



# Siskiyou Family & Community Resource Centers Calendar

## August ~2017

### Week 1

	Butte Valley FRC	Dunsmuir CRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	FCRC Weed	Yreka CRC
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	Senior Lunch Social!	Music Class – for 6 years and under!	Activities with Ana! (for kids 0 – 5 years)	Play Group!			
	Medicare Support Services	Emotional Wellness and Men ~ with Arden Carr, LMFT	Play Group & Parent Social	Butterfly Women - Sharing Changes			
		WIC Playgroup	Nurturing Parenting (ongoing/weekly)	AA Meeting			
		Medicare Support Services	Veterans' Services Advocate				
		AA Meeting	NA Meeting				



# Siskiyou Family & Community Resource Centers Calendar

## August ~2017

### Week 2

	Butte Valley FRC	Dunsmuir CRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	FCRC Weed	Yreka CRC		
Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
<b>7</b>	<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>	<b>12</b>	<b>13</b>
Monday Morning Play Group!	Senior Lunch Social!	Medicare Support Services	Emotional Wellness and Men ~ with Arden Carr, LMFT	Activities with Ana! (for kids 0 – 5 years)	Play Group!	Transportation for Seniors to the Siskiyou Golden Fair			
Senior Exercise, Lunch & Social!	NA Meeting	Coffee and Cake!	Medicare Support Services	Play Group & Parent Social	Nurturing Parenting (ongoing/weekly)	Butterfly Women - Sharing Changes			
	DCRC Knitting Group	AA Meeting	Veterans' Get-Together	MSCRC Board Meeting	NA Meeting	AA Meeting			



# Siskiyou Family & Community Resource Centers Calendar

## August ~2017

### Week 3

Butte Valley FRC	Dunsmuir CRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	FCRC Weed	Yreka CRC
---------------------	-----------------	-------------	-------------------	---------------------	--------------	--------------

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Monday Morning Play Group!	Coffee and Cake!	Senior Bingo & Potluck	Activities with Ana! (for kids 0 - 5 years)	Play Group!		
Senior Exercise, Lunch & Social!	DCRC Knitting Group	Medicare Support Services	Play Group & Parent Social	Butterfly Women - Sharing Changes		
	Medicare Support Services	Writing from the Heart with Donna May, MFT (Part 1 of 9 sessions)	Nurturing Parenting (ongoing/weekly)	AA Meeting		
	NA Meeting	Music Class - for 6 years and under!	NA Meeting			
		Emotional Wellness and Men ~ with Arden Carr, LMFT				
		Family Night ~ Campfire Night! Miner Street Park				
		AA Meeting				



# Siskiyou Family & Community Resource Centers Calendar

## August ~2017

### Week 4

Butte Valley FRC	Dunsmuir CRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	FCRC Weed	Yreka CRC
---------------------	-----------------	-------------	-------------------	---------------------	--------------	--------------

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Senior Exercise, Lunch & Social!	Coffee and Cake! DCRC Knitting Group	Medicare Support Services Writing from the Heart with Donna May, MFT (Part 2 of 9 sessions)	Activities with Ana! (for kids 0 - 5 years) Adoptive Parent Support Group	Play Group! AA Meeting		
Monday Morning Play Group!	Senior Lunch Social! Medicare Support Services NA Meeting	AA Meeting	Veterans' Services	Butterfly Women - Sharing Changes		
	Resource Family Approval Core Training - Part 1 of 4 week series	Emotional Wellness and Men ~ with Arden Carr, LMFT	School Readiness - School Success! Play Group & Parent Social Nurturing Parenting (ongoing/weekly) WIC NA Meeting			



# Siskiyou Family & Community Resource Centers Calendar

## August ~2017

### Week 5

	Butte Valley FRC	Dunsmuir CRC	HUB CFRC	Mt. Shasta CRC	Scott Valley FRC	FCRC Weed	Yreka CRC
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>				
Senior Exercise, Lunch & Social!	Coffee and Cake!	Medicare Support Services	Play Group & Parent Social				
Monday Morning Play Group!	DCRC Knitting Group	Writing from the Heart with Donna May, MFT (Part 3 of 9 sessions)	Nurturing Parenting (ongoing/weekly)				
	Senior Lunch Social!	Family Night ~ Picnic Party! Miner Street Park	NA Meeting				
	Medicare Support Services	AA Meeting					
	NA Meeting	Emotional Wellness and Men ~ with Arden Carr, LMFT					
	Resource Family Approval Core Training - Part 2 of 4 week series						



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 **SEVEN** Siskiyou Family & Community Resource Centers is available at [www.first5siskiyou.org](http://www.first5siskiyou.org).

## Butte Valley Community Resource Center

**School Readiness – What it is, why it matters, and how to ensure it for your child!** Parents and children are both excited and nervous about starting kindergarten. In this workshop, you will receive tips, resources, and ideas on what it means to be ready for kindergarten. Join us in this fun and interactive training with Jane Schultz! Jane has extensive experience in teaching grades K-5 and is a Certified ESL (English as a Second Language) Teacher! She is passionate about teaching and engaging with children and families -- we are thrilled she is facilitating this workshop!

**To register for this workshop, please call the Butte Valley CRC at 397-2273. Dinner and child care are provided! Thursday, August 24<sup>th</sup>, 5:30 - 7:30pm. Location: Montessori School, 610 W. 3<sup>rd</sup> Street in Dorris.**

---

### **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, August 2<sup>nd</sup> (1<sup>st</sup> Wednesday each month), 9:30 - 12:00pm.**

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

---

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

**Tuesdays, August 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>; 12:00 - 2:00pm.**

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

---

### **Senior Bingo & Potluck**

**For information, call 397-2273. Free.**

**Wednesday, August 16<sup>th</sup> (3<sup>rd</sup> Wed. each month), 12:00 - 2:00pm. Location: Ball Field Park (under pavilion), Dorris.**

---

**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, August 24<sup>th</sup> (4<sup>th</sup> Thursday each month), 10:00 - 3:00pm. Location: BV CRC, 111 W. 3<sup>rd</sup> Street, Dorris.**

---

## Dunsmuir Community Resource Center

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

**Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.**

---

**Veterans' Get-Together** Jeffrey McFall is a 25-year Navy Veteran. He will be at the Dunsmuir CRC each month to talk to vets and connect them to services. He is not affiliated with the Veterans Administration.

**Thursday, August 12<sup>th</sup>, 9:00 - 10:00am. For more information, call the Dunsmuir CRC at 235-4400.**

**Location: Dunsmuir CRC, 5844 Dunsmuir Avenue, Dunsmuir.**

---

### **WIC**

**Thursday, August 24<sup>th</sup>, 9:00 - 1:30pm. Please call 235-4400 for more information.**

## HUB Communities Family Resource Center

**Nurturing Parenting with Special Emphasis for Parents in Recovery** Presented by Toby Reusze, CAA.

Learn practical skills in dealing with stress, anger, & challenging behavior– get support in dealing with addiction issues. 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 classes), 5:00 - 7:00pm. Location: HUB CFRC, 310 S. 13<sup>th</sup> Street, Montague.**

---

**Butterfly Women – Sharing Changes – Empowerment through the Arts** Lead by Katy Popa. 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 Katy at 459-3481.**

**Fridays, 3:00 – 5:00pm Location: HUB CFRC, 310 S. 13<sup>th</sup> Street, Montague.**

---

**Play Group & Parent Social!** 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.**

**Thursdays, 10:00 - 11:30am. Location: HUB CFRC, 310 S. 13<sup>th</sup> Street, Montague.**

---

## Mount Shasta Community Resource Center

**PAL- Play & Learn** Join our early childhood facilitator as we play and learn through exploration, creativity and sensory play. This weekly, informal play group provides the opportunity for parents and children to interact with other parents and peers through open-ended child-centered play.

**For more information, call 926-1400. Free. Mondays, 10:30 - 12:00pm.**

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

---

**Mt. Shasta CRC Board Meeting** **For more information, call 926-1400.**

**Thursday, August 10<sup>th</sup>, 3:00 - 5:00pm. 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. **Location: Mt. Shasta Community Resource Center, 109 E. Lake Street, Mt. Shasta.**

**Thursday, August 24<sup>th</sup>, 9:30 - 11:30am. For more information or to register, call Leslie at (530) 879-3861.**

---

**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, August 3<sup>rd</sup>; 9:00 - 3:00pm. Location: Mt. Shasta CRC, 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 - 3:00pm & Wednesdays, 9:00 - 3:00pm. Location: Mt. Shasta CRC, 109 E. Lake Street, Mt. Shasta.**

**Writings from the Heart with Donna May, LMFT** This is a 9-week writing and storytelling group, facilitated by Donna May, LMFT, where people can write and share their personal stories. The goals are to reduce stigma and prejudice towards individuals with mental illness and substance use disorders. Past participants include individuals, their families, and/or friends who struggle with these issues. Others just come because they like to write!

Anyone 15 years and up is welcome. Pre-registration required. To register, please call 467-3353 or 598-2720.

**Wednesdays, August 16<sup>th</sup> through October 4<sup>th</sup>; 5:00 - 7:00pm.**

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

## Scott Valley Family Resource Center

**Play Group!** This play group is facilitated by Peggy Moore 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! **For more information, call 468-2450.**

**Fridays, 10:30 - 12:00pm. Location: Scott Valley FRC, 11920 Main Street, Fort Jones.**

**Emotional Wellness and Men** with Arden Carr, LMFT. During this 6-week series, we will explore the Seven Dimensions of Wellness (social, emotional, spiritual, environmental, occupational, intellectual, and physical) from the male perspective. We will read and discuss the book 7 Habits of Highly Effective People. This class is open to men of all ages. Dinner and child care are provided. **For more information and to register, please call 468-2450.**

**Wednesdays, through October 31<sup>st</sup>, 6:00 - 8:00pm. Location: Scott Valley FRC, 11920 Main Street, Fort Jones.**

**Music Class – for ages 6 years and under!** Come participate in exploring the sound of your voice and expression through musical instruments! Tuning the voice with notes A-G, beat work with drums, shakers, and rattles, and searching the scales while strumming on stringed instruments. Sponsoring parents and instructors: Jacqueline McMullen, Bhoomi Devi, and Sam Betzen (musicians with over 20 years performance practice and experience).

**Wednesdays, August 2<sup>nd</sup> and 10<sup>th</sup>; 10:00 - 11:00am. Free.**

**Location: Fort Jones Community Hall (next to the Library).**

## Family & Community Resource Center of Weed

**Senior Exercise, Lunch, and Social!** We are proud to announce that our Weed Senior Lunch Program has started! Seniors age 60 and over are welcome to join us every Monday for exercise that begins at 11:00am followed by a delicious noon meal, and social time from 1:00 - 2:00pm. **Call us at 938-9914 to sign up for lunch.**

**Mondays, June 5<sup>th</sup> - 26<sup>th</sup>, 11:00 – 2:00pm. Location: Berean Church in Weed.**

**Seniors, please call 938-9914 if interested in transportation to the Siskiyou Golden Fair on Senior Day, August 11<sup>th</sup>.**

**Need transportation? Call Senior Shuttle Scheduling at Weed Parks & Recreation Department at 938-4685 (Monday to Thursday from 9:00 - 11:00am)**



## Family & Community Resource Center of Weed (continued)

**Activities 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.**

## Yreka Community Resource Center

**NA & AA Meetings Location: Yreka CRC, 201 South Broadway, Yreka.**

**NA Meetings each Tuesday & Thursday, 12:00 - 1:00pm; AA Meetings each Wednesday & Friday, 12:00 - 1:00pm.**

**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!

**For more information, call 842-1313. Mondays, 10:00 - 11:30am. Location: Yreka CRC, 201 South Broadway, Yreka.**

**Resource Family Approval Core Training** ~ Facilitated by Joie DeFond. This free 4-week series fulfills the mandatory training hours for Resource Families. Dinner and child care are provided.

**For more information and to register, please call Joie at (530) 925-2515.**

**Tuesdays, August 22<sup>nd</sup> through September 12<sup>th</sup>; 5:00 - 8:30pm (Dinner will be served from 5:00 - 5:30pm).**

**Location: Yreka CRC, 201 South Broadway, Yreka.**

**Family Night ~ Campfire Night!** Celebrate Summer with the Yreka Community Resource Center!

Dress light, bright, and get ready to mingle with other families!

**We have games, arts & crafts planned for everyone! Dinner is provided!**

**Wednesday, August 16<sup>th</sup>, 5:30 - 7:30pm. Location: Miner Street Park (Corner of W. Miner & Gold Street), Yreka.**