

CCUG Southern Chapter Quarterly Training Meeting Minutes

Date: Thursday, February 29, 2024

Location: West Valley Training Center, Rancho Cucamonga, CA

Call to Order: The meeting was called to order at 0830 by Sheila Herron, Southern Chapter Assistant Director.

Board Members Present:

Lehua Pahia, Executive Director

Rebekah Biedermann, Southern Chapter Director
Wendy Villescas Southern Chapter Assistant Director
Sarita Aguillard Southern Chapter Secretary
Elizabeth Lusk, Southern Chapter Treasurer

Agencies in Attendance:

See attached meeting roster

Speakers:

Session 1 [[0830-1130](#)]

Training: Wellness & Mindfulness

Presented By: Kristen Jauregui, El Monte PD

This presentation provides examples of current Stressors, Resilience, Fixed vs Growth Mindset, Listening Skills, and Goal setting. A variety of therapy practices and way to control emotional challenges were discussed. Additionally, ways to cultivate Blessing and Gratitude were provided. Lastly an interesting group experiment was performed.

Session 2 [1300-1600]

Training: 2024 Legal Updates

Presented by: Reggie Rahia, Sr. DA Investigator and
Jana Burrell, Deputy District Attorney

This presentation covered the role of the District Attorney's Office, a variety of new and modified 2024 laws. Additionally, a Q&A section was provided, and the DA was able to provide insight on various situations and answered numerous questions.

CCUG Business: No New Business

Next Meeting:

CCUG Southern Chapter Quarterly Meeting May 08, 2024 Brea Civic Cultural Center

Board Business: Meeting adjourned at 1600.