

April 2021

Events and Activities

First 5 Siskiyou and community partners invite you to join us in these virtual classes and activities for parents, caregivers, educators, health care providers, and those who work with children and youth. All of these classes are provided free to participants, and all need pre-registration. **Register online with the following link, or for assistance to register, go to or call your local Family or Community Resource Center.** <https://first5siskiyou.org/parenting-education-classes>

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



5

6

Fostering Resilience in Youth and Children in Stressful Times
Stacey Jackson 5-6:15PM

7 Songs, Stories, & Sillies
Chris Brown ~ 10:30-11AM

Parenting Dysregulation and Dysmaturity in Traumatized Children ~ Ce Eshelman ~ 2:30-5:00PM
Nurturing Parenting
Carla Charraga ~ 4:30-6PM

8 Grandparents & Caregivers Raising Children Group
Gloria Endres ~ 10-11:30AM

Parent Café 5:30-7:30PM
English & Spanish
Strengthening Families with emphasis on Recovery ~ Katy & Toby ~ 6-7:15PM

9 Breastfeeding Support
Jenna Henson Marshal 10-11AM

Autism ~ Understanding and Improving Behavior in Children and Youth – Sonja de Boer ~ 9-12:30PM
Juggling Class ~ 5-5:30PM

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Understanding Development to Untangle Behavior – Encore Question and Answer Session for parenting advice requested by parents following completion of series ~ with Anita Osborn ~ 6-7:15PM

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Adoptive Parents Support Group ~ 2nd Tues each month
Leslie Damschroder ~ 2-4PM

Tasty Tuesday
Michelle Harris~ 5-6:15PM

14 Songs, Stories, & Sillies
Chris Brown ~ 10:30-11AM

Traps of a Trafficker – Deena Graves/Derek Williams ~ 3-5PM
Nurturing Parenting
Carla Charraga ~ 4:30-6PM
The ABCs of Parenting
Cathy Scott ~ 5:30-7PM

15 Grandparents & Caregivers Raising Children Group
Gloria Endres ~ 10-11:30AM

Strengthening Families with emphasis on Recovery ~ Katy & Toby ~ 6-7:15PM

16 Breastfeeding Support
Jenna Henson Marshal 10-11AM

Juggling Class ~ 5-5:30PM

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Motivational Parent – Parenting through COVID ~ Pre-recorded sessions with Jason Wilcox
Jason Wilcox ~ Check out 32 topics on First 5 Siskiyou YouTube at: <https://tinyurl.com/b6xvvy8>

20 Strengthening Families
Giovanna and Chrissy
Parents & Youth (10-14) ~ 10:30-12:30PM

Building Resilience in Youth and Children ~ Strategies to Strengthen Your Kids
Stacey Jackson 5-6:15PM

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Songs, Stories, & Sillies
Chris Brown ~ 10:30-11AM

Nurturing Parenting
Carla Charraga ~ 4:30-6PM

The ABCs of Parenting
Cathy Scott ~ 5:30-7PM

22 NP for Grandparents and Relative Caregivers
Gloria Endres ~ 10-11:30AM

Child Sexual Abuse Prevention
Carla Charraga ~ 5:30-8PM

Strengthening Families with emphasis on Recovery ~ Katy & Toby ~ 6-7:15PM

23 Mind Games – Deena Graves & Derek Williams ~ 3-5PM

Breastfeeding Support
Jenna Henson Marshal 10-11AM
Attachment Vitamins Parent Group - Jillian Delabar-Galarsa 10:30-12PM
Juggling Class ~ 5-5:30PM

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Learn more about **children and autism** in these 7 pre-recorded sessions with Sonja de Boer at the First 5 Siskiyou website.
<https://first5siskiyou.org/autism>

27 Strengthening Families
Giovanna and Chrissy
Parents & Youth (10-17 yrs) ~ 12:45-3:00PM

Ready4K Family Fun Hour!
English & Spanish ~ 3-4PM
Children and Stress
Jason Wilcox ~ 5-6:15PM

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Songs, Stories, & Sillies
Chris Brown ~ 10:30-11AM

Nurturing Parenting
Carla Charraga ~ 4:30-6PM

The ABCs of Parenting
Cathy Scott ~ 5:30-7PM

29 Dynamic Coaching - Ernie Mendes ~ 9-12:30PM
NP for Grandparents & Relative Caregivers ~ Gloria Endres 10-11:30AM
Don't Hit My Mommy & Daddy ~ Alicia Lieberman 3:15-5:00PM
SF with emphasis on Recovery
Katy & Toby ~ 6-7:15PM

30 Breastfeeding Support
Jenna Henson Marshal 10-11AM

Attachment Vitamins Parent Group - Jillian Delabar-Galarsa 10:30-12PM
Juggling Class ~ 5-5:30PM

APRIL NATIONAL CHILD ABUSE PREVENTION MONTH

On behalf of First 5 Siskiyou Children and Families Commission, we invite you to join us in raising awareness for this year's theme: **“Thriving Children and Families: Prevention With Purpose.”**

EARTH DAY **APRIL 22ND**

Siskiyou Family and Community Resource Centers

Dunsmuir CRC	530.235.4400
Happy Camp CC	530.493.5117
HUB Communities FRC	530.459.3481
Mt. Shasta CRC.....	530.926.1400
Scott Valley FRC	530.468.2450
Tulelake/Newell FRC	530.667.2147
Family & Community RC of Weed	530.938.9914
Yreka CRC	530.842.1313

