

County-wide Trainings in April and May -- At a Glance! -- Register here now!

Date (2016)	Time	Title	Facilitator(s)	Training Location	Registration Link
April 5	5:30 - 7:30pm	Sensory Integration for All Children – The Basics and Beyond	Sue Lomax, MAT	Mt. Shasta	Register now by clicking here!
April 6	9:00 - 2:00pm	Sensory Integration for All Children – The Basics and Beyond	Sue Lomax, MAT	Yreka	Register now by clicking here!
April 19	12:00 - 4:00pm	The Power of Nicotine	Group of Health Professionals	Yreka	Register now by clicking here!
April 21	9:00 - 3:30pm	The Impact of Trauma on a Child's Attachment	Debra Wiegel, LMFT	Yreka	Register now by clicking here!
May 10	5:30 - 8:00pm	Brain, Behaviors & Regulation – Understanding Trauma Through New Lens	Denise Rice, MSW, LCSW	Mt. Shasta	Register now by clicking here!
May 11	9:00 - 3:30pm	Brain, Behaviors & Regulation – Understanding Trauma Through New Lens	Denise Rice, MSW, LCSW	Yreka	Register now by clicking here!
May 18	5:30 - 8:00pm	7 Essential Life Skills Every Child Needs – And How Parents Can Teach Them	Ellen Galinsky, MS	Mt. Shasta	Register now by clicking here!

Sensory Integration for All Children
THE BASICS AND BEYOND
Presented by **Sue Lomax, MAT**

Tuesday, April 5
5:30-7:30 pm
An Introductory Session
Location: First Baptist Church
812 Lanes Lane, Mt Shasta

Wednesday, April 6
9:00-2:00 pm
Location: Mt. Shasta Community Center
2212 E. Pioneer Street, Yreka

Register for one or both of these FREE trainings here: <https://www.siskiyoutribe.com/2016/04/01/>

The Power of Nicotine
LUNCH & LEARN
TUESDAY APRIL 19
12:00 - 4:00pm
Lunch is provided.

FACTS & RECENT RESEARCH
This illustrious group of health professionals will present facts about how nicotine, smoking & the use of other tobacco products affect your health.

Facilitated by:
— Sue Lomax —
Overview of the Tobacco Epidemic: JOHN HARBCK, M.D.
Risk, Tobacco, & Advertising: MAGGIE SHEPARD, Ph.D., MS
Tobacco & Addiction: LIFELINE Impact: ROSEN GARR, LMFT
E-cigarettes & Vaping: MAGGIE SHEPARD, Ph.D., MS
Pregnancy Risks, & 2nd/3rd Hand Smoke: SHARLENE WOODCOCK, Ph.D.
Cessation & Intervention: SIOMANA SIBELSKY & MAGGIE SHEPARD, Ph.D., MS
Economic Impact of Tobacco: NEAL STONE: JOHN HARBCK, M.D.

Register for this FREE training at:
<https://www.siskiyoutribe.com/2016/04/01/>

The Impact of Trauma on a Child's Attachment
Facilitated by **DEBRA WIEGEL, LMFT**

THURSDAY APRIL 21
9:00 - 3:30 pm

This workshop will focus on complex trauma exposure and the disruptive attachment styles that result from abusive and/or neglectful parenting. Participants will learn ways to encourage and nurture successful attachments to help children heal from early negative experiences.

Objectives in this training include learning:
1) Types of attachment in children resulting from complex trauma exposure.
2) A style of attachment.
3) To recognize signs of disrupted attachment in children and in the family.
4) One method of securely attached and insecurely attached children.
5) Qualities of parents who promote successful attachments.
6) 3 strategies of parental relations to encourage secure attachment.

Register for this FREE training online at:
<https://www.siskiyoutribe.com/2016/04/01/>

Brain, Behaviors and Regulation
UNDERSTANDING TRAUMA THROUGH A NEW LENS
Presented by **Denise Rice, MSW, LCSW**

Thursday, May 10
5:30 - 8:00 pm
Event Registration at 5:30 pm
Registration at 6:30 pm
Location: First Baptist Church
812 Lanes Lane, Mt Shasta

Wednesday, May 11
9:00 - 5:00 pm
Event Registration at 9:00 am
Registration at 10:30 am
Location: Mt. Shasta Community Center
2212 E. Pioneer Street, Yreka

Register for one or both of these FREE trainings here: <https://www.siskiyoutribe.com/2016/04/01/>

7 ESSENTIAL LIFE SKILLS
Presented by **ELLEN GALINSKY**

EVERY CHILD NEEDS
and how parents can teach them

Wednesday May 18th
5:30 - 8:00pm
MT. SHASTA RESORT
1300 SHASTA LAKE BLVD
MT. SHASTA, CA

Register for one or both of these FREE trainings here: <https://www.siskiyoutribe.com/2016/04/01/>

To view descriptions of each training plus additional information, visit [First 5 Siskiyou facebook](#)

Ellen Galinsky will be in Mt. Shasta on May 18th!
We are so excited!! Here's a little bit about Ellen...

Ellen Galinsky - already the go-to person on education - lives in families and the work world. She has been named by *Forbes* as one of the most powerful women in the world. She is the author of *Mind in the Making*, a book that has been translated into 12 languages and is featured regularly in the media.

Ellen Galinsky is President and Co-Founder of Families and Work Institute, which established the field of work and family life at Bank Street College of Education, where she was on the faculty for twenty-five years.

Ellen has published more than 125 articles, has written 45 books, including *Mind in the Making* (2010), which is a national bestseller to share scientifically-based research and applicable strategies for promoting the skills in communication, problem-solving, and self-regulation in the home, school, and workplace.

Ellen holds a Master of Science degree in Child Development, Education from Bank Street College of Education, a Bachelor of Arts degree in Child Study from Your College and numerous honorary degrees.

Register at <https://www.siskiyoutribe.com/2016/04/01/>