, but here is what we know about PTSD.

- PTSD can affect anyone, regardless of age, gender, race or ethnicity.
- Traumatic experiences can cause stress that impacts a person's mental, emotional, and physical wellness. When this becomes prolonged and changes a person's views about themselves and the world around them, it may indicate the development of PTSD. Recognizing and seeking help is a sign of strength, not weakness.

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#### **Are you unemployed & Interested in construction?**

Last year the County of Alameda updated the 2013 Project Stabilization Community Benefits Agreement that requires contractors to hire Alameda County residents to work on certain construction projects. So, if you are **unemployed, foster youth, formerly incarcerated, homeless/unsheltered, or on any public assistance**, do NOT let any of those things stop you! Inside are articles and resources that can help start your journey to a career in construction today!

## MENTAL HEALTH AND WELL-BEING DURING COVID-19

- PTSD symptoms usually begin within the first few months after a trauma, but can also appear months or even years later. Symptoms may continue for years, or there may be a time when symptoms go away and return later in life. People may not recognize that their current emotional and psychological distress is linked to past trauma, and so it can be helpful to talk to a trained mental health professional to see if these things are indeed linked.

**If you or someone you know is in crisis, call 911. Additional resources are listed below and listed on the resources directory.**

**National Center for Posttraumatic Stress Disorder (NCPTSD) 802-296-5132**  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

**National Suicide Prevention Lifeline 1-800-273-TALK (8255)**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



**We know that often, our internal thoughts can impact our mental and physical well-being.**

To combat anxiety and stress, studies have found that just a few minutes of practicing gentle yoga and meditation each day can have a significant positive impact on your brain and your body. Here are some of the greatest benefits that come from yoga, breathing exercises, and meditation:

1) Cope with stress and anxiety. A study of 131 people found that 10 weeks of practicing yoga helped to reduce levels of stress and anxiety, and improved quality of life and mental health.

2) It's good for your heart! Several studies have found that practicing yoga can play a role in improving cardiovascular risk factors. Yoga has been found to lower blood pressure for individuals who have high blood pressure. It has been found to lower high blood sugar in individuals who have Type 2 diabetes, enhance lung function, and reduce elevated cholesterol levels.

3) Better your ability to breathe and move. Improving breathing can help with endurance and heart and lung health. This is particularly beneficial to individuals who suffer from asthma. Additionally, practicing yoga for just 15-30 minutes a day can significantly impact flexibility and balance.

4) Clear your mind! Often, our internal thoughts can impact our mental and physical well-being. Practicing regular yoga, breathing, and meditation ensures that your brain is free from clutter. For some, yoga can provide a calm and relaxing effect that can help soothe a buzzing brain.

5) Live your best life. It has been shown that practicing yoga and mindfulness can have a positive impact on one's quality of life, mood, well-being and quality of sleep. One study of 135 seniors who were assigned to six months of yoga reported an enhanced quality of life, less fatigue, and improved mood.

### SOURCES

1 [www.ncbi.nlm.nih.gov/pubmed/17544857](http://www.ncbi.nlm.nih.gov/pubmed/17544857).

2 [www.everydayhealth.com/hs/type-2-diabetes-guide-healthy-habits/how-yoga-can-help/](http://www.everydayhealth.com/hs/type-2-diabetes-guide-healthy-habits/how-yoga-can-help/)

3 [www.ncbi.nlm.nih.gov/pubmed/16454146](http://www.ncbi.nlm.nih.gov/pubmed/16454146)

# From the prison yard to the construction yard

## How a job in the field of construction gave me purpose in life



*It's no secret that Returning Citizens face unique challenges and obstacles upon re-entry. The story for most is that they are forced to take underpaying jobs, which greatly impact their quality of life, but there are some that thrive and survive. We recently had an opportunity to sit down with Marvin Lewis, an Alameda County resident. Lewis spent 27 years in prison and upon his release, he had a good paying job waiting for him. He was hired in as an Apprentice with Tutor Perini and has spent the past four years learning and growing in various positions, watching the job unfold before his eyes. Below is Lewis' experience in his own words.*

My name is Marvin and I'm a General Laborer with Tutor Perini. Over the past four years, I've worked on the SFMTA Central Subway Station Project in San Francisco. I've had the opportunity to watch it go from literally a hole in the ground--way down in the ground--to four separate stations - 4th & Brannan (surface), Yerba Buena/Moscone (YBM), Union Square/Market Street and China Town.

This job has been a blessing. I feel proud to be connected to such a large project, company and industry. I've seen a lot and learned a lot. And I've also seen a lot of people come and go for various reasons. Because of that, I wanted to share my background, experience and things that have really helped me succeed on the job.

- My biggest biggest learn curve on the job has been the **ability for me to accept feedback from anyone**. I had to get over the fact that I may have been on the job longer, or may even know more than the other person. But at the end of the day, I had to take direction from them.
- It's essential to **learn how to prioritize your work** on the job. If you're given many tasks at one time, be sure to ask about importance and due dates, which will help you structure your work day.
- One of the things that I'm most proud of, is **my ability to communicate with any and everyone on the job**, no matter their title. This has also been helpful in other areas of my life.
- One of the most shocking things that I found on the job, is the **various languages** spoken. If I could go back, I would have definitely learned Spanish.
- I've been fortunate to have worked under foremans and superintendents that have **given me the opportunity to learn and grow**. Before this job, I knew nothing about construction, but I'm proud to have learned the following: carpentry, chipping, drilling holes, masonry work, cutting steel with grinders, welding torches, operating man-lifts, small and large forklifts, and even the rail truck.
- Believe it or not, there are even **transferable skills from prison** that have really helped me on the job. I don't panic and I have a great deal of patience ... which is very much needed.
- If I were asked to give advice to others with who have a similar background as me, I'd say **give 110% in everything that you do**. Even when you think people aren't looking, they are. Also, pay attention to everything that is going on and learn as much as you can from all of the different trades around you. There is alot of opportunity if you take advantage. There is a saying that people use around me all the time, and I understand it better today than I did four years ago - **"you're only as good as your last job."**
- I'd also say, **humble yourself**. No matter what they have you do, you are being paid good money to do it.

## Alameda County Apprenticeship Updates

### Floor Coverers and Drywall Finishers with Painters and Allied Trades DC16

If you are at least 18 years of age and seek a High Performance, High Value career, you came to the right place. Explore the various programs to see what interests you at Floor Coverers and Drywall Finishers with Painters and Allied Trades DC16. For testing contact the administration office at (510) 785-8467.

### NorCal Sound and Communication Technology Training Center

Train to be an Apprentice at the NorCal Sound and Communication Technology Training Center. Begin a new career that offers a solid job path with great benefits and a chance to learn the essentials of the low-voltage electrical trade. IBEW Sound and Communication (Electricians, all northern CA locals) is currently accepting applications online at <https://www.norcal-jatc.com/applicants/apply-online-2/>.

### Sheet Metal Local 104

Sheet Metal Local 104 is accepting new applications [https://smw104training.org/apply\\_now/](https://smw104training.org/apply_now/).



**VITA**  
Volunteer Income  
Tax Assistance

The Alameda County Social Services Agency (SSA) is providing no cost IRS certified tax preparation assistance to low- and moderate-income taxpayers from February 1, 2021 through May 8, 2021.

Tax preparation will be completed by our qualified IRS-certified preparers through a combination of customer document drop-off/pick-up and virtual appointments. Social distancing, face masks, and workspace sanitation will protect customers and volunteers alike.

#### MAKE AN APPOINTMENT

You will need to create an account using either a cell phone number or e-mail address

For details, including what materials you will need and location sites, call (510) 271-9141 or email [vita.eitc@acgov.org](mailto:vita.eitc@acgov.org)

# THE **5** LANGUAGES OF AND APPRECIATION IN LIFE AND IN THE WORKPLACE

People receive and express love and appreciation in different ways. Knowing how you receive both love and appreciation will help you communicate better with your family, friends, and yes, even your coworkers! Review the five language of love and appreciation below to see where you fit.



## WORDS OF AFFIRMATION

If this is your love (and appreciation) language, you love the power words possess. You live for the compliments.

**In the workplace you value being told specifically what you are doing well and how you are helping the team.**

## TANGIBLE GIFTS

The way you see it, receiving gifts is the ultimate way to interpret love (and appreciation).

**For you, pizza day or a cup of coffee is the way to your heart.**

## QUALITY TIME

If this is how you like to receive love (and appreciation, nothing beats being constantly surrounded by those you love.

**In the workplace, you feel appreciated when coworkers and supervisors spend time with you individually.**

## PHYSICAL TOUCH

If this is you, you need cuddling, hugging, and other physical signals that suggest they care about you.

**In the workplace, that looks like a fist bump, "high five" or pat on the back for a job well done.**

## ACTS OF SERVICE

Consider a time where you really didn't want to do a certain chore or task, but when you got around to it, it was already done for you!

**In the workplace receiving help getting a task done can be especially encouraging for you.**

# Tips for Starting a Successful Construction Career

Be patient  
(and humble)

Be passionate

Be persistent

Never stop  
learning

## Let's get social!

For the latest job postings, tips, resources and our weekly workforce development partner spotlight, connect with us at [@building\\_the\\_bay](https://www.instagram.com/building_the_bay)



22 April

Happy  
*Earth Day*



# WOMEN WANTED!

## ENTRY TO APPRENTICESHIP WORKSHOP

## East Bay & North Bay Areas



with

# TRADESWOMEN<sup>INC</sup>

## Learn about

*HOW TO GET INTO*

## A BUILDING

## TRADE

- *Learn tips from other women on how to get in and STAY in*
- *Wages & Benefits*
- *Question & Answer*

**CLICK HERE TO SIGN-UP FOR THIS VIRTUAL EVENT**

## 3rd Wednesday, Monthly

## 6\*-7pm

**\*Punctuality appreciated**

**Conferencing link will be shared upon sign-up**

**Follow Us**



# PARTNER SPOTLIGHT



Cypress Mandela Training Center offers a FREE 16-week pre-apprenticeship program for Bay Area men and women ages 18 and older.

This program is both hands-on and in the classroom. Students will be prepared for skilled trades jobs that are relevant to today's construction industry.

This program support the following life skills:

- Time Management
- Financial Literacy
- Wealth Development
- Budgeting
- Nutrition
- Chemical Dependency Education
- Sexual Harassment
- Job Survival Skills
- Mentoring
- Team Building
- Relationships
- Stress & Anger Management
- Professionalism
- Dress Attire

Whether you are embarking on a new career or are interested in a job change, Cypress Mandela's FREE pre-apprenticeship program will take you where you want to go.

CYPRESS MANDELA TRAINING CENTER  
977 - 66th Avenue, Oakland, CA 94621  
PHONE: (510) 208-7350  
FAX: (510) 835-3726  
EMAIL: [info@cypressmandela.org](mailto:info@cypressmandela.org)



**RISING SUN**  
CENTER FOR OPPORTUNITY

**Opportunity Build** is an industry-certified construction training program, providing a path to union apprenticeship in the skilled trades.

The program begins with 10-12 weeks of hands-on training at our Oakland facility and offers 12 months of one-on-one job placement and retention support.

Graduates are prepared to pursue careers in the union construction trades, becoming Sheet Metal Workers, Operating Engineers, Carpenters, and more.

Certain trades offer direct entry for Opportunity Build graduates.



**New cohort starts in June!**



*Women Building  
the Bay*

**Construction Apprenticeship  
Readiness Training Program**

**Women Building the Bay** starts in the **Fall** and will emphasize pre-apprenticeship certification and entry into the building trades.

**APPLY TODAY!**

**<https://risingsunopp.org/adult-participant-application/>**

Interested in more information?

[www.risingsunopp.org](http://www.risingsunopp.org)

[jeffreys@risingsunopp.org](mailto:jeffreys@risingsunopp.org)

(510) 655\_1501



# SUCCESS CENTERS

Empowerment through  
Education, Employment & Art

## 8 WEEK VIRTUAL TRAINING PROGRAMS

### SUCCESS CENTERS PATHWAYS

#### ART

- HIP HOP HISTORY
- SPOKEN WORD
- FILMMAKING
- VISUAL ARTS
- AUDIO ENGINEERING / SONGWRITING

#### LIFE SKILLS AND JRT

- FINANCIAL LITERACY
- RESUME BUILDING AND ONLINE APPLICATIONS
- HEALTHY HABITS
- VOCATIONAL OPPORTUNITES
- COLLEGE AND CAREER EXPLORATION

#### COMPUTER LITERACY

- INTRODUCTION TO THE WORLD OF TECH
- COLLABORATE EFFECTIVELY WITH OTHERS ON THE INTERNET
- LEARN TO INCREASE EFFICIENCY AND PRODUCTIVITY
- RECEIVE CERTIFICATIONS



**CLASSES START  
WEEK OF  
APRIL 19TH!**

CONTACT MRINADI@SUCCESSCENTERS.ORG || 415-575-0423 || [HTTPS://SUCCESSCENTERS.ORG](https://SUCCESSCENTERS.ORG)

**REGISTER HERE**



**<https://tinyurl.com/SCpathway>**

# ARE YOU INTERESTED IN a Construction Career?



GET ON THE LIST | COMPLETE THE APPLICATION | REFERRAL & COUNSELING | ORIENTATION | APPRENTICE PROGRAM | WORK EXPERIENCE

## 01 STEP

### GET ON THE LIST

#### • "CONNECT WITH US" -

Call or email us using the contact information located at the bottom of this page.



## 02 STEP

### COMPLETE THE "COUNTY OF ALAMEDA DISADVANTAGED RESIDENT WORKER PROGRAM APPLICATION"

• INDIVIDUALS WITH CONSTRUCTION EXPERIENCE / QUALIFICATIONS -

#### • SKIP STEPS 02 - 05

• Referred to Alameda county projects/contractors.

• INDIVIDUALS WITHOUT CONSTRUCTION EXPERIENCE -

• Participate in assessment and counseling.

• Attend/Enroll in a Pre-Apprenticeship Training program.

## 03 STEP

### ORIENTATION

• Enroll in a Pre-Apprenticeship Training Program.

[www.cypressmandela.org](http://www.cypressmandela.org)

[www.wojrc.org](http://www.wojrc.org)

[www.risingsunenergy.org](http://www.risingsunenergy.org)

[www.tradeswomen.org](http://www.tradeswomen.org)



• Work with a Bridge / Support Organization to Meet Eligibility Requirements.



• GED Preparation Math/test prep support.



## 04 STEP

### CONSTRUCTION APPRENTICE PROGRAM

• FREE Classroom Instruction.



• Paid on the job Training.



• Benefits.



• Start making money.

## 05 STEP

### AFTER COMPLETING THE APPRENTICE PROGRAM

• Gain work experience.



• Become a journey person.



• Make a decent wage.



• Healthcare, Pension, Vacations.

FOR MORE INFORMATION ON: ALAMEDA COUNTY'S PROJECT STABILIZATION/COMMUNITY BENEFITS AGREEMENT

CONTACT: Danielle at [info@lowecg.com](mailto:info@lowecg.com) | (510) 986-1100 Ext. 7



LCG

LOWE CONSULTING GROUP INC.

# Resources

## Bay Area Community Services

510-613-0330 | [WWW.BAYAREACS.ORG](http://WWW.BAYAREACS.ORG)

Provides mental health services, Housing solutions, Senior living solutions, and Youth services for the houseless

390 40th St. Oakland, CA 94609  
Locations in Oakland, Hayward, Berkeley

## SAMHSA: Substance Abuse Treatment Referral Helpline

800-662-4357  
[WWW.SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE](http://WWW.SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE)

## Abode Services

510-657-7409 | [WWW.ABODESERVICES.ORG](http://WWW.ABODESERVICES.ORG)

Abode Services' mission is to end homelessness by assisting low-income, un-housed people, including those with special needs, to secure stable, supportive housing; and to be advocates for the removal of the causes of homelessness.

## Roots Community Health Center

510-777-1177 | [ROOTSCLINIC.ORG](http://ROOTSCLINIC.ORG)

Offers affordable Urgent Care and Primary Care to Oakland, San Leandro, Berkeley and Alameda.

## East Oakland Community Project

510-532-3211 | [WWW.EOCP.NET](http://WWW.EOCP.NET)

Provides transitional housing

7515 International Blvd. Oakland, CA 94621

## Telegraph Ministry Center

510-658-4457 | [WWW.TELEGRAPHCENTER.COM](http://WWW.TELEGRAPHCENTER.COM)

Clothing distributed Weds. & Fri. from 10AM - 2PM.  
2nd & 4th Wednesdays also from 6PM - 7:30PM

5316 Telegraph Ave, Oakland, CA 94609

## CityTeam Oakland

510-452-3758 | [CITYTEAM.ORG](http://CITYTEAM.ORG)

Provides housing, food, medical, learning/ career center

722 Washington St., Oakland, CA 94607

## Wardrobe for Opportunity

510-831-0702 | [WWW.WARDROBE.ORG](http://WWW.WARDROBE.ORG)

Provides high quality business attire for job interviews

570-14th St., Ste. 5, Oakland, CA 94610

## Cherry Hill Detox and Sobering

866-866-7496 |

Substance Abuse Center

## Bananas

MAIN: 510.658.7353  
CHILDCARE: 510-658-0381  
[BANANASBUNCH.ORG/PARENTS-FAMILIES/PARENT-PROGRAMS-SERVICES/](http://BANANASBUNCH.ORG/PARENTS-FAMILIES/PARENT-PROGRAMS-SERVICES/)

5232 Calremont Ave Oakland, CA 94618

# Resources

## East County Child Care Links

925-417-8733

80 Swan Way #130, Oakland, CA 94621

## East Bay Community Recovery Project

510-446-7100 | [WWW.LIFELONGMEDICAL.ORG](http://WWW.LIFELONGMEDICAL.ORG)

Individual/ Group Counseling, Drug Screening,  
Mental Health  
Assesments  
2579 San Pablo Ave. Oakland, CA 94612

## South County 4c's of Alameda County

510-582-21282 | [WWW.4C-ALAMEDA.ORG](http://WWW.4C-ALAMEDA.ORG)

4C's is the state-designated Resource and Referral agency for southern Alameda County and your one-stop resource to finding quality and affordable child care.

22351 City Center Dr, Hayward, CA 94541

## Beyond Emancipation

510-667-7694 | [BEYONDEMANCIPATION.ORG](http://BEYONDEMANCIPATION.ORG)

Support programs for former foster youth

675 Hegenberger Rd, Suite 100 Oakland CA

## Alameda Co. Clean Slate Program

510-272-6600 |

[WWW.ACGOV.ORG/DEFENDER/SERVICES/CLEANSLATE.HTM](http://WWW.ACGOV.ORG/DEFENDER/SERVICES/CLEANSLATE.HTM)

Requirements: You do not have any pending criminal cases

You are not currently on parole

545 4th Street, Oakland

## Alameda County Food Bank

510-635-3663 | [WWW.ACCFB.ORG](http://WWW.ACCFB.ORG)

7900 Edgewater Dr, Oakland, Ca 94621

## East Bay Community Law Center

510-548-4040 | [EBCLC.ORG](http://EBCLC.ORG)

Requirements: You do not have any pending criminal cases

You are not currently on parole

2921 Adeline St., Berkeley, CA

## Oakland Food Pantry

510-361-4656 |

[WWW.FOODPANTRIES.ORG/CI/OAKLAND](http://WWW.FOODPANTRIES.ORG/CI/OAKLAND)

Food distributed every Tues. & Sat. from 10AM - 11:30AM

1666 C 7th St, Oakland, CA 94607

## Centerforce

510-834-3457 | [WWW.CENTERFORCE.NGO](http://WWW.CENTERFORCE.NGO)

Re-entry and Family Reunification

1904 Franklin St, Rm 418, Oakland, CA

## Telegraph Ministry Center

510-961-4385 | [WWW.TELEGRAPHCENTER.COM](http://WWW.TELEGRAPHCENTER.COM)

Hot Breakfast Weds. - Sun. from 6:30AM to 8AM.  
Food distributed Weds. & Fri. from 10AM - 2PM.  
2nd & 4th Wednesdays also from 6PM - 7:30PM

5316 Telegraph Ave, Oakland, CA 94609

# Resources

## Success Centers

510-482-1738 | [SUCCESSCENTERS.ORG](http://SUCCESSCENTERS.ORG)

Career Counseling, Pre-Employment Training, & Life Skills coaching

2577 MacArthur Blvd., Oakland, CA 94602

## Youth Uprising

510-777-9909 | [WWW.YOUTHUPRISING.ORG](http://WWW.YOUTHUPRISING.ORG)

17+, GED Program is FREE

8711 MacArthur Blvd., Oakland, CA 94605

## West Oakland Job Resource Center

510-419-0509 | [WWW.WOJRC.ORG](http://WWW.WOJRC.ORG)

Job orientations, placement programs, math classes for construction careers

1801 Adeline St. Rm 211, Oakland, CA 94607

## Oakland Adult & Career Education

510-273-2310 | [WWW.OUSD.ORG/PAGE/9245](http://WWW.OUSD.ORG/PAGE/9245)

GED, ESL (Readiness, Literacy, Citizenship), Pre-Apprentice Math

2607 Myrtle St, Rm 122, Oakland, CA 94607

## Civicorps Schools

510-992-7800 | [WWW.CVCORPS.ORG](http://WWW.CVCORPS.ORG)

HS Diploma only, Edu. & Job training programs

101 Myrtle St, Oakland, CA 94607

## Oakland Private Industry Council, Inc.

510-858-6742 X 7941 | [WWW.OAKLANDPIC.ORG](http://WWW.OAKLANDPIC.ORG)

Career Counseling, Pre-Employment Training, & Life Skills coaching

268 Grand Ave Oakland, CA 94610

## Next Step Learning Center

510-251-1731 | [WWW.NEXTSTEP.LC.ORG](http://WWW.NEXTSTEP.LC.ORG)

17+, Call for appointment

2222 Curtis St, Oakland, CA 94607

## PeopleReady

[WWW.PEOPLEREADY.COM/CONSTRUCTION](http://WWW.PEOPLEREADY.COM/CONSTRUCTION)

On-demand staffing in the construction field.

## Scotland Youth Center

510-832-4544 | [SCOTLANCENTER.COM](http://SCOTLANCENTER.COM)

Ages 16-21, GED and Employment Training Program

1324 Adeline St, Oakland, CA 94607