

March 2023

Events and Activities

First 5 Siskiyou, FRCs, and Community Partners invite you to join us in these virtual and in-person 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/special-events-trainings/> For assistance with registration, please call 530.918.7222.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



6 **PLAY GROUP** ~ Mt. Shasta CRC
10:00-11:30AM
PLAY GROUP
Yreka CRC ~ 10:30-12PM

7 **PLAY GROUP** ~ 1st Tuesday each month
Happy Camp CC ~ 10-12PM
Some classes cancelled due to winter weather.

1 **PLAY GROUP** ~ Dunsmuir CRC
10:00-11:30AM
PLAY GROUP ~ HUB CFRC
10:30-12PM
SUPPORTING NEURODIVERSE CHILDREN ~ Ce Eshelman ~ 2:45-5:00PM
STRENGTHENING FAMILIES FOR DADS & DAD-FIGURES
5:30-7:30PM

8 **PLAY GROUP** ~ Dunsmuir CRC
10:00-11:30AM
PLAY GROUP ~ HUB CFRC
10:30-12PM
MAKE PARENTING A PLEASURE
5:30 - 7:30PM
STRENGTHENING FAMILIES FOR DADS & DAD-FIGURES
5:30-7:30PM

2 **PLAY GROUP**
F&CRC of Weed ~ 10-11:30AM
NURTURING PARENTING FOR GRANDPARENTS ~ 10-11:30AM
THURSDAY NIGHT FAMILY GROUP ~ For families in recovery
Yreka CRC ~ 6-7:15PM
BECOME A TEEN WHISPERER
Part 2 -Ce Eshelman~6:15-7:30PM

9 **NP for GRANDPARENTS**
10-11:30AM
PLAY GROUP ~ F&CRC of Weed
10-11:30AM
THURSDAY NIGHT FAMILY GROUP ~ For families in recovery
Yreka CRC ~ 6-7:15PM
BECOME A TEEN WHISPERER
Part 3 -Ce Eshelman~6:15-7:30PM

3 **BREASTFEEDING SUPPORT**
Jenna Henson Marshal
10-11AM
PLAY GROUP ~ Scott Valley FRC
10:00-2PM

10 **BREASTFEEDING SUPPORT** - 10-11AM
Jenna Henson Marshal

These photos were created by Krista Weagraff



13
PLAY GROUP ~ Mt. Shasta CRC
10:00-11:30AM
PLAY GROUP
Yreka CRC -- ~ 10:30-12PM

14
Some classes cancelled due to winter weather.

15 **PLAY GROUP** ~ Dunsmuir CRC
0:00-11:30AM
PLAY GROUP ~ HUB CFRC
10:30-12PM
MAKE PARENTING A PLEASURE
5:30 - 7:30PM
STRENGTHENING FAMILIES FOR DADS & DAD-FIGURES
5:30-7:30PM

16 **NP for GRANDPARENTS**
10-11:30AM
ROOTS OF MENTAL HEALTH
Beth Heavilin ~ Weed Community Center ~ 9-3:30PM
THURSDAY NIGHT FAMILY GROUP
For families in recovery ~ 6-7:15PM
BECOME A TEEN WHISPERER
Part 4 -Ce Eshelman~6:15-7:30PM

17 **BREASTFEEDING SUPPORT**
Jenna Henson Marshal
10-11AM

18
YIKES! WHAT DO I DO NOW?
Beth Heavilin ~ Yreka CRC
9-3:30pm



20 **Happy First Day of Spring!**
PLAY GROUP ~ Mt. Shasta CRC
10:00-11:30AM
PLAY GROUP
Yreka CRC -- ~ 10:30-12PM
STRENGTHENING FAMILIES
Virtual class - 6-7:30PM

21
PARENTING THE NURTURING WAY
Carla Charraga ~ 5:30-7:30PM
Discovery Children's Center at COS

22 **PLAY GROUP** ~ Dunsmuir CRC
0:00-11:30AM
PLAY GROUP ~ HUB CFRC
10:30-12PM
REDUCING COMPASSION FATIGUE AND BURNOUT ~ Ernie Mendes
2:45-5PM
MPAP ~ 5:30 - 7:30PM
SF FOR DADS & DAD-FIGURES
5:30-7:30PM

23 **NP for GRANDPARENTS**
10-11:30AM
THURSDAY NIGHT FAMILY GROUP
For families in recovery 6-7:15PM
PLAY GROUP
F&CRC of Weed ~ 10-11:30AM
NURTURING PARENT & TEEN RELATIONSHIPS ~ 5:30-7:30PM
BECOME A TEEN WHISPERER
Part 5 -Ce Eshelman~6:15-7:30PM

24 **BREASTFEEDING SUPPORT**
Jenna Henson Marshal
10-11AM

25
RAISING YOUR SPIRITED CHILD ~ COMMUNITY BABY SHOWER
Happy Camp CC ~ 12-2pm

27
PLAY GROUP ~ Mt. Shasta CRC
10:00-11:30AM
PLAY GROUP
Yreka CRC -- ~ 10:30-12PM
STRENGTHENING FAMILIES
Virtual class - 6-7:30PM

28
PARENTING THE NURTURING WAY
Carla Charraga ~ 5:30-7:30PM
Discovery Children's Center at COS

29 **PLAY GROUP** ~ Dunsmuir CRC
0:00-11:30AM
PLAY GROUP ~ HUB CFRC
10:30-12PM
SF FOR DADS & DAD-FIGURES
5:30-7:30PM
MPAP ~ 5:30 - 7:30PM
SKILLS FOR CALMING BIG FEELINGS
PT 2 -Anne Kramer ~ 5:30-7:30PM

30 **NP for GRANDPARENTS**
10-11:30AM
PLAY GROUP ~ Weed 10-11:30AM
SISKIYOU CAPC MEETING~ 12-2PM
NP & TEEN RELATIONSHIPS
5:30-7:30PM
THURSDAY NIGHT FAMILY GROUP
For families in recovery ~ 6-7:15PM
BECOME A TEEN WHISPERER
Part 6-Ce Eshelman~6:15-7:30PM

31
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 CFRC	530.459.3481
McCloud CRC	530.853.1528
Mount Shasta CRC	530.926.1400
Scott Valley FRC	530.468.2450
Tulelake/Newell FRC	530.667.2147
Weed F&CR	530.938.9914
Yreka CRC	530.842.1313