



News from the Nest: Summer 2026

Celebrating milestones, community, and what's ahead.

Dear Wellnest Family,

Welcome to our latest edition of **News from the Nest!** Inside, you'll find updates from across Wellnest, including a warm welcome to our newest team members, celebrations of recent promotions, employee shoutouts, and important announcements.

As we reflect on Juneteenth and Pride Month, we reaffirm our commitment to creating a workplace that stems from inclusion, compassion, and belonging. You'll also find highlights from Mental Health Awareness Month, reminders about upcoming events and holidays, employee benefits information, and even a tasty recipe to enjoy.

Thank you for all you do to support one another and the communities we serve!

Welcome to Wellnest!

Please join us in welcoming the following members to
our Wellnest family:

Gleeza Fuentes, Clinical Therapist I, started on March 23, 2026
John Justice Hill, Clinical Therapist I, started on April 6, 2026
Brianna Hernandez Mendoza, Intern, started on May 18, 2026
Angela Lee, HR Assistant, started on June 1, 2026
Maria Hezkial, Clinical Therapist I, started on June 1, 2026
Kathryn Matthews, Volunteer, started on June 1, 2026
Stacie Ocampo, Vice President of Human Resources, started on June 15, 2026

Congratulations!

Promotions in 2026 (Since April's Newsletter)

Rochelle Le Heux – promoted to Clinical Therapist II
Sheila Dardon Muralles – promoted to Clinical Therapist II
Destinee Stewart – promoted to Clinical Therapist II
Jamie Garnica – promoted to Clinical Therapist II
Teresa Ramirez – promoted to Clinical Supervisor
Donna Catota – promoted to Program Coordinator
Iliana Diaz – promoted to Medical Administrative Coordinator
Graciela Flores - promoted to Clinical Therapist I

Upcoming Holidays and Events

July 3, 2026 – Independence Day
September 7, 2026 – Labor Day
September 16, 2026 - Wellnest Day

Mandatory All Staff Meeting

Our next All-Staff Meeting will be held on **July 15th from 9am to 2pm** at the **California Endowment**, at which we will be sharing departmental and organizational updates, as well as recognizing employee anniversaries amongst other accomplishments. We look forward to seeing you all there!

Diversity, Equity, and Inclusion (DEI)



On June 19, we recognized Juneteenth, commemorating the end of slavery in the United States and honoring the resilience, contributions, and achievements of Black Americans.

As a trauma-informed organization, Wellnest recognizes the importance of understanding history and its lasting impact.

Read more about the history of Juneteenth by [clicking here](#).



This June, we celebrated Pride Month, honoring the resilience, contributions, and diverse experiences of LGBTQ+ communities while recognizing the ongoing work toward a more inclusive and equitable future.

At Wellnest, we are committed to fostering a culture of inclusion, compassion, and belonging where everyone feels seen, valued, respected, and supported.

To learn more about the history of Pride month, [click here](#).

*As part of Wellnest's Diversity, Equity, and Inclusion (DEI) initiatives, we want to raise up staff voices. We would like to use this forum to collect and share accomplishments of our staff and address questions related to DEI. Staff who complete the survey **and** provide their name will be entered into a raffle to win a \$20 gift card.*

Raising Up Employee Voices – Form



Staff Shoutouts!

We're excited to introduce our new Staff Shoutouts section! Featuring messages of appreciation collected through our recent DEI Survey and Pass the Positivity campaign in support of Wellnest's Staff Mental Health Awareness Month.

Click the button below to read the shoutouts and help us celebrate our amazing staff!

Read Shoutouts Here!

Mental Health Awareness Month Recap

A big thank you to the employees who participated in our Mental Health Awareness Activities during the month of May! Check them out below!



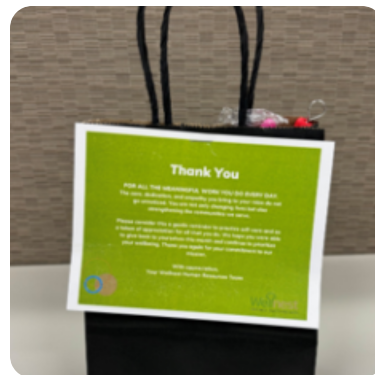
Care Starts With Us:

Employees who volunteered were able to help assemble wellness bags that were distributed to clients in our Early Intervention and Home Visitation program.



Sound Bath:

Employees had the opportunity to unwind and recharge during our immersive sound bath experience, promoting relaxation, stress relief, and mental well-being. We hope you enjoyed it!



Employee Wellness Kit Distribution

Week: Employee Wellness Kits were distributed across the organization to encourage relaxation, stress relief, and self-care.

Financial Wellness Webinar: Employees learned how credit scores work and how to improve them, explored effective debt-repayment strategies, student loan options (including repayment, forgiveness, and refinancing.)

In case you missed it, [check out the recording here!](#)

Step Challenge: Employees were able to build healthy habits and enjoy a little friendly competition while working toward their goals. We hope everyone that participated had a fun time getting active. Congratulations to our winners!

1st Place – Elizabeth Gonzalez

2nd Place – Angela Perez

3rd Place – Lindaura Hernandez

401(k) Fidelity Transition Complete and Consultations:

The transition to Fidelity is now complete, and your 401(k) account is ready to access.

A few important next steps:

- Register or log in to your NetBenefits account.
- Designate your beneficiary (beneficiary information did not transfer).
- Download the NetBenefits mobile app for convenient account access.

Need a refresher? The Fidelity "Get Started" webinar is available on demand, and Avina Financial continues to offer free 15-minute one-on-one consultations to

answer questions, review your investments, and help you maximize your retirement benefits.

- [Click here to learn more](#) and access more helpful resources.
- [Click here to access](#) the Fidelity's NetsBenefits site.

Spring Bites & Delights!

Looking for something fresh to make this season? Try these delicious recipes, perfect for summer gatherings or a simple weeknight meal.



Street Corn Pasta Salad

A flavorful pasta salad packed with grilled corn, fresh herbs, avocado, and a zesty chili-lime dressing.

[Click here](#) for the full recipe.



Key Lime Bars

A creamy, tangy dessert with a buttery graham cracker crust that's perfect for warm weather. [Click here](#) for the full recipe.

Wellnest Incident Reporting

Safety is our top priority and we want to remind you of the proper reporting process for any critical incidents.



HR Incident Report



Incident Report

In our HR Intranet, you will be able to find two types of reports:

- **HR Incident Report:** For employee-related incidents, including workplace injuries or illnesses.

Training Tuesdays



- Incident Report: For incidents involving clients, visitors, or Wellnest property.

[Click here to learn more](#) and access the Incident Reporting Policy and forms.

QMC is launching a new weekly initiative: **Training Tuesdays**. Every Tuesday, you'll receive a trauma-informed tip delivered straight to your inbox.

If you have any questions or feedback regarding the Wellnest newsletter, please contact HR@wellnestla.org.

Follow Us on Social Media!

Be sure to like, share and comment to help spread the word.

Click the links below and give us a follow now!



ABOUT WELLNEST:

For over 102 years, Wellnest has provided innovative, trauma-informed, nationally acclaimed mental health services for children and youth in Los Angeles. Wellnest is a leader in innovative solutions to meeting emerging communities' health and wellness needs. Today, Wellnest engages with more than 273,000 clients annually.

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