



Suisun City PAL



Fall 2025

Program Updates

Cannabis Education

The PAL program will be incorporation 5-10 minutes of cannabis education into the classroom activities. The Suisun City PAL program is funded from Proposition 64 Public Health and Safety Grant. One of the requirements for this grant money is to provide cannabis education. We appreciate all attendance and survey returns for our program.

Monthly Movies

To attend the monthly movie, participants must complete 10 hours of program time during the month prior. These hours can be earned through participation in any of our available programs.

100 hour sweatshirts


To qualify for the July Dave & Buster's trip, each participant must complete 50 hours of program activities and 2 hours of volunteer work. Hours will be counted starting from January.

Open House

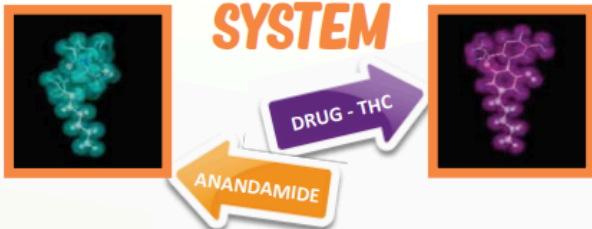
We have open house of some Fridays and a Saturday. This gives our members the opportunity to use equipment and supplies in their own time. It also gives you a chance to interact with other members and staff outside of instruction time. Check recdesk for days and times.

We add programs through out the months. Check recdesk for the most up to date programs!

August

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|---|-------------------------|--------|----------|
| 11 | 12 | 13  | 14 | 15 | 16 |
| 18 | 19 Nutrition 4pm-6:30pm | 20 | 21 | 22 | 23 |
| 25 | 26 Art 4pm-5:30pm | 27 | 28 Art 4pm-5:30pm | 29 | 30 |

THE ENDOCANNABINOID SYSTEM



Recently, researchers studied how the THC in marijuana makes people high. They found the receptors it binds to and named them the Cannabinoid-1 (CB1) receptor in the nervous system and the Cannabinoid-2 (CB2) receptor in the immune system. Our brains are rich in CB1 receptors, which control central nervous system functions such as pain, sleep, metabolism, and movement.

CB1 RECEPTORS- NERVOUS SYSTEM

BRAIN
RETINA
SPINAL CORD
LUNG
HEART
REPRODUCTIVE SYSTEM

CB2 RECEPTORS- IMMUNE SYSTEM

DIGESTION
LIVER
BONES
SPLEEN
COLON
PANCREAS



We have an internal endocannabinoid in our bodies called anandamide. This is the brain's natural feel-good chemical, which naturally binds with our receptors. It is released after running, for example, which is often called the runner's high. Anandamide is also found in chocolate!

THC and anandamide molecules aren't exactly the same, but THC is close enough to TRICK THE BRAIN into letting it bind to the CB1 receptors! When THC gets into the brain, it interferes with our normal bodily functions. Teens who use marijuana may have attention deficits, memory loss, and impaired learning ability. When your brain is forming, marijuana use can change its structural development, causing changes in the prefrontal cortex. You want your brain to function and develop the way it's supposed to!

Research: www.ncbi.nlm.nih.gov/pmc/articles/PMC4789136

WHY ARE ATTENTION, MEMORY, AND LEARNING IMPORTANT TO YOUR FUTURE CAREER GOALS?

THE DIRTY DOZEN NEGATIVE IMPACTS OF TEEN MARIJUANA USE



- 1 www.ncbi.nlm.nih.gov/pmc/articles/PMC4827335/pdf/nihms762992.pdf
- 2 sci-hub.se/10.1073/pnas.1206820109
- 3 www.ncbi.nlm.nih.gov/pmc/articles/PMC6991277
- 4 www.ncbi.nlm.nih.gov/pmc/articles/PMC3552239/pdf/nihms388189.pdf
- 5 pubmed.ncbi.nlm.nih.gov/29768651
- 6 sci-hub.se/10.1046/j.1360-0443.2000.951116213.x
- 7 www.ncbi.nlm.nih.gov/pmc/articles/PMC4988731/
- 8 pubmed.ncbi.nlm.nih.gov/26283092
- 9 www.sciencedaily.com/releases/2016/09/160901211303.htm
- 10 www.nih.gov/news-events/news-releases/cannabis-use-may-be-associated-suicidality-young-adults
- 11 www.drugabuse.gov/publications/research-reports/marijuana/what-are-marijuanas-effects-lung-health
- 12 www.nhtsa.gov/sites/nhtsa.gov/files/documents/812440-marijuana-impaired-driving-report-to-congress.pdf

WHICH ONE OF THE DIRTY DOZEN WOULD WORRY YOU THE MOST IF IT HAPPENED TO YOU?



September

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------------------|--------------------------|-------------------------|---|-------------------------------|
| 1  | 2 Art 4pm-5:30pm | 3 | 4 Art 4pm-5:30pm | 5 Open House and Game Day 4pm-6pm | 6 Life Skills 11am-1pm |
| 8 Coding 4pm-5pm | 9 Art 4pm-5:30pm | 10 | 11 Art 4pm-5:30pm | 12 | 13 Monthly Movie |
| 15 Coding 4pm-5pm | 16 Nutrition 4pm-6:30pm | 17 | 18 | 19 Open House and Game Day 4pm-6pm | 20 Fishing 9am-12pm |
| 22 Coding 4pm-5pm | 23 | 24 Cooking 4pm-6pm | 25 | 26 | 27 Life Skills 11am-1pm |
| 29 Coding 4pm-5pm | 30 | | | | |

October

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--------------------------|-------------------------|---|--|
| | | 1 | 2 Art 4pm-5:30pm | 3 | 4 Open House and Game Day 11am-2pm |
| 6 | 7 - Volunteer National Night Out 4pm-7pm | 8 | 9 Art 4pm-5:30pm | 10 | |
| 13 Indigenous People Day | 14 Nutrition 4pm-6:30pm | 15 | 16 Art 4pm-5:30pm | 17 | 18 Fishing 9am-12pm |
| 20 Archery 4pm-5:15pm | 21 | 22 Cooking 4pm-6pm | 23 Art 4pm-5:30pm | 24 | 25 - Volunteer Pumpkin Carving Event 9am-12pm |
| 27 Archery 4pm-5:15pm | 28 | 29 | 30 Art 4pm-5:30pm | 31  | |

November and December Coming Soon!