

# The Community Tide

## 1. share community resources

do you know of any helpful local, online, and mental health resources that more people should know of?

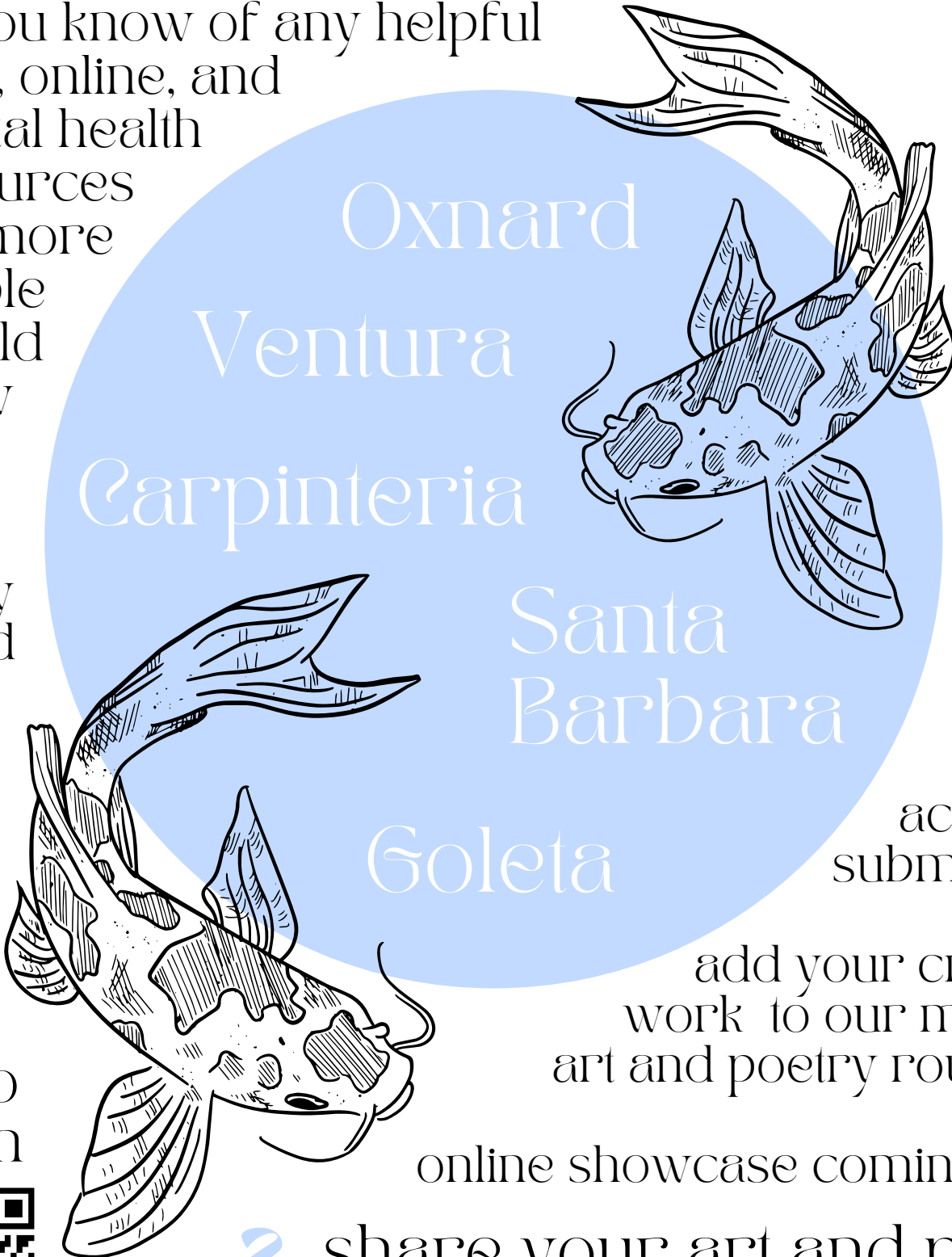
make it easy to find

add it to the Tide!

call to action



Oxnard  
Ventura  
Carpinteria  
Santa Barbara  
Goleta



hello artists of all sorts!

we are accepting submissions

add your creative work to our monthly art and poetry round up

online showcase coming soon!

## 2. share your art and poetry

please check the Tide for more info at [www.thecommunitytide.com](http://www.thecommunitytide.com)