

October 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 and family events are provided free to participants -- for more information, visit <https://first5siskiyou.org/parenting-education-classes>

For assistance with registration, please call 530.598.3905.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4 **Play Group**
Upper Miner St. Park
Yreka ~ 10-11:30AM

Juggling Class
Jeremy Vik ~ 5:30-6PM

5 **Outdoor Play & Learn Group**
Shastice Park ~ Mt. Shasta
10-11:30AM

6 **Therapeutic Parenting 101 ~ Intro to Basics - Part 2**
Ce Eshelman ~ 2:30-5PM

Play Group
HUB CFRC, Montague
10-11:30AM

Attachment Vitamins
Toby & Katy ~ 6-7:30PM

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

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

8 **zūmbini. BEGINS!**
Jillian Delabar-Galarsa
Dunsmuir Botanical Gardens
10-11AM
and at
Hub CFRC 1-2PM

Breastfeeding Support
Jenna Henson Marshal ~ 10-11AM



11 **Play Group**
Upper Miner St. Park
Yreka ~ 10-11:30AM

Juggling Class
Jeremy Vik ~ 5:30-6PM

12 **Outdoor Play & Learn Group**
Shastice Park ~ Mt. Shasta
10-11:30AM

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

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Play Group
HUB CFRC, Montague
10-11:30AM

Attachment Vitamins
Toby & Katy ~ 6-7:30PM

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

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

15 **zūmbini.**
Jillian Delabar-Galarsa
Dunsmuir Botanical Gardens
10-11AM
and at
Hub CFRC 1-2PM

Breastfeeding Support
Jenna Henson Marshal ~ 10-11AM



18 **Play Group**
Upper Miner St. Park
Yreka ~ 10-11:30AM

Juggling Class
Jeremy Vik ~ 5:30-6PM

19 **Outdoor Play & Learn Group**
Shastice Park ~ Mt. Shasta
10-11:30AM

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Play Group
HUB CFRC, Montague
10-11:30AM

Attachment Vitamins
Toby & Katy ~ 6-7:30PM

21 **Dr. Deena Graves**
9:30-12:30PM
& 1:30-4:30PM

Outdoor Play & Learn Group
Bel Air Park ~ Weed ~ 10-11:30AM

NP for Grandparents
Gloria Endres ~ 10-11:30AM

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

22 **zūmbini.**
Jillian Delabar-Galarsa
Dunsmuir Botanical Gardens
10-11AM & at Hub CFRC 1-2PM

Dr. Deena Graves
Youth Session 1.5 hrs - TBD

Breastfeeding Support
Jenna Henson Marshal ~ 10-11AM

25 **Play Group**
Upper Miner St. Park
Yreka ~ 10-11:30AM

Mindful Mondays --BEGINS!
Jillian Delabar-Galarsa
Happy Home Yoga & Dance
Mt. Shasta ~ 1-2PM

Juggling Class
Jeremy Vik ~ 5:30-6PM

26 **Outdoor Play & Learn Group**
Shastice Park ~ Mt. Shasta
10-11:30AM

Ready4K Family Fun Hour!
English & Spanish ~ 3-4PM

27 **Child Sexual Abuse Prevention**
9:30-11:30AM
Carla Charraga

Play Group
HUB CFRC, Montague
10-11:30AM

Attachment Vitamins
Toby & Katy ~ 6-7:30PM

28 **Dynamic Relationships**
Ernie Mendes 9-12:30PM

Outdoor Play Group ~ Bel Air Park ~ Weed ~ 10-11:30AM

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

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

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Breastfeeding Support
Jenna Henson Marshal ~ 10-11AM

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