

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's Sun Community Center
 2212 E. Pioneer Street, Yreka

Training objectives include the following:
 1) define sensory processing disorder; 2) identify the 7 sensory system areas;
 3) recognize characteristics of young children with sensory integration challenges;
 4) describe the characteristics of young children with sensory integration challenges;
 5) demonstrate the ability to adapt home environment to meet the needs of young children with sensory processing disorder.

Register for one or both of these FREE trainings here: <https://www.surveymonkey.com/s/2016SI>

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

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

Facilitated by:
 JOHN HARCH, M.D.
 Kati, Tobacco, & Advertising: MAGGIE SHEPARD, R.N.H.S.
 Tobacco & Addiction: LINDSEY HAYES
 E-cigarettes & Vaping: ARIEN GARR, LMFT
 Pregnancy Babies, & 2nd/3rd Hand Smoke: MAGGIE SHEPARD, R.N.H.S.
 SHARLENE HINDOCK, PH.D.
 Cessation & Intervention: SIOBHAN SHERIDAN & MAGGIE SHEPARD, R.N.H.S.
 Economic Impact of Tobacco: NEAL STONE
 JOHN HARCH, M.D.

Register for this FREE training at:
<https://www.surveymonkey.com/s/2016PowerofNicotine>

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 nonsecurely 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.surveymonkey.com/s/2016TI>

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

Thursday, May 10
 5:30 - 8:00 pm
 Dinner Registration at 5:30 pm
 Location: Mt's Sun Community Center
 2212 E. Pioneer Street, Yreka

Wednesday, May 11
 9:00 - 5:30 pm
 Registration at 8:30 am
 Location: Mt's Sun Community Center
 2212 E. Pioneer Street, Yreka

Denise has been collaborating with...
 1) gain an understanding of how the stress response system operates in the brain & why it's critical to change it to be brain & body.
 2) explore the benefits of trauma from a trauma-informed perspective, looking through relationships.
 3) gain an understanding of how the stress response system operates in the brain & why it's critical to change it to be brain & body.
 4) explore the benefits of trauma from a trauma-informed perspective, looking through relationships.

Register for one or both of these FREE trainings here: <https://www.surveymonkey.com/s/2016BBR>

7 ESSENTIAL LIFE SKILLS
EVERY CHILD NEEDS
and how parents can teach them

Presented by **ELLEN GALINSKY**

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

How do you keep the fire for learning burning in your children's eyes?
 What causes a gap in children's engagement in learning and what can we do to rekindle it? How can we help all children - not just some children - thrive?

Ellen Galinsky, early childhood expert, president of Families & Work Institute and former president of the National Association for the Education of Young Children, will speak to us about the importance of promoting key life skills learning in early childhood and beyond as it relates to future success in life.

This extraordinary training opportunity is FREE.

Click here to register at <https://www.surveymonkey.com/s/2016L7>

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 for families and the media - shares her fresh research to explain what we ought to be teaching our children. This is most exciting for entrepreneurs who care about America's future in the 21st century.

Judy Woodruff, Senior Correspondent for THE PBS Newshour

Ellen Galinsky, President and Co-Founder of Families and Work Institute, helped establish 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 What is Making (2016), and a national initiative to share scientifically-based research and applicable strategies for promoting the skills in communities across the country. She has presented at the White House, State of the Union on Capitol Hill and is featured regularly on the media.

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 Yonkers College and numerous honorary degrees.

Register at <https://www.surveymonkey.com/s/2016L7>