

JUNE 2021

IN THE LOOP



Alameda County Project Stabilization Community Benefits Agreement (PSCBA) Updates



CHANGE IS COMING! TAKE CARE.

The world is opening back up and our many roles - at home, at work, and in the community - seem to be ever changing.

In the March edition of In The Loop, we shared the benefits of yoga and meditation when dealing with stress - tools for your mental health toolbox. This month, we build upon those tools and incorporate mindfulness. Mindfulness, according to mindful.org, is the basic human ability to be present, take note of what you're feeling and not be overly reactive or overwhelmed by what's going on around us."

Over the next few months, as you venture out into the world and connect with more and more people, be mindful of your response to different experiences, viewpoints and changes that comes your way.

And lastly, remember to just breathe. We're all in this together.

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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!

Personal Development Corner



We recently discovered a free tool - The Marcus Buckingham Company's (TMBC) Strengths Assessment StandOut 2.0. Among many benefits, this "situational judgement test" shines a light on the greatest value you can bring to a team.

Here is what you need to know:

- Find 15 minutes of quiet time.
- StandOut relies on your top-of-mind reactions, so it's deliberately timed.
- Take it in one sitting.
- You will get your 14-page results immediately.

Ready for the assessment?
Sign up here:

www.marcusbuckingham.com

Why Everyone Should Have a Coach



It doesn't matter what discipline you are in, having a coach is imperative to your growth and development. There seems to be a bit of confusion when one is asked what's the difference between and mentor and a coach.

Depending on who you ask, some may see both as having some cross over when discussing what the differences are.

Frankly, there is a difference. Simply put a mentor is usually someone that works in the same company as the mentee but at a more senior level. A mentor is a person who can draw upon their experience to help the mentee to progress. However, some people may also find mentors outside of the work environment. These mentors may be found through various networking or professional organizations.

A coach on the other hand is someone that has gone through training and certification from an accredited organization such as the International Coach Federation (ICF). The coach receives compensation. The relationship between a coach and a client is one where the coach has a focus on development. He/she provides guidance to the client to help them to achieve their goals.

Coaches use formal assessment tools with their clients to assist them with assessing areas of development, identifying areas of focus while getting to know the client and what they value as important.

Coaching is a process that allows an individual or group of people to reflect and gain awareness of who they are and what is important to them. It also focuses on strengths, challenges, and options open to them.

Some coaches use a directive approach whereas other use a non-directive approach. In a non-directive coach setting, the coach asks questions of the client to allow them to find their own solutions. The coach does not offer advice or give suggestions. Non-directive counseling uses skillful questioning to assist the client to gain clarity.

Directive coaching is where the coach offers options, solutions, tools, and techniques to assist the client to move forward. Either way, the coach holds the client accountable for their actions.

For a step-by-step guide on how to find a life coach, visit <https://www.lifecoachspotter.com/how-to-find-life-coach-guide/>

Source: Gloria Bailey-Ray, MPA, Certified Coach and Author; Life Coach Spotter

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/.



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

www.wojrc.org

www.risingsunopp.org

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 | (510) 986-1100 Ext. 7



LCG

LOWE CONSULTING
GROUP INC.

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)





RISING SUN
CENTER FOR OPPORTUNITY



Program Dates
June 28th - September 2nd

Summer Jobs!

Green Jobs for 15-22 year

Since 2000, Climate Careers has operated as a highly innovative youth empowerment program, addressing climate change by employing youth to provide energy efficiency services to over 52,700 Northern California residences. Rising Sun trains and employs Bay Area youth to conduct Green House Calls in their home communities.

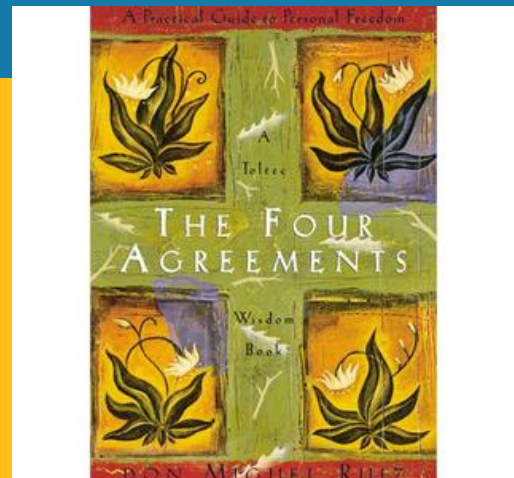
Interested in more information?
www.risingsunopp.org

olds To be an Energy Assistant, you must be:
Resident in one of the nine Bay Area counties
Between 15 and 22 years old
Committed to working four days a week
Committed to learning in a supportive environment!

READY TO APPLY?
Apply online!
<http://forms.gle/cCGUuA7Q8bamaknx5>

A Good Read

The Four Agreements



Here's a simple, yet profound book we find helpful when thinking about a personal credo. As we close out the first six months of the year, many of us are contemplating what the rest of the year will look like, and how we want to be intentional.

Here's an invitation to pause and add this practice to your toolkit for decision making and self compassion. This best selling author urges us to employ these four steps as we refine our personal code of conduct. . .

"When you don't take things personally, it gives you immunity"

The Four Agreements:

1. Be Impeccable With Your Word
2. Don't Take Things Personally
3. Don't Make Assumptions
4. Always Do Your Best

Check it out - think of it as a practice, not a one and done, but get curious about what's beneath the agreements and how these answers can drive transformational change in the ways in which you move about in the world.

PRE-APPRENTICESHIP WORKSHOP*

*Via Apprenticeship
Readiness Programs

**Sonoma,
Contra Costa,
Alameda Counties**

Focuses on 5 Local Pre-apprenticeship Programs

- ▶ *Prepares you to apply for apprenticeship*
 - ▶ *Construction Related Math*
 - ▶ *Explore Various Trades*
 - ▶ *Tool Identification*
 - ▶ *Working Safely*



**TRADES-
WOMEN**
INC

July 15, 2021 | 6*-7pm

***Punctuality appreciated**

Click Here To Sign Up For the Next Event



ENTRY TO APPRENTICESHIP WORKSHOP

East Bay & North Bay Areas



with

TRADESWOMEN^{INC}

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

July 21, 2021 | 6*-7pm

***Punctuality appreciated**

Conferencing link will be shared upon sign-up

Follow Us





Program Highlights:

- ◆ Connect with local Apprenticeships
- ◆ Industry Guest Speakers
- ◆ First Aid / CPR Certification
- ◆ OSHA 10 Certification
- ◆ Blueprint Reading
- ◆ Applied Math for the Trades
- ◆ Training Center/Job Site Field Trips
- ◆ Ergonomics
- ◆ Financial Literacy
- ◆ Diversity

"Lacking a career ladder from another course? This one is the next step, and leads you all the way up!"

NORTH BAY TIP

An Apprenticeship Readiness Program

Find a Rewarding Career in the Building and Construction Trades

Tuition Free!



North Bay TIP is a Certificated Apprenticeship Readiness Program that will introduce you to apprenticeship in the many "Building and Construction Trades". This program will allow you to explore many trades and prepare you with the skills and confidence needed to successfully apply and enter a state registered trade apprenticeship that is right for you!

North Bay TIP places emphasis on increasing the diversity of apprenticeship candidates by recruiting women, communities of color, veterans, transitioning adults and out of school youth.

WOMEN, yes you can do it!

The Union Advantage!

Great Wages, Health Care Benefits, Retirement Plans,
Superior Training, Employer Connections,
Pride and Dignity!

Take the First Step!

Register for a 2–3 hour Mandatory Program Orientation at:

www.LearnAConstructionJob.org

REGISTER FOR AN ORIENTATION NOW. NEXT ORIENTATIONS: JULY 15, 16, 17 (2021)

Choose an orientation date listed or put your name in for a future date, then attend the orientation.

Requirements such as High School Diploma or GED, valid California driver license, etc., will be discussed at the orientation.

Partners include Marin, Sonoma, Napa, Lake, Mendocino and Solano Colleges, Adult Schools, Workforce Development Boards, Apprenticeship Programs, Building and Construction Trade Councils, the CA Division of Apprenticeship Standards, and Tradeswomen, Inc.

MAJOR FUNDING IS BY CA HRCC SB1 PRE-APPRENTICESHIP FUNDS

Resources

Bay Area Community Services

510-613-0330 | 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**

Abode Services

510-657-7409 | 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

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

East Oakland Community Project

510-532-3211 | WWW.EOCP.NET

Provides transitional housing

7515 International Blvd. Oakland, CA 94621

Telegraph Ministry Center

510-658-4457 | 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

Provides housing, food, medical, learning/ career center

722 Washington St., Oakland, CA 94607

Wardrobe for Opportunity

510-831-0702 | 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/

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

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

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

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

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

7900 Edgewater Dr, Oakland, Ca 94621

East Bay Community Law Center

510-548-4040 | 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/CA-OAKLAND

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

1666 C 7th St, Oakland, CA 94607

Centerforce

510-834-3457 | WWW.CENTERFORCE.NGO

Re-entry and Family Reunification

1904 Franklin St, Rm 418, Oakland, CA

Telegraph Ministry Center

510-961-4385 | 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

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

2577 MacArthur Blvd., Oakland, CA 94602

Youth Uprising

510-777-9909 | 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

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

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

2607 Myrtle St, Rm 122, Oakland, CA 94607

Civicorps Schools

510-992-7800 | 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

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

17+, Call for appointment

2222 Curtis St, Oakland, CA 94607

PeopleReady

WWW.PEOPLEREADY.COM/CONSTRUCTION

On-demand staffing in the construction field.

Scotland Youth Center

510-832-4544 | SCOTLANCENTER.COM

Ages 16-21, GED and Employment Training Program

1324 Adeline St, Oakland, CA 94607