

# November 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

**1** **Play Group** ~ Yreka CRC  
10-11:30AM  
**Mindful Mondays**  
Jillian Delabar-Galarsa  
Happy Home Yoga & Dance  
Mt. Shasta ~ 10:30-11:30AM  
**Juggling Class**  
Jeremy Vik ~ 5:30-6PM

**2** **Play Group**  
Mt. Shasta CRC  
10-11:30AM



**3** **Creating Peaceful Holidays with Children and Youth**  
Ce Eshelman ~ 2:30-5PM  
**Play Group** ~ Dunsmuir CRC  
10-11:30AM  
**Play Group** ~ HUB CFRC  
Montague ~ 1-2:30PM  
**Attachment Vitamins**  
Toby & Katy ~ 6-7:30PM

**4** **Play Group** ~ 10-11:30AM  
F&CRC - Weed  
**NP for Grandparents and Relative Caregivers**  
Gloria Endres ~ 10-11:30AM  
**Strengthening Families with emphasis on Recovery** ~  
Katy & Toby ~ 6-7:15PM

**5** **zūmbini.**  
Jillian Delabar-Galarsa  
Dunsmuir Botanical Gardens  
10-11AM  
and at Hub CFRC 1-2PM  
**Breastfeeding Support**  
Jenna Henson Marshal  
10-11AM



**8** **Play Group** ~ Yreka CRC  
10-11:30AM  
**Mindful Mondays**  
Jillian Delabar-Galarsa  
Happy Home Yoga & Dance  
Mt. Shasta ~ 10:30-11:30AM  
**Juggling Class**  
Jeremy Vik ~ 5:30-6PM

**9** **Play Group**  
Mt. Shasta CRC  
10-11:30AM  
**Adoptive Parents Support Group** ~ 2<sup>nd</sup> Tues each month  
Leslie Damschroder ~ 2-4PM

**10**  
**Play Group** ~ Dunsmuir CRC  
10-11:30AM  
**Play Group** HUB CFRC  
Montague ~ 1-2:30PM  
**Attachment Vitamins**  
Toby & Katy ~ 6-7:30PM

**11** **NP for Grandparents and Relative Caregivers**  
Gloria Endres ~ 10-11:30AM  
**Play Group** ~ F&CRC - Weed  
10-11:30AM  
**Strengthening Families with emphasis on Recovery** ~  
Katy & Toby ~ 6-7:15PM

**12** **zūmbini.**  
Jillian Delabar-Galarsa  
Dunsmuir Botanical Gardens  
10-11AM  
and at Hub CFRC 1-2PM  
**Breastfeeding Support**  
Jenna Henson Marshal  
10-11AM



**15** **Play Group** ~ Yreka CRC  
10-11:30AM  
**Mindful Mondays**  
Jillian Delabar-Galarsa  
Happy Home Yoga & Dance  
Mt. Shasta ~ 10:30-11:30AM  
**Juggling Class**  
Jeremy Vik ~ 5:30-6PM

**16** **Play Group**  
Mt. Shasta CRC  
10-11:30AM  
**Creating Peaceful Holidays with Children and Youth**  
Ce Eshelman ~ 1:00-3:30PM



**17** **READ ACROSS SISKIYOU**  
**Play Group** ~ Dunsmuir CRC  
10-11:30AM  
**Play Group** HUB CFRC  
Montague ~ 1-2:30PM  
**Attachment Vitamins**  
Toby & Katy ~ 6-7:30PM

**18** **NP for Grandparents and Relative Caregivers**  
Gloria Endres ~ 10-11:30AM  
**Play Group** ~ F&CRC - Weed  
10-11:30AM  
**Child Sexual Abuse Prevention**  
Carla Charraga ~ 2:30-4:30PM  
**Strengthening Families with emphasis on Recovery** ~  
Katy & Toby ~ 6-7:15PM

**19** **zūmbini.**  
Jillian Delabar-Galarsa  
Dunsmuir Botanical Gardens  
10-11AM  
and at Hub CFRC 1-2PM  
**Breastfeeding Support**  
Jenna Henson Marshal  
10-11AM



**22** **Play Group** ~ Yreka CRC  
10-11:30AM  
**Mindful Mondays**  
Jillian Delabar-Galarsa  
Happy Home Yoga & Dance  
Mt. Shasta ~ 10:30-11:30AM  
**Juggling Class**  
Jeremy Vik ~ 5:30-6PM

**23** **Play Group**  
Mt. Shasta CRC  
10-11:30AM



**24**  
**Play Group** ~ Dunsmuir CRC  
10-11:30AM  
**Play Group** HUB CFRC  
Montague ~ 1-2:30PM  
**Attachment Vitamins**  
Toby & Katy ~ 6-7:30PM



**29** **Play Group** ~ Yreka CRC  
10-11:30AM  
**Mindful Mondays**  
Jillian Delabar-Galarsa  
Happy Home Yoga & Dance  
Mt. Shasta ~ 10:30-11:30AM  
**Juggling Class**  
Jeremy Vik ~ 5:30-6PM

**30** **Play Group**  
Mt. Shasta CRC  
10-11:30AM  
**Ready4K Family Fun Hour!**  
English & Spanish ~ 3-4PM




### 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