



Siskiyou Family & Community Resource Centers Calendar

December ~2016

Week 1

Click on event to follow link for description & more information.
 Click on specific Resource Center, in row below, to follow link to view all activities offered this month.

Butte Valley FRC	Dunsmuir CRC	Happy Camp FRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	Tulelake/Newell FRC	FCRC Weed	Yreka CRC
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
			1 Activity Time with Ana! Senior Exercise Pinochle Senior Lunch Dads' Basketball Behavioral Health Services - call 841-4100 for appointment Soup's On! Using Rules for Discipline that Work! Nurturing Parenting (continuing on an ongoing & weekly basis) Veterans' Services Advocate Women's Circle Nurturing Skills for Parents AA Meeting	2 Friday Play Group! Play Group! Soup's On! Small Blessings Play Day Bingo Snowflake Festival Planning Meeting – Come have fun & bring your best ideas! Butterfly Women - Sharing Changes AA Meeting	3	4		



Siskiyou Family & Community Resource Centers Calendar

December ~2016

Week 2

Butte Valley FRC	Dunsmuir CRC	Happy Camp FRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	Tulelake/Newell FRC	FCRC Weed	Yreka CRC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	6	7	8	9	10	11
PAL - Play & Learn	Legal & Social Services	Terrific Toddlers!	Activity Time with Ana!	Friday Play Group!		
Monday Morning Play Group!	Play Group & Parent Social	Medicare Support Services	Pinochle	Play Group!		
Senior Lunch	Soup's On!	WIC Playgroup	Senior Exercise	Soup's On!		
Senior Exercise	Coffee & Cake!	Veterans' Social	Senior Lunch	AA Meeting		
	DCRC Knitting Group	Behavioral Health Services - call 841-4100 for appointment	Dads' Basketball	Snowflake Festival Planning Meeting – Come have fun & bring your best ideas!		
	Senior Lunch Social!	Senior Lunch	Soup's On!	Tips for Coping with the Holiday Blues		
	NA Meeting	Wrapping Party for Snowflake Festival!	Behavioral Health Services - call 841-4100 for appointment			
	Fun Activities for Kids at the Holidays!	Soup's On!	Veterans' Services Advocate			
	Understanding the Baby Blues and More...with Patty Leal	Nurturing Parenting ~ for Parents and their Infants, Toddlers and Preschoolers	Women's Circle			
	Medicare Support Services	Life Success Group	Nurturing Parenting (ongoing/weekly)			
		Fun Activities for Kids at the Holidays!	Nurturing Skills for Parents			
		Medicare Support Services	Parenting the First Year!			
		Hope & Healing Support Group	AA Meeting			
		AA Meeting				



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Week 3

Butte Valley FRC	Dunsmuir CRC	Happy Camp FRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	Tulelake/Newell FRC	FCRC Weed	Yreka CRC
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
12	13	14	15	16	17	18		
PAL - Play & Learn	Senior Lunch Social!	Medicare Support Services	Veterans' Services Advocate	Friday Play Group!				
Monday Morning Play Group!	Medicare Support Services	Veterans' Social	Women's Circle	Play Group!				
Fun Activities for Kids at the Holidays!	Play Group & Parent Social	Behavioral Health Services - call 841-4100 for appointment	Activity Time with Ana!	Soup's On!				
Wrapping Party for Snowflake Festival!	Soup's On!	Soup's On!	Senior Exercise	Bingo				
Senior Lunch	Coffee and Cake!	Nurturing Parenting ~ for Parents and their Infants, Toddlers and Preschoolers	Pinochle	Snowflake Festival!!!				
Senior Exercise	DCRC Knitting Group	Nurturing Parenting ~ for Parents and their Infants, Toddlers and Preschoolers	Senior Lunch	Holiday Elves Workshop!				
	NA Meeting	Life Success Group	Dads' Basketball	AA Meeting				
		Medicare Support Services	Behavioral Health Services - call 841-4100 for appointment					
		Baking Party for Snowflake Festival!	Community Dinner!					
		Senior Lunch	Nurturing Parenting (ongoing/weekly)					
		Adoptive Parent Support Group	Nurturing Skills for Parents					
		AA Meeting	AA Meeting					



Siskiyou Family & Community Resource Centers Calendar

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Week 4

Butte Valley FRC	Dunsmuir CRC	Happy Camp FRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	Tulelake/Newell FRC	FCRC Weed	Yreka CRC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19	20	21	22	23	24	25
Winter Festival of Lights - with Bayla Greenspoon!	NA Meeting	Veterans' Social	Behavioral Health Services - call 841-4100 for appointment	Butterfly Women - Sharing Changes		
Senior Exercise	Play Group & Parent Social	Behavioral Health Services - call 841-4100 for appointment	Veterans' Services			
Senior Lunch	Medicare Support Services	Senior Bingo & Potluck Lunch	Nurturing Parenting (ongoing/weekly)			
Christmas Basket Giveaway!	Senior Lunch Social!	Senior Lunch	Adoptive Parent Support Group			
Monday Morning Play Group!	WIC - Read & Play	Family Law Clinic	Women's Circle			
	Coffee and Cake!	Medicare Support Services	Senior Exercise			
	DCRC Knitting Group	Medicare Support Services	Pinochle			
			Senior Lunch			
			Dads' Basketball			



Siskiyou Family & Community Resource Centers Calendar

December ~2016

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	
	Play Group & Parent Social	Veterans' Social	Behavioral Health Services - call 841-4100 for appointment			
		Behavioral Health Services - call 841-4100 for appointment	Senior Exercise			
		Senior Lunch	Pinochle			
			Senior Lunch			
			Dads' Basketball			



CalFresh is a Supplemental Nutrition Assistance Program for California residents in need of financial assistance for purchasing food. For more information, including assistance with applications, contact your local Family & Community Resource Center.

Information about support & services offered at each of the **NINE** Siskiyou Family & Community Resource Centers is available at www.first5siskiyou.org. This calendar may also be viewed at www.first5siskiyou.org.

Butte Valley Community Resource Center

The Butte Valley CRC will be closed for the holidays from 12/23rd until January 3rd

Play Group at WIC (Women & Infant Children)

For information about WIC, call Siskiyou County WIC at 1-800-442-2333 or 530-841-2170.

Wednesday, December 7th (1st Wednesday each month), 9:00 - 12:00pm.

Location: City Hall, 307 S. Main Street, Dorris.

Senior Lunch Social! For information, call 397-2273. Free.

Tuesdays, December 6th & 13th; 12:00 - 2:00pm.

Location: Butte Valley Community Building, 52900 Highway 97 in Dorris.

Fun Activities for Kids at the Holidays! Facilitated by Jane Schultz. Holidays can be a stressful time for families-- often when children are out of school, they tend to spend more time in front of TV or other media. In this "make and take" workshop, parents will learn fun ideas to make homemade toys, activities and gifts with their children. Jane has extensive experience in teaching grades K-5th and is also a certified ESL (English as a Second Language) Teacher. **Free. Dinner and child care are provided. To register, please call the Butte Valley CRC at 397-2273.**

Monday, December 12th, 5:30 - 7:30pm. Location: Montessori School, 610 W. 3rd Street, in Dorris

Christmas Basket Giveaway For information, call 397-2273.

Monday, December 19th, 1:00pm. Location: City Hall, 307 S. Main Street, Dorris.

Senior Bingo & Luncheon Potluck! For information, call 397-2273. Free.

Wednesday, December 21st, (3rd Wed. each month), 12:00 - 2:00pm. Location: Dorris City Hall.

Veterans' Services Siskiyou County Veterans Officer, Tom Jackson, offers information & assistance for Veterans currently receiving VA benefits & those interested in enrolling for VA benefits. **For information, call 397-2273.**

Veterans are welcome to drop-in or can call Tom at 842-8010 to schedule an appointment.

Thursday, December 22nd (4th Thursday each month), 10:00 - 3:00pm.

Location: BV CRC, 111 W. 3rd Street, Dorris.

Dunsmuir Community Resource Center

The Dunsmuir Community Resource Center will be closed for the holidays from December 21st through January 2nd
Open Thursday, December 22nd WIC Clinic only ~ 8:30 - 12:30pm

Friday Play Group! Facilitated by Julie Eckert. We are very pleased that Julie will be facilitating these **FREE** Friday Play Groups ~~~ every Friday! Parents & caregivers of children 0 - 5 years of age are invited to join us for dramatic & free play, arts & crafts, singing, dancing, & story time! Play groups are a great way for children to practice getting along with others & exploring new ways to play! They're great for moms, dads, grandparents & caregivers too; offering a lot of support & social contact. **Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.**

Fridays, 10:00 - 11:30am. For more information, call the Dunsmuir CRC at 235-4400.

Coffee & Cake Join us for coffee and cake or some other delectable pastry or dessert every Tuesday!

Tuesdays, 9:30 - 11:00am. For more information, call the Dunsmuir CRC at 235-4400.

Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.

Dunsmuir Community Resource Center (continued)

Dunsmuir CRC Knitting Group

Tuesdays, 1:00 - 3:00pm. For information, call the Dunsmuir CRC at 235-4400.

Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.

Life Success Group Wednesdays, 12:00 - 1:00pm. For information, call the Dunsmuir CRC at 235-4400.

Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.

Parenting Wisely A highly interactive parenting program that you can do at your own pace!

Call the Dunsmuir CRC at 235-4400 to register & for more information. Free.

Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.

Fun Activities for Kids at the Holidays Facilitated by Julie Eckert. Holidays can be a stressful time for families-- often when children are out of school, they tend to spend more time in front of TV or other media. In this "make and take" workshop, parents will learn fun ideas to make homemade toys, activities and gifts with their children.

Julie Eckert brings a wealth of knowledge and experience in Early Childhood Education. She believes in fueling creativity and teaching a love of learning for children through exploration, discovery, and play.

Wednesday, December 7th, 5:30 - 7:30pm. Dinner and child care are provided!

Please call 235-4400 for more information. Free. Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.

Happy Camp Family Resource Center

Legal & Social Services A Family Law Facilitator, Domestic Violence Advisor, Legal Aid Attorney, Social Security District Manager, & Child Support Advisor will be available to help people with legal & social services.

Free. For more information, call Happy Camp FRC at 493-5117.

Tuesday, December 6th (1st Tuesday each month), 10:30 - 2:30pm. Location: HCFRC, 38 Park Way in Happy Camp.

Veterans' Services Advocate Siskiyou County Veterans Officer, Tom Jackson, offers information & assistance for Veterans currently receiving VA benefits & those interested in enrolling for VA benefits.

For information, call Tom Jackson at Siskiyou County Veterans Services at 842-8010 or the HCFRC at 493-5117.

Thursday, December 8th, 10:00 - 3:00pm (2nd Thursday each month) Location: HCFRC, 38 Park Way in Happy Camp

Veterans' Social Wednesdays, 10:00 - 11:00am. For more information, call Happy Camp FRC at 493-5117. Free.

Location: Happy Camp FRC, 38 Park Way in Happy Camp.

Behavioral Health Services (Wednesdays & Thursdays) Call 841-4100 to schedule an appointment in Happy Camp.

Wednesdays & Thursdays, 10:00 - 3:00pm. For more information, call Happy Camp FRC at 493-5117. Free.

Location: Happy Camp FRC, 38 Park Way in Happy Camp.

HUB Communities Family Resource Center

The HUB Communities FRC will be closed for the holidays from December 26th through December 1st

Snowflake Festival Planning Meetings – Come have fun and bring your best ideas for our Annual Snowflake Festival on December 16th! **Please call 459-3481 for more information.**

Fridays, December 2nd & 9th - 12:00 - 1:00pm. Location: HUB CFRC, 310 S. 13th Street, Montague.

HUB Communities Family Resource Center (continued)

Snowflake Festival Wrapping Parties! – There will be Pizza! Come help wrap presents for the kids!

Please call 459-3481 for more information.

Wednesday, December 6th & Monday, December 12th - 3:00 - 6:00pm.

Location: HUB CFRC, 310 S. 13th Street, Montague.

Tips for Dealing with the Holiday Blues Facilitated by Arden Carr, LMFT.

Please call 459-3481 for more information. Snacks will be provided.

Friday, December 9th; 5:00 - 8:00pm. Location: HUB CFRC, 310 S. 13th Street, Montague

Snowflake Festival Baking Party! – There will be Pizza! Come help frost baked goods for Snowflake Festival!

Please call 459-3481 for more information.

Wednesday, December 14th - 5:00 - 8:00pm. Location: HUB CFRC, 310 S. 13th Street, Montague.

Nurturing Parenting with Special Emphasis for Parents in Recovery Presented by Toby Reusze, CAADC II.

Learn practical skills in dealing with stress, anger, & challenging behavior– get support in dealing with addiction issues. Toby Reusze, Certified Advanced Alcohol & Drug Counselor (CAADC) II, specializes in alcohol & drug counseling with adolescents & adults & their families. In these classes, parents will learn how to enhance their capacity to nurture themselves and their children, strategies to strengthen recovery, and ideas to help their children succeed. **Dinner & child care are provided. Free. For more information, call the HUB CFRC at 459-3481.**

Thursdays (ongoing, each Thursday), 5:00 - 7:00pm. Location: HUB CFRC, 310 S. 13th Street, Montague.

Autumn Play Group for Infants & Toddlers Focusing on fun---with story time, fine arts, science, geography, music & movement! We read, sing & play! No cost to families – drop in anytime – healthy snack provided.

Free children’s books are always available. **For information, call the HUB CFRC at 459-3481. Free.**

Every Tuesday, 10:00 - 11:30am. Location: HUB CFRC, 310 S. 13th Street, Montague.

Butterfly Women - Sharing Changes - Empowerment through the Arts Lead by Gita Lloyd, internationally published professional illustrator & artist, arts speaker & arts teacher with over 35 years of arts experience. This is an open women’s support group with a mission: to share, care & grow through the arts, we remember to be our joyous selves. We’re a nice group & we have fun, together. “Our minds are a garden, our thoughts are the seeds, we can grow flowers or we can grow weeds....” as Butterfly Women we try for flowers in our gardens.

Free. Child care & art supplies provided. Please arrive 10 minutes early.

For information, contact Gita at 459-3481 or at Glloyd.hubcommunities@gmail.com.

Fridays, 3:00 - 5:00pm Location: HUB CFRC, 310 S. 13th Street, Montague.

Mount Shasta Community Resource Center

The Mt. Shasta CRC will be closed for the holidays from 12/26 to 01/05

PAL- Play & Learn Join our early childhood facilitator, Julie Eckert, as we play and learn through exploration, creativity and sensory play. Julie brings a wealth of knowledge & experience & we are thrilled to have her facilitate this play & learn group. Free children’s books are always available. **For more information, call 926-1400. Free.**

Mondays, 10:30 - 12:00pm. Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Veterans’ Services Advocate Siskiyou County Veterans Officer, Tom Jackson, offers information & assistance for Veterans currently receiving VA benefits & those interested in enrolling for VA benefits.

These services are offered by appointment only; call Tom Jackson at Siskiyou County Veterans Services at 842-8010.

Thursdays, December 1st & 15th, 9:00 - 3:00pm. Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Mount Shasta Community Resource Center (continued)

Healing Hearts - Baby Loss Comfort - Hope & Healing Support Group

A support group for parents grieving miscarriage, stillbirth, or early infant loss. This support group offers tools for coping with grief, information about navigating the grieving process, the empathetic support of others, and an opportunity to share your story.

Made possible in part with funding from the Mental Health Services Act Prevention & Early Intervention program.

Please contact the MSCRC office at 926-1400 for more information or Hannah Helms at 926-6111 ext. 484 or Hannah.helms@dignityhealth.org to sign up.

Wednesday, December 6th, (1st Wednesday each month) 6:00 - 7:30pm.

Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Understanding the Baby Blues and More... Facilitated by Patty Leal, RN

Come join us and gain a clear understanding of Perinatal Mood and Anxiety Disorders (PMADs), their signs and symptoms, risk factors and strategies for prevention, and knowledge to available resources and support.

PMADs (formerly called Postpartum Depression) are common. In this informative presentation, you will learn what is normal to expect after delivery ~ and what is not. YOU are not alone! You will learn of resources and support available and what to do if you suspect or have been diagnosed with PMADs.

Participants are encouraged to come with any questions or concerns as there will be time for discussion.

ABOUT OUR GUEST SPEAKER ~ Patty Leal has cultivated an expansive career as an Educator, Nurse and Public Health Nurse that integrates all of the things she loves the most; advocating for and providing in-home education and intervention to families, teaching childbirth and breastfeeding classes, conducting newborn home visits, and of course, motherhood. **Please call 960-1400 to register or for more information. Free.**

Wednesday, December 6th; 10:00 - 12:00pm Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Women's Circle: This 10-week series provides a safe, empowering environment for adult women of all ages that foster women's strength, purpose, growth and skills. The circle positions each woman in equal relationship to each other in recognition that empathic relationships and inherent connectedness are the key factors in healthy growth and development. The series is led by Women's Circle facilitator Julie Eckert.

Please call 960-1400 to register or for more information. Free.

Thursday evenings, through December 22nd. Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

4th Annual Festival of Lights We are excited to have early childhood specialist Bayla Greenspoon as we explore & introduce Christmas, Hannukah, Solstice and Kwanzaa through stories, music, arts & crafts in this fun & interactive program for parents & tots. Special guest Santa Claus will make a visit! This is such a special time of the year to introduce the richness of other cultures & traditions, and we look forward to seeing you!

For more information, call 926-1400. Free.

Monday, December 19th; 10:30 - 12:00pm. Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Adoptive Parent Support Group Open to all adoptive parents & relative caregivers, this is a professionally-led peer support group facilitated by Leslie Damschroder, MWS, Post-adoption Social Worker for Sierra Forever Families. Leslie has extensive experience in the field of adoption including adoptive parent & social work training. She has facilitated supportive pre/post adoption support groups throughout northern California. She is also an adoptive parent experienced with older child, transracial, psychological & behavioral challenges & a variety of special needs. This group focus is on your needs & perspective, a place to share & be heard, to get new ideas, & to be valued & understood for what you do.

Thursday, December 22nd, 9:30 - 11:30am. For more information or to register, call Leslie at (530) 879-3861.

Location: Mt. Shasta Community Resource Center, 109 E. Lake Street, Mt. Shasta.

Mount Shasta Community Resource Center (continued)

HICAP - Medicare Support Services HICAP Services of Northern California is a volunteer supported program that provides assistance with Medicare problems, helps with health insurance & long-term care insurance, including Medicare, Part D, the prescription drug program. HICAP is not affiliated with any insurance company or agency; nor does it sell, endorse, or recommend any specific insurance.

These services are offered by appointment by calling the Mt. Shasta CRC at 926-1400.

Tuesdays, 1:00 - 4:00pm & Wednesdays, 9:00 - 3:00pm.

Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Holiday Elves Workshop! Join the Mt. Shasta CRC, the Boys & Girls Club of the Siskiyou, Mt. Shasta Parks & Recreation, Northstate Parent Magazine & A Melo Place for this special holiday event. A festive & fun, hands-on workshop providing children & their parents the opportunity to celebrate the holidays by creating their own unique arts & crafts at a variety of elf stations. Refreshments, live music & more! This is a free event for all families.

Please call 926-1400 for more information.

Friday, December 16th; 6:00 - 8:00pm. Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.

Scott Valley Family Resource Center

The Scott Valley FRC will be closed for the holidays from 12/19th to 01/03rd

Play Group! This play group is facilitated by C.C. Barbato and is free for parents & their children, ages 0-5 years old. Free children's books are always available. Come and join in on the fun!

Fridays, 10:30 - 12:00am. For more information, call 468-2450.

Location: Scott Valley FRC, 11920 Main Street, Fort Jones.

Nurturing Parenting for Parents and their Infants, Toddlers and Preschoolers ~ A 12-week series ~ Co-facilitated by Cerelia Barbato and Tammy Jaime. The first 5 years are a child's most important foundation for healthy development. In this series, parents will learn skills and ways to promote their children's social, emotional, and physical development in the first years of life. Discipline, communication, helping children express their feelings, strategies for building self-worth and personal power, techniques for increasing empathy, and learning how to meet the needs of parents and children are all included in this special program.

This program is designed for parents and children. Each week parents and their toddlers and preschool age children attend separate sessions that meet concurrently then come together for a fun family activity to practice skills learned. **This class is closed – for more information about future classes, please call 468-2450. Free.**

Wednesdays, continuing through December 14th; 6:00 - 8:00pm. Dinner & child care are provided!

Location: Scott Valley FRC, 11920 Main Street, Fort Jones.

Soup's On! This is a free lunch offered to anyone visiting the Resource Center. We serve a different menu each day.

Tuesday - Friday, 12:00 - 1:30pm. For information, call 468-2450.

Location: Scott Valley FRC, 11920 Main Street, Fort Jones.

Community Dinner! Everyone is welcome!

Thursday, December 15th; 12:00 - 1:30pm. Free. For information, call 468-2450.

Location: Scott Valley FRC, 11920 Main Street, Fort Jones.

Support Group - Tips for Dealing with Holiday Blues

Fridays, December 2nd, 9th, & 16th; 12:00 - 1:30pm. For information, call 468-2450.

Location: Scott Valley FRC, 11920 Main Street, Fort Jones.

Scott Valley Family Resource Center (continued)

Using Rules for Discipline that Work! Facilitated by Anne Kramer, Ph.D.

Yes! It is possible to maintain a positive connection with your children and build their self-esteem even as you discipline them! In this workshop, “Annie” will discuss the benefits of having rules within your household & how they can encourage responsibility in your children. Also, there will be discussion about what you can do if rules are broken so that you can positively address the inevitable discipline challenges that arise.

“Annie” is a school psychologist and licensed clinical psychologist with more than 30 years experience in working with children, teens, and families. **Dinner and child care are provided. Free.**

Thursday, December 1st, 6:00 - 8:00pm. To register and for more information, call 468-2450.

Location: Scott Valley FRC, 11920 Main Street, Fort Jones.

Tulelake/Newell Family Resource Center

Small Blessings Play Day (3-5 years) The Tulelake/Newell Family Resource Center hosts a play group for our local daycare/preschool center here in Tulelake. The children have a chance for free play in our gym, to participate in our group craft activity, & enjoy a nutritious snack at our center. **Free.**

Friday, December 2nd, 9:00 - 10:30am. For information, call the Tulelake/Newell FRC at 667-2147.

Location: The Honker, 810 Main Street, Tulelake.

Bingo 18+ years of age. Cost: Cost of Bingo Packets. Hosted by the Tulelake Senior Center.

There will be food sold to help different organizations raise money for various different causes.

Fridays, December 2nd & 16th (1st & 3rd Fridays each month) 6:00 - 8:00pm.

For information, call 667-2147. Location: The Honker, 810 Main Street, Tulelake.

Fun Activities for Kids at the Holidays! Facilitated by Jane Schultz. Holidays can be a stressful time for families-- often when children are out of school, they tend to spend more time in front of TV or other media. In this “make and take” workshop, parents will learn fun ideas to make homemade toys, activities and gifts with their children.

Jane has extensive experience in teaching grades K-5th and is also a certified ESL (English as a Second Language) Teacher. **Free. Dinner and child care are provided. To register, please call 667-2147.**

Tuesday, December 6th, 5:30 - 7:30pm. Location: The Honker, 810 Main St., Tulelake.

WIC (Women & Infant Children)/ Read & Play WIC holds their monthly clinics here at our facility. We offer free books, story time & a tasty snack featuring our harvest of the month fruit or vegetable. No cost.

Tuesday, December 20th, (3rd Tuesday of each month) 10:00 - 2:00pm.

For information, call Siskiyou County WIC at 1-800-442-2333 or 530-841-2170.

Location: The Honker, 810 Main St., Tulelake.

Family Law Clinic The Siskiyou County Facilitator/Self-help Attorney, a Domestic Violence Court Advocate, & Social Security Representatives will be available to help people with general civil, family law matters, & domestic violence/sexual assault issues. **For information, call the Tulelake/Newell FRC at 667-2147.**

Wednesday, December 21st (3rd Wednesday of each month), 10:00 - 2:00pm. Free.

Location: The Honker, 810 Main St., Tulelake.

Pinochle Seniors play pinochle every Thursday. **For information, call the Tulelake/Newell FRC at 667-2147.**

Thursdays, 10:00 - 2:00pm. Free. Location: The Honker, 810 Main Street, Tulelake.

Senior Exercise Seniors enjoy a light workout & rubber band strengthening exercises as a group in our gym, lead by one of our community members. Membership is \$5.00/month & gives full access to our workout facilities.

Mondays & Thursdays, 8:30 - 9:30am. Location: The Honker, 810 Main Street, Tulelake.

Tulelake/Newell Family Resource Center (continued)

Senior Lunch Program Senior Center in the FRC is open M, W, & TH for free senior (60 years and over) lunches. Cost for guests: \$6.50/meal. **For information, call the Tulelake/Newell FRC at 667-2147.**

Monday, Wednesday & Thursday, 11:30 - 2:00pm. Location: The Honker, 810 Main St., Tulelake.

Dads' Basketball Dad's are encouraged to bring their children to participate in our dad's basketball evening weekly. The gym is open to all ages as long as children are supervised by a parent.

Cost: \$2.00 or free with Honker Membership. **For information, call 667-2147.**

Thursdays, 6:30 - 8:30pm. Location: The Honker, 810 Main St., Tulelake.

Emergency Food Bank Community members may use the Food Bank 3 times/year, but not more than once/quarter. If a family's needs exceed the amount designated, they are welcome to volunteer for 3 hours in the Resource Center to qualify for another food box. The Food Bank is closed Fridays, as well as days that Commodities or Farmer's Market are offered. **For information, call T/NFRC at 667-2147. Location: The Honker, 810 Main St., Tulelake.**

Family & Community Resource Center of Weed

The F&CRC of Weed will be closed for the holidays from 12/23rd to 1/10th

Terrific Toddlers! Facilitated by Teri Porter.

Understanding what to expect from toddlers can prevent power struggles and support healthy development.

If you are a parent, caregiver or early childhood educator, join us for this engaging workshop!

ABOUT OUR FACILITATOR ~ Teri has a Masters degree in Early Childhood Education and 25 years experience in working with at-risk children in Sonoma County. She is passionate about brain development and providing children the best possible start!

Wednesday, December 7th, 5:30 - 7:30pm. Please call 938-9914 to register. Dinner & child care are provided!

Location: Family & Community Resource Center of Weed, 260 Main Street in Weed. Free.

Activity Time with Ana (0 - 5 years) Parents & caregivers of children 2 - 4 years of age are invited to join us each Thursday for a variety of fun-filled activities that are designed to encourage a child's imagination, curiosity, and play! These activities will incorporate stories, arts, crafts and Ana's special "Pick-A-Pocket" apron to stimulate learning and bonding time!

Ana Fisher has more than 25 years experience in the field of Early Childhood Education and as owner and provider of center-based care for children from infants through 5 years. She is wonderfully enthusiastic and passionate about singing, dancing, and storytelling with young children! Free children's books are always available.

Thursdays, 10:00 - 11:30am. For information, call 938-9914.

Location: Family & Community Resource Center of Weed, 260 Main Street in Weed.

HICAP - Medicare Support Services HICAP Services of Northern California is a volunteer supported program that provides assistance with Medicare problems, helps with health insurance & long-term care insurance, including Medicare, Part D, the prescription drug program. HICAP is not affiliated with any insurance company or agency; nor does it sell, endorse, or recommend any specific insurance.

These services are offered by appointment on Wednesdays by calling 938-9914.

Location: Family & Community Resource Center of Weed, 260 Main Street in Weed.

Yreka Community Resource Center

The Yreka CRC will be closed for the holidays from December 21st through January 3rd

Nurturing Skills for Parents Facilitated by Cerelia Barbato.

Juggling school, work and parenting at times can be a challenge and finding a balance and striving to make the best decisions as a parent can be daunting. In this 12-week fun and interactive parenting education program, proven ideas for caring, confident, respectful and cooperative children will be shared. Through this program families will learn about the importance of family values and nurturing as the foundation of positive interactions. Tools for dealing with challenging behaviors, follow-through, routines and healthy interactions with children will be shared. Classes include quality children's activities while parents are in session and family style dinners.

About our Facilitator ~ Cerelia (aka C.C.) holds a Master of Education degree in Special Education with professional experience as a Facilitator and Teacher. She is passionate about working with children and families! This series is designed for parents with children ages 4-6 years and will set you and your child up for a successful academic and life journey!

To register, please call the Yreka Adult School at 842-1659 or drop in or call the Yreka CRC at 842-1313. Free Thursdays, 10:00 - 12:00pm; December 1st through March 2nd.. Location: Yreka Adult School, 504 W. Lennox, Yreka.

Parenting the First Year! Facilitated by Chris Brown.

YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER!

This class is for new or soon-to-be parents and will include information on what to expect and what is important for parents to know for each month of a child's first year. Special focus will include the importance of reading baby's cues, brain development, and building attachments.

ABOUT OUR FACILITATOR ~ Chris Brown is an Infant, Toddler Education expert with extensive professional experience in working with children and families. She is profoundly positive and proactive and has a huge passion and ability for sharing her knowledge with parents! **Dinner & child care are provided!**

Thursday, December 8th, 5:30 - 7:30pm. For more information and to register, please call 842-1313. Free. Location: Yreka CRC, 201 South Broadway, Yreka.

Monday Morning Play Group! This drop-in Play Group is designed for infants through 5 years and includes a variety of fun activities that strengthen the bond between parent and child, as well as supporting physical, cognitive, and social-emotional development. Lots of dramatic and free play, arts and crafts, singing, dancing, and story-times! On Mondays the Center is closed, so we will only be open for kiddos and parents!

Facilitator Jaymee McKeown is a Children and Families Outreach Coordinator at the HUB Communities Family Resource Center and is enthusiastic and passionate about her work with children and families! Before moving to Siskiyou last summer, Jaymee worked as a Teacher for Shasta Head Start and then as a Primary Caregiver for Shasta Early Head Start. **Mondays, 10:00 - 11:30am. For more information, call 842-1313. Free.**

Location: Yreka CRC, 201 South Broadway, Yreka.

Adoptive Parent Support Group Open to all adoptive parents & relative caregivers, this is a professionally-led peer support group facilitated by Leslie Damschroder, MWS, Post-adoption Social Worker for Sierra Forever Families. Leslie has extensive experience in the field of adoption including adoptive parent & social work training. She has facilitated supportive pre/post adoption support groups throughout northern California. She is also an adoptive parent experienced with older child, transracial, psychological & behavioral challenges & a variety of special needs. This group focus is on your needs & perspective, a place to share & be heard, to get new ideas, & to be valued & understood for what you do. **For more information or to register, call Leslie at (530) 879-3861.**

Please call the Yreka CRC regarding Support Group date for December, 5:30 - 7:30pm.

Location: Yreka CRC, 201 South Broadway, Yreka.