



TOPIC: Getting HELP

Hi Peer Educators!

Happy New Year! We hope you had a happy and healthy holiday. We are pleased to announce that your Office of Minority Health certificates have been mailed and you should be getting them soon, if you have not already.

This week's email is all about getting **HELP** with your preconception health efforts, whether on campus or in your larger community. It can be tough to get started creating a new campus club or starting a new activity. We are here to help.

Find Your Team: Use the Every Woman California Discussion Forums to Network

One great resource that you have is each other! Interested in getting all the CSU Fresno students together, so that you can think about starting a campus club? I bet others are too. I mean, everyone wants to improve their resume/CV or graduate school applications these days, right?

So what next? Post a message in the Every Woman California forums to find out who is interested in working with you. Share email addresses or meet informally to get to know one another.

Need help accessing the discussion forums? [Click here for tips](#). You can always email us too.

Need Money for Collaboration?

There is still time to apply for the grants that we made available to Peer Educators who were trained at CSU Fresno on September 22, 2012. **The deadline is coming up soon on January 22!** Apply for up to \$1000. [The short application is here.](#)

Need Ideas to Host an Event?

Don't fret. We have a few ideas to get you started. Plus, the resources are available to you for FREE!

- **Host a Documentary Screening:** Remember the short film, *Crisis in the Crib*, which we aired at CSU Fresno? That film is available [online](#), so you can share it with your peers to increase



awareness about this critical public health issue. We also have some other short films available, including segments from [The Weight of the Nation](#) and [Unnatural Causes](#) for your viewing pleasure or for other movie nights.

- **Host a Game Night:** Remember that game we played at CSU Fresno, called the [Life Course Game](#)? Well, we have several copies to loan to you if you would like to use it to teach others about the variety of influences on one's health.

We are online!

Please visit www.everywomancalifornia.org on a regular basis to find important resources and stay updated on upcoming events. Check out the resources available, including a [section of the website](#) just for Peer Educators! [Log in](#) for collaborative tools AND to contribute to the Every Woman California website. For instruction sheets, [click here](#).

Please 'Follow/Retweet' [@PHCCalifornia on Twitter](#) and 'Like' [California Preconception Health on Facebook](#) so that you can stay informed of important updates AND spread the preconception health message—this is also an avenue for you to publicize your own work! Contact us for details.

Questions?

We will do our best to help. Please email info@everywomancalifornia.org.

Thank you for your dedication to the health of women, men and families in California!

