First 5 Siskiyou, also the designated Child Abuse Prevention Council for Siskiyou County, invests in community programs and strengthens partnerships for the health, safety, and well-being of families with children, birth to five years — and beyond.

Menu

Programs for Families with Children — Prenatal through age 18

Siskiyou Parenting Education Classes, Support Groups, Literacy Activities, Professional Development, and Community Strengthening Events

Updated September 2, 2026

Primary Partners —

FIRST 5 Siskiyou CHILDREN & FAMILIES COMMISSION

OREGON PARENTING EDUCATION COLLABORATIVE

CAPC CHILD ABUSE PREVENTION COUNCIL OF SISKIYOU COUNTY

Dear Families and Community Members/Partners,

Our First 5 Siskiyou team and dedicated parenting educators are thrilled to begin this new fiscal year alongside you! Together, we'll continue to offer a rich variety of parenting classes and workshops across Siskiyou County to fit your needs and schedule, expand learning, strengthen skills and connect you with other families.

The Parent Circles, classes and workshops support families with children from prenatal to age 18. Thank you to our primary partners that make these high-quality programs a success— Siskiyou County Behavioral Health, Siskiyou County Health and Human Services, Siskiyou County Probation, and Siskiyou County Office of Education. Collaborative efforts are invited and needed to ensure that these events are free of charge to all participants. Enclosed, you'll find a Menu of offerings, and we welcome and encourage additional topics inspired by you or the families you know and/or work with—please share your ideas with us!

We believe that parents and families are the first and most important teachers for their children. When families take part in high-quality parenting education, they are often more connected with their community, less stressed, and more confident in their parenting skills. Children tend to be healthier, more resilient, and have closer relationships with their family and community. Connecting families to these opportunities is invaluable. To truly understand the impact of these family-centered groups, we invite you to participate in one yourself and share firsthand experiences with families and colleagues. By enthusiastically advocating for relevant topics within your community, you help ensure families receive meaningful support. Families thrive when they have a caring, supportive community.

Please review the class options, gather input from families, and schedule a time with Lexi (530.471.8621; lexi@first5siskiyou.org) or me (530.261.1297; karenpautz@first5siskiyou.org) to plan for wonderful educational opportunities and supports in your community. Let's make this a fantastic year of learning, collaboration and continue to offer programs based on parent voice!

With gratitude and warmth,
Karen Pautz
Executive Director, First 5 Siskiyou Children & Families Commission

COLOR KEY to TYPES of CLASSES in MENU
EVIDENCE-BASED AND EVIDENCE-INFORMED CLASSES
STRENGTHENING THE FAMILY AND CAREGIVING ENVIRONMENT
STRENGTHENING PARENT/CHILD RELATIONSHIPS
ACEs (ADVERSE CHILDHOOD EXPERIENCES) AND TRAUMA
INTERNET SAFETY CLASSES
SPECIAL POPULATIONS
SCHOOL READINESS
CLASSES PRESENTED BY CE ESHELMAN, LMFT
SUPPORT GROUPS
FAMILY ACTIVITIES AND FUN EVENTS

Evidence-Based and Evidence-Informed Parenting Classes

Evidence-based practice is a specific approach that relies on rigorous research findings to guide interventions, while evidence-informed practice also incorporates research but allows for more flexibility and incorporates other sources of knowledge like practitioner expertise and individual preferences.

1	**NEW! Active Parenting** — A comprehensive parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who can resist negative peer pressure and thrive. This award-winning course offers a proven-effective approach to parenting that may lead to more harmony and happiness for you and your children. Learn strategies for school success, positive discipline, communication techniques, and experience increased joy as a family. (6 weeks)
2	**NEW! Active Parenting** — **First 5 Years** — A comprehensive discussion program for parents, early childhood staff, and caregivers of children ages birth to 5 that addresses basic skills, the stages of development, and more. Available in English and Spanish.
3	**NEW! Active Parenting** — **of Teens** — A comprehensive program to help parents through the often tumultuous years of 11-16. Each session also shows parents how to handle sensitive issues such as drugs, sexuality, and violence. Available in English and Spanish.
4	**NEW! Active Parenting** — **Cooperative Co-parenting through Separation or Divorce** — This class helps co-parents shield their children from parental conflict. Over 8 sessions, parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent.
5	**Attachment Vitamins** —The goal of this interactive 10-week course is to provide parents and caregivers of children, prenatal to 5 years, with trauma-informed parenting knowledge, awareness, and attunement to the emotional needs of their children, increased mindful awareness, and improved executive and reflective functioning.
6	**Make Parenting a Pleasure** — (for Parents with Children Birth to 8 years) — This program is designed to reduce parental stress & increase parenting skills, social support, & parents' sense of competence, all of which have been validated with empirical data as increasing successful parenting & decreasing risk factors related to child abuse and neglect. (13 weeks) (Spanish or English)
7	**Incredible INFANTs** — For professionals, parent educators, & parents caring for INFANTs. Developmentally-based curriculum for universal population of parents.
8	**Wonderful ONEs** — Developmentally-based curriculum for parents of one-year-old children
9	**Terrific TWOs** — Developmentally-based curriculum for parents of two-year-old children
10	**Nurturing Skills** — (8, 13 or more weeks)
11	**Nurturing Skills** — Bilingual (English/Spanish) or in Spanish — (7, 12, or more weeks)
12	**Nurturing Parenting for Infants, Toddlers, & Preschoolers** — (13 - 17 weeks)
13	**Nurturing Parenting ABCs** — For Parents & Their Children (7 weeks)

Evidence-Based and Evidence-Informed Parenting Classes — Continued

Evidence-based practice is a specific approach that relies on rigorous research findings to guide interventions, while evidence-informed practice also incorporates research but allows for more flexibility and incorporates other sources of knowledge like practitioner expertise and individual preferences.

14	**Nurturing Parenting – with Special Emphasis on Parents in Recovery** —(13 weeks or more)
15	**Nurturing Parenting for Teen Parents** — (8, 13 or more weeks)
16	**Nurturing Parenting for Parents & Teens** — (13 or 17 weeks) This 12-session series is designed for parents, foster parents, and relative caregivers and their teens (13 – 19 years) to strengthen and repair relationships. In this series, parents and teens will meet in 2 separate groups and come together at the end of each class, and will: • Learn how to strengthen and repair their relationships • Have fun together through expressive art activities, discussions and role-plays ▪ Practice strategies to communicate respectfully • Build new ways to create a positive, nurturing family environment • Learn how manage behaviors to promote positive discipline, trust, bonding
17	**Nurturing Parenting for Fathers** — (7 weeks)
18	**Nurturing Parenting – with Special Emphasis on Parents in Recovery** —(13 weeks or more) In these classes, parents will learn practical skills in dealing with stress, anger, and challenging behavior – and get support in dealing with addiction issues. They will also learn how to enhance their capacity to nurture themselves and their children, strategies to strengthen recovery, and ideas to help their children succeed.
19	**Parenting the Second Time Around - Relatives Raising Children** — (9 weeks) This class is a national award-winning 8-week program, developed by Cornell Cooperative Extension, designed specifically to meet the needs of grandparents, relatives and other caregivers who are parenting children.
20	**Parenting the Nurturing Way** — For Grandparents and other Relative Caregivers
21	**Parenting NOW! — for Parents with Children Birth to 6 years** and/or **Kindergarten to 8th grade** (8 weeks) The sessions are filled with great resources and opportunities to get new techniques to help your child succeed! This research-based program is designed to increase parents understanding of child development, support children's social and emotional development, increase positive strategies to help children during challenging times, tools to support healthy ways to deal with stress and anger.
22	**Second Step Curriculum** — A program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to help children thrive.
23	**Strengthening Families** — A program to improve communications and strengthen family relationships. (10 or more weeks)

Strengthening the Family & Caregiving Environment —
Improving parent knowledge, skills, behaviors, attitudes, and perceptions

24	**NEW! Parenting through Big Feelings** — Explore what's happening in a child's brain during a "meltdown." Discuss co-regulation and how stress, temperament, and development influence emotions. **Activity ideas:** Build a "feelings brain" out of playdough, create calm-down kits or sensory bottles, or make a feeling chart to help children identify and express emotions.
25	**NEW! Understanding Your Child's Brain** — Focus on early brain development and how caregivers can nurture growth through play, connection, and communication.
26	**NEW! Building Independence in Your Child** — Support self-help skills and autonomy. Learn positive language to encourage confidence. **Activity ideas:** Create "I Can Do It" charts and routines to promote independence.
27	**NEW! Developmental Screening Event – "Baby Steps"** — Focused on supporting families with young children. Discuss ASQ topics, developmental milestones, and available local resources and services.
28	**NEW! Parent Self-Care Night** — Focus on managing stress and prioritizing personal well-being. **Activity ideas:** Guided relaxation or sound bath, making aromatherapy satchels, and healthy snacks/ childcare
29	**NEW! Picnic & Parents – Summer Parenting Group** — Informal Park meet-ups focused on parenting topics like sleep, milestones, developmental screenings, and childcare discussions. **Activity ideas:** Light snacks, resource sharing, and community connection.
30	**NEW! Make Your Resolutions Happen!** — (3 sessions — Offered in English and Spanish)
31	**NEW! Dinner with a Dentist - Start Early with Healthy Habits! —** Strong first teeth set the stage for healthy permanent teeth. This workshop, presented by a Dentist, aims to help equip parents with information to provide the nutrition & oral care that their children need and deserve at all ages.
32	**NEW! Book Club** — Books are a wonderful tool to improve our knowledge around parenting and other educational topics! Some books that we will explore this year may include: ***Creating Compassionate Kids*** by Shauna Tominey; ***Reading Magic*** by Mem Fox; ***I Love You Rituals*** by Becky A. Bailey***; From Fear to Love*** by Bryan Post — or other selections of our community's choice! Join **Book Club** and share perspectives and conversations that matter, build community and learn more together. Audio/paperback books are included.
33	**NEW! Tobacco Education** — **Vaping and Young People — What's the Big Deal?** — Learn more about the health risks of vaping and what we can do to reduce vaping among youth and adults.
34	**NEW! Parent Empowerment and Support Circle** — Learn ways to address difficult behavior and support your child to make positive choices and build strong relationships.
35	**Social/Emotional Workshop - Learning about Emotions, Friendship Skills, and Conflict Resolution** — Explore strategies to help children learn about feelings and emotions and improve their ability to identify their feelings and those of others. Learn simple strategies to support children in navigating the complex world of friends, and how to support children in handling conflict.
36	**Simple Ways to Build Kindness in Toddlers, Preschoolers, School-Age Children and Teens – available as a series or specific age group — 1 time workshop**
37	**Temperament Workshop —** Our natural tendencies to react and respond to our children's behavior are guided by our own temperament. Join us for a discussion on how, once we recognize our own temperament traits and triggers, we can reframe our perceptions of our children's behavior and respond in a more positive manner.
38	**Motivational Parenting ~ Supporting Children with Challenging Behaviors**

Strengthening the Family & Caregiving Environment —
Improving parent knowledge, skills, behaviors, attitudes, and perceptions

39	**New and Expectant Parent Workshop — Infant Care & Development - 3-part series** This workshop will provide the latest & most accurate information on Sudden Infant Death Syndrome (SIDS) and participants will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep-related deaths. Other topics included are infant feeding and care, and fun activities just for babies! This information is important for parents, grandparents, extended family members, friends, foster parents and child care providers caring for a new baby.
40	**Period of Purple Crying —** The *Period of PURPLE Crying* is the phrase used to describe the time in a baby's life when they cry more than any other time. This period begins at about 2 weeks of age and continues until about 3-4 months of age. Learn about other common characteristics of this period, and gain an understanding of children's development in the first months of life.
41	**Ages & Stages —** For parents to understand why it is so important to have realistic expectations of their children and to be aware of their children's developmental needs at each stage. This class will provide parents with a basic understanding of their child's development from the infant stage through adulthood, and teach parents early warning signs for delays in development.
42	**Identifying Parenting Styles —** For parents to learn about various parenting styles and be able to identify the style in which they were parented and their current style. Parents then identify the impact of these styles on them and their children.
43	**Two Parents - Two Different Parenting Styles — Learn How & Why It's Important for Parents to Find a Successful Middle Ground**
44	**Parents Matter (English / Spanish) —** Experts agree that parents are the most important influence in their children's lives. In this workshop, you will learn what children need from their parents in order to thrive. You will also discover how you can encourage a strong sense of self-esteem so that your children believe in themselves and become caring and responsible people.
45	**Parenting the First Two Years —** This class is for new or soon-to-be parents - Learn what to expect & what is important for parents to know for each month of a child's first 2 years.
46	**Dinner with the Principal!** Come join other families and hear directly from the Principal about ways parents and educators can work together to support the critical needs of children including safety and wellbeing.
47	**Movement-Based Learning —** The program is a blend of yoga, Brain Gym, and Balance Nervous System Points. These activities provide participants with strategies and techniques to help develop focus, relieve stress, and energize! (Multiple sessions available)
48	**Raising Your Spirited Child —** To better understand persistent and intense children and learn how to avoid power struggles and improve communication.
49	**Positive Discipline Strategies for Preschool (or School-age) Children**
50	**Dealing with Challenging Behaviors**
51	**Developing Your Child's Self-Esteem**
52	**How to Set Healthy Limits for Children & Respond to Misbehavior**
53	**Praising Children & their Behavior**
54	**Raising Confident Children**
55	**Introduction to Raising Emotionally Healthy Children**

Strengthening the Family & Caregiving Environment - Continued

Improving parent knowledge, skills, behaviors, attitudes, & perceptions

56	**Raising Emotionally Healthy Children (Multiple sessions available) —** This unique free program for parents, educators, and caregivers is a fun and educational discussion based on the recently updated book ***How to Raise Emotionally Healthy Children …*** **by Gerald Newmark, Ph.D.** Information will be provided about how to nourish emotional health at home and at school and satisfy the critical emotional needs that all children have--- to feel respected, important, accepted, included and secure.
57	**Safety and Protection** (4-week series) **CHILD ABUSE —** Define child abuse (physical, emotional, sexual abuse, and neglect). Identify signs of abuse/neglect and the long-term effects of abuse/neglect. Also, identify the impact of domestic violence on children. Identify ways to intervene. **ANGER AND STRESS MANAGEMENT —** Define anger/stress. Identify body cues and signs of anger and stress. Identify triggers/causes/effects and ways of reducing anger and stress. **KEEPING CHILDREN SAFE ~** Identify ways parents can promote safety with their children from birth through adulthood at home, school, and in their community. **FAMILY MEETINGS —** Assess family communication at home and promote open family communication through introduction of "family meetings". Discuss topics that are most difficult to approach as a family and help families plan their own way of holding such conversations at home.
58	**Keep Calm & Parent On! Stress Management for Parents**
59	**Stress Management for Parents**
60	**Stress Awareness: Moving from Distress to Wellbeing**
61	**Nutrition and Self-Care —** This workshop, presented by a Registered Dietitian, will provide tools to help improve healthy family eating habits, physical activity, and self-care.
62	**Cooking on a Budget (Single or multiple sessions available)**
63	**Cooking Smart ~** To learn the importance of providing healthy meals and parents will learn to cook with local fresh fruits and vegetables and create new recipes.
64	**Dinner with the Principal!** Come join other families and hear directly from the Principal about ways parents and educators can work together to support the critical needs of children including safety and wellbeing.
65	**Motivational Parenting ~ Supporting Children with Challenging Behaviors**
66	**Transitioning through Power Struggles**
67	**What and Why About Immunizations**
68	**Marijuana and the Brain**
69	**Parent Circle** — Join other families and experience light-hearted moments and make new friends who understand the joys and challenges of life and parenting. We will discuss social issues children and youth face in the community environment and that involve relationships. We will also share ideas for school success and strategies to address concerns
70	**Supporting Your Child's Emotional Regulation —** Emotional regulation workshop for parents of young kids.
71	**Tips for Helping Your Child Deal with Stress & Anger**
72	**Commercial Sexual Exploitation of Children – What Parents, Youth, Educators, and Social Services Providers Should Know**

Strengthening the Family & Caregiving Environment — Continued

Improving parent knowledge, skills, behaviors, attitudes, & perceptions

73	**Parents Raising Safe Kids ~** Learn more about the important role that parents, caregivers, and teachers have in creating safe, nurturing, stable, and healthy environments for young children that help protect them from violence and trauma, and their consequences. Topics include: understanding children's behavior and developmental milestones, anger management, resolving conflicts, positive discipline, & reducing influence of media on children. (Multiple Sessions Available)
74	**Growing Great Kids! 40 Developmental Assets —** Parents will learn about basic care, social and emotional development cues, communication, physical and brain development, play and stimulation for babies.
75	**Physical Activity is Key to Living Well – Eat Healthy — Be Active! —** Learn tips on how to plan meals and snacks for healthy eating habits and increase physical activity!
76	**Let's Talk About Sexuality —** To focus on a wide range of topics to support a youth's healthy sexual development, including building trusting relationships, addressing specific challenges, trauma-informed care giving, learning about the "Reasonable and Prudent Parent" legislation, and commercial sexual exploitation of youth.
77	**Sexual Development —** To discuss normal sexual development from infant stage through adulthood. Discuss parent's role at each stage. Identify any fears regarding their role. Identify warning signs for sexual abuse and what parents can do in response.
78	**Child Sexual Abuse Prevention — Darkness to Light ~ Stewards of Children** Learn facts of child sexual abuse and updates on the latest prevention tools and resources.
79	**5 Steps to Brain-Building Serve and Return ~** Child-adult relationships that are responsive and attentive—with lots of back-and-forth interactions—build a strong foundation in a child's brain for all future learning and development. This is called "serve and return" and these interactions help build core life skills and resilience. Anyone can engage in serve and return with any child. You can do it together during everyday moments.
80	**Ages and Stages: Child Development – Birth through Adolescence** This workshop covers general developmental themes, tasks, joys, and challenges as children grow from birth through adolescence. This presentation describes phases that are typically-expected and offers insight about what is going on in the developing child so that parents and caregivers are inspired to take on an informed perspective that considers the complicated process of maturation.
81	**Behavior – What Motivates It, Sustains It, Changes It** In this workshop, the fundamental crux of behavior is described in simple, everyday terms. Various methods of discipline will be discussed and their potential effectiveness explored. When behavior is understood as a form of *communication,* adults can respond to its underlying purpose and message. This practice can strengthen connection with the child and shape the behavior to more appropriately get ones needs met.
82	**Stress Management for Oneself and the Family**
83	**Stress Management: A Deeper Dive**
84	**Nutrition, Your Health, and How the Diet Impacts Stress**
85	**Mindfulness: A Method of Dealing with Stress and Anxiety**
86	**Acceptance – As a Tool for Child Growth, Confidence, and Success**
87	**Compassion – Strategies to Build Trust and Engage Children**
88	**Evocation – Helping Children Develop Critical Thinking Skills**

Strengthening the Family & Caregiving Environment — Continued

Improving parent knowledge, skills, behaviors, attitudes, & perceptions

89	**Children and Stress**
90	**10 Essential Rules for Dealing with Children who are Angry**
91	**Why do Children Lie? How to Create a Safe Space to Address Lying Behaviors**
92	**9 Steps to More Effective Parenting**
93	**Helping Your Child Cope with Stress**
94	**Setting Limits and Boundaries —** Children feel more secure when limits and boundaries are practiced in the home. Learn some techniques for successful limit-setting.

Strengthening Parent/Child Relationships

Improving parent/child relationship quality, parent/infant attachment, and increasing time spent together

95	**Communication and Communication Styles —** Communication skills help you solve problems, learn new things, and are key to your success – in relationships, the workplace, and across your lifetime. This workshop will provide participants with evidence-based, emotionally-focused tools for effective communication. Join us and explore different types of communication styles and personal communication barriers. Each class in this 4-week series will add on to the previous.
96	**Supporting Healthy Attachments —** This training will introduce the concept of attachment, look at how attachment relationships shape development, and explore how service providers can support families in efforts to build healthy attachment relationships with their infants, toddlers, and pre-school age children.
97	**Skillful Toddlers —** Discover ways to support the growth and development of your little one as they learn through creative play, movement, art, and music. An ASQ (Ages and Stages Questionnaire) will be completed for each child during the class. **This class is available for children ages 0-12, 12-36, 36-48, and 48-60 months.**
98	**Terrific Toddlers! —**This program is for all parents, caregivers & early childhood educators of children ages 1 to 4 years. Topics covered include: Parenting Styles, Picky Eating, Oral Health, Temperament, Development, Attachment, Sleep Issues, Toilet Training, Separation Anxiety, Brain Development, Play, Self-Esteem, Communication, Safety, Feelings, Anger, Temper Tantrums, and Discipline. (Multiple sessions available)
99	**When Your Toddler Erupts! - Tackling Temper Tantrums ~** Temper tantrums seem to be a rite of passage for toddlers, but they confront parents with many challenges and frustrations. Parents are often unprepared for the strong feelings that are generated (both in child and the parent) and lack skills to manage the tantrums in a way that preserves the child's self-esteem and their relationship with their child. In this workshop, the facilitator will discuss why children have tantrums and the parenting skills necessary to handle them.
100	**Turning Conflict Into Cooperation - The Skill of Problem Exploration —** Explore how you can use problem exploration to help your children see themselves as part of the solutions to challenges in the home rather than as part of the problem. This empowering tool can be used in conflicts between you and your children & you can also teach your children to use it when resolving conflicts with siblings & peers.
101	**How to Talk So Kids Will Listen & Listen So Kids Will Talk (An Introduction)**
102	**How to Talk So Kids Will Listen & Listen So Kids Will Talk** (7 weeks or more) — This workshop is based on the book of the same title by bestselling authors & leading experts on parent-child communications, Adele Faber and Elaine Mazlish. Practical, innovative ways to solve common problems and build foundations for lasting relationships will be presented. Learn ideas to engage your child's willing cooperation, deal with your child's negative feelings, express your anger without being hurtful, set firm limits and still maintain goodwill, use alternatives to punishment that promote self-discipline, encourage positive relationships between your children, and resolve family conflicts peacefully. (6 weeks or more)
103	**Fun Ideas to Help Your Child Learn!** Learn ways to help your child succeed in school and in life.
104	**Live and Learn with your Baby!** Your baby is born learning! Come join other parents and their babies as you prepare your child for a lifetime of learning. Learn how to support your child's emotional, physical, and intellectual development through songs, activities, and group discussions. All while building a community of support and lifelong friends for you and your baby. **(**Monthly workshop - Multiple sessions)
105	**Live and Learn with your Toddler and Preschooler!** Join other parents and their 1-to 3-year-olds for stories, music, painting, play dough and more. The instructor chooses topics to meet the group's needs and parent requests. Help your child gain confidence and skills to prepare for preschool. (Monthly workshop - Multiple sessions) **This class is also available for School-age children, and Teens.**

Strengthening Parent/Child Relationships

Improving parent/child relationship quality, parent/infant attachment, and increasing time spent together

106	**Play! More Than ABCs and 123s** — Learn ideas to use everyday moments to develop your child's literacy skills from infancy through early childhood — and the latest research about the importance of play.
107	**Learning Through Messy Play!** (Multiple sessions available)
108	**How to Bullyproof Your Child ~** Learn how to teach children how to take the air out of the teasing. Even though preschoolers are too young to be involved in serious bullying situations, it is not too early to teach your children skills that will help them avoid becoming a victim or a bully when they are older. Learn how to teach your preschoolers to stand up for themselves assertively and to develop social skills and empathy that will buffer them from the stress of teasing and bullying later in life.
109	**The Power of Play! How Fun and Games Help Children Thrive!** The AAP encourages parents to use play to help meet their child's health and developmental milestones, beginning from birth. Learn ways to do this for children from birth to age 6 years. Discussion will include the positive benefits of books and literacy for children and family with valuable ideas on how to build a love for literacy and tips to help young readers as they grow.
110	**Using Your "OARS" — O**pen-ended questions, **A**ffirmations, **R**eflective listening, and **S**ummaries.**: Ways to Strongly Engage and Influence Children to Listen**
111	**Partnership – Ways to Align our Relationships with our Children's Educators**
112	**Tough Conversations with Kids**
113	**"It's Bedtime!" – 5 Ways to Build Responsibility during Bedtime Routines**
114	**Successful Ways to De-escalate Physical Situations with Children —** Every family experiences a time when an argument or behavior requires de-escalating. Learn some successful ways to cool down the situation.
115	**When Children Say Hurtful Things —** Children will say hurtful things. Learn how to deal effectively when our feelings get hurt and teach children a better response.
116	**Dealing with Holiday Stress —** The holidays can be a wonderful time and a time for increased stress in a family. Learn ways to enjoy the holidays without the complications.
117	**Children and Food: Strategies to Avoid a Power Struggle over Food**
118	**Mindful Eating**
119	**Raising Adventurous (Picky) Eaters**
120	**Spooky Treats that Won't Come Back to Haunt You!**
121	**Healthy Holiday Eating**
122	**NEW! Siskiyou Parent Café —** Join other parents and caregivers for warm conversation, mutual support, and practical wisdom shared parent-to-parent. This brand new monthly relaxed gathering is designed to foster connection and strengthen families through honest dialogue, laughter, and real-life strategies. Siskiyou Parent Café gatherings are filled with empathy, encouragement, and community. **What to Expect:** ▪ Open discussions on parenting challenges and joys ▪ A welcoming space to connect with fellow parents and caregivers ▪ Family style meal, childcare, supportive atmosphere, and some good laughs Whether you're navigating toddler development or teen transitions, you're not alone — Pull up a chair, join us, bring a friend, we're stronger together!

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Adverse Childhood Experiences (ACEs) and Trauma Impact on Brain, Body, and Behavior

ACEs classes are important because they teach people to recognize, prevent, and respond to the trauma that can occur during childhood, as ACEs are linked to increased risks for health problems, chronic disease, mental illness, and societal issues in adulthood. By fostering this understanding, ACEs classes empower educators, healthcare providers, and community members to build resilience, create healthier environments and promote wellbeing across generations.

123	**ACEs (Adverse Childhood Experiences study) —** Including a menu of movies to select from special topics to learn more about preventing ACEs and building resilience.
124	**Child and Youth Protection and Prevention of Adverse Experiences (Mandated Reporting; Child Sexual Abuse Prevention - Darkness to Light - Stewards of Children; ACEs — 3-tier training)**
125	**Do You Know About ACEs (Adverse Childhood Experiences study)?** Learn about ACEs and building resiliency.
126	**Childhood Trauma and Toxic Stress —** Learn about toxic stress and the lifelong impacts on health and wellness. We will be looking at protective processes, intervention, and nurturing resilience.
127	**How to Implement Trauma-informed Care to Build Resilience to Childhood Trauma**
128	**Trauma, Grief, and Loss — ACEs (Adverse Childhood Experiences)** Learn what early childhood trauma does to your child's brain. What can we do?
129	**Trauma-Informed Practice: The Impact and Implications of Neglect, Abuse, and Toxic Stress on Development —** This workshop will offer participants a practical-based, science-informed understanding of how development can be impacted by the toxic stress of Adverse Childhood Experiences (ACEs), abuse, neglect, and trauma. Current neuroscience explains behaviors that often emerge from early detrimental conditions while also shedding light on relationship-based ways to respond effectively.
130	**Safe from the Start – How to Protect Children from Trauma, Abuse, & Violence** Learn about the short and long-term risks and consequences to children of physical and emotional abuse, domestic violence, and other damaging behaviors.
131	**Building Resilience — The Truth About ACEs** — Most people in our world today have been affected in one way or another by ACEs (Adverse Childhood Experiences). As the number of ACEs increases, so does the risk for negative health outcomes in behavior, physical, and mental health. Through this workshop, you will learn about the impact of ACEs and skills and practices for building resilience in yourself, children, youth, and others.

Internet Safety Classes

132	**Customized internet safety classes with an overview of why internet safety is so important, and how to keep children, youth, and teens safe while online.** These classes focus on educating about the risks of cyberbullying, inappropriate content, and sharing personal information, while also implementing technical controls like parental settings and teaching them to be responsible digital citizens.
133	**Keeping Kids Safe in the Media Age**
134	**Media Violence on the Developing Brain**
135	**Protecting Children and Youth from Sexual Exploitation and Trafficking**

Special Populations

136	**Children & Autism — An Introduction**
137	**Children & Autism —**This program is for parents of young children, aged 1-3, who are on the Autism spectrum or with language delays, to promote children's emotional regulation, social competence, language skills, school readiness, and relationships with others.
138	**Introduction to Autism Spectrum Disorders: Early Warning Signs and Characteristics**
139	**Understanding, Changing, and Improving Behavior in Children with Autism**
140	**Powerful Parenting Toolbox for Dads!**
141	**Parenting Toolbox for Grandparents & Relatives Raising Children**
142	**Mom's House, Dad's House — Raising a Child with an Ex-Partner** — For divorced, separated, and blended families and the professionals who work with them. Practical guidance and ideas for healthy co-parenting.
143	**Partners in Parenting - Working Together as a Team ~** Working with the people who are involved in the care & raising of your children is one of the greatest gifts you can give to your children. Explore the issues involved in creating this "team spirit" & learn how you can provide this security for your children.
144	**Keeping Youth Safe from Partner Violence** ~ This training will address physical, sexual, and emotional coercive tactics used by perpetrators of intimate partner violence. Strategies will be discussed to help promote healthy relationships.
145	**What to Expect When You're Expecting**
146	**Perinatal and Postpartum Mood and Anxiety Disorders** Learn how to recognize signs and symptoms of perinatal mood and anxiety disorder.
147	**Helping Children Cope with Divorce & Family Separation - Remembering What is Important in a Stressful Time —** Topics include: different ways families experience divorce, different needs & concerns of children at different ages, tips to help your children cope with their emotions, pitfalls to avoid, and resources available to you and your children.
148	**Single & Parenting —** A special series or workshop for single parents.
149	**Parenting Children Through Separation and Divorce - 2 Sessions** Learn effective skills on how to manage the challenging process of separation/divorce while keeping your child's best interest in mind. Open to individual parents only, please. NO co-parents in attendance.
150	**When It All Falls Apart – Practical Guidelines for Supporting Healthy Co-Parenting Relationships After the Breakup —** Learn about the building blocks of healthy relationships, understand the impact of parental conflict on young children, and explore some practical strategies to use with parents experiencing conflict.
151	**Grandparent Rights when Raising Grandchildren — Legal, Financial, and Caregiving Support in the United States**
152	**Fetal Alcohol Syndrome — What is it? What are the Effects? What to do?**
153	**Individualized Educational Plans (IEP): Understanding and Preparing for the IEP Process** This workshop is designed to demystify the process of special education. Timelines, testing, eligibility, goals, and service options will be just a few of the topics explained in plain English. The aim is that participants will learn enough about the IEP team to develop their child's Individualized Educational Plan.

School Readiness and Success

154	**NEW! Back-to-School or Summer Transitions** — **August:** Morning routines, lunch prep, emotional readiness, and coping with restraint collapse. **May/June:** "School's Out" event with summer activity ideas, lunch inspirations, and tips for keeping a family rhythm during break.
155	**NEW! Making Reading Magical! —** Discuss how reading aloud supports language and brain development. Explore simple ways to make Storytime more interactive and meaningful (monotone vs enthusiastic, enhancing words/vocabulary). Not about being perfect, but connection. Activity ideas: Create personalized bookmarks or a family book-ranking list. Make a magic story wand, or reading jar.
156	**Let's Talk About School Success!** — Join other families in this parent/caregiver circle to discuss and share ideas for school success and strategies to address concerns. Leave with resources to support child and youth growth and development.
157	**Pathways to Preschool** (multiple sessions available) — Learn about what to expect when your child enters preschool, while children participate in a separate preschool-simulated class that prepares them for preschool. Topics for parents include social-emotional awareness, separation, routines, how children learn, and pre-k standards.
158	**Help Your Child Learn to Read**
	Help Your Child with Math and Science
159	**A Road Map to Kindergarten —** This workshop is designed to promote meaningful conversations between parents, educators, and community members about the importance of planning for and facilitating children's smooth transitions into kindergarten; increase parents' knowledge of early childhood developmental milestones and school readiness indicators; and empower and inspire families to become active partners in education.
160	**Ready, Set, READ! —** This workshop provides activities to teach parents ways to help increase literacy development, reading skills, & the love of books.
161	**Helping Children and Youth Succeed in School —** Learn child-directed play skills that promote children's social, emotional & academic school readiness skills. Parents will be shown ways they can encourage their children's development of important peer friendship skills, such a being cooperative, sharing and helping friends, waiting, and taking turns. Also, parents will learn how to promote their children's language and emotional regulation skills by building emotion vocabulary and strengthening their understanding and expression of feelings.
162	**Jump into Kindergarten: Help Your Child Get a Great Start! —** This workshop for focuses on helpingyour child develop good homework habits early, know what to expect at school, listen and follow rules and routines at home, know how to get along with others, and know the basics about letters and numbers.
163	**School Readiness – School Success! —** Parents will learn the skills that are necessary for success in preschool and kindergarten. This class will help children be better prepared to succeed with the maturity, confidence and skills they need to excel. (Multiple sessions available)
164	**Fun Ways to Support Literacy with Toddlers**

Classes presented by Ce Eshelman, LMFT — Attachment and Trauma Specialist

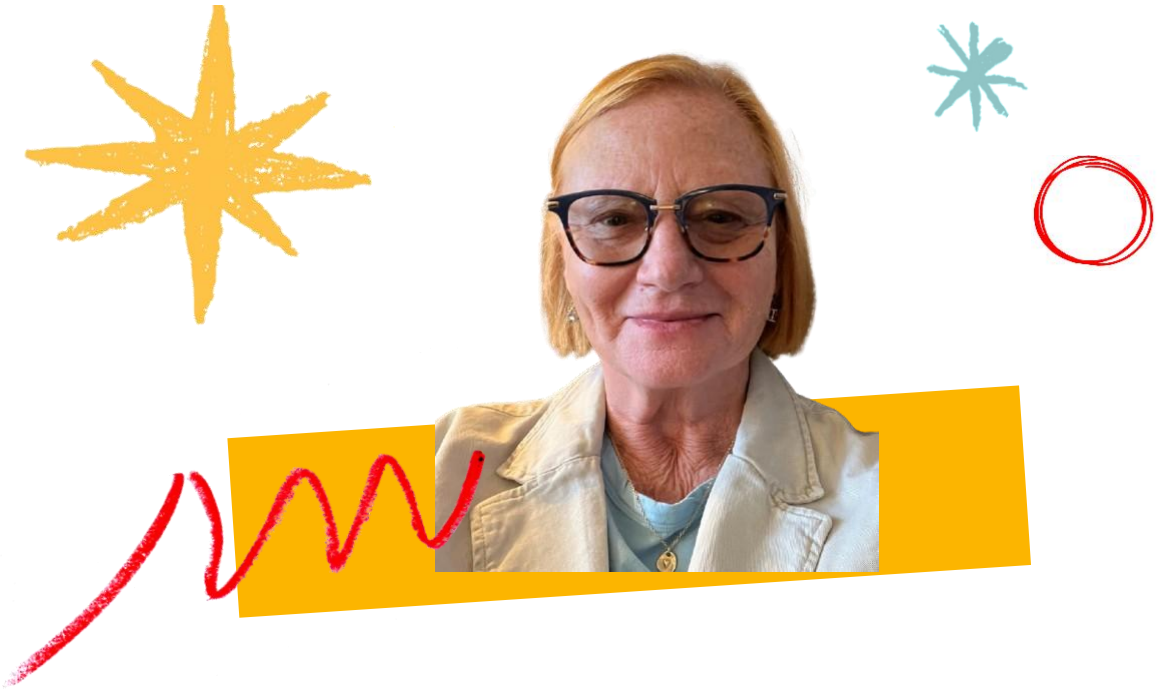
165	**Become a Teen Whisperer to Change the Tune at Your House** Create the habits you need to make and, actually keep, to become a bona fide Teen Whisperer at home. Growing a solid relationship with your teen requires new habits, one might say "Atomic Habits" like the ones James Clear writes about in his book by that name. We are going to take a journey together for six weeks making small shifts in our parenting lives for major change in our relationship with our teens. Are you ready to change your home life?
166	**Understanding Reactive Attachment Challenges (Part 1)** Reactive attachment challenges (diagnosed or undiagnosed RAD) can occur when a child has a difficult start in life and doesn't get the consistent, nurturing care needed in the first 33 months of life. This is also called Complex Developmental Trauma. Children with these challenges struggle to form healthy attachments with caregivers, which can lead to challenging behaviors and emotional difficulties throughout childhood and into adulthood. Early recognition is crucial—when parents understand the signs, they can start healing sooner rather than trying to correct destructive behavior in adolescence.
167	**Effective Strategies for Parenting Children with Reactive Attachment Challenges (Part 2)** Parents of children with reactive attachment challenges (diagnosed or undiagnosed RAD) face unique hurdles—but you don't have to face them alone. This Part 2 workshop focuses on practical tools and encouragement for families navigating severe complex developmental trauma. This workshop will focus on therapeutic parenting strategies, parental wellness practices, and navigating unique characteristics of the parent/child dynamic when reactive attachment is part of the relationship. Classroom teachers will appreciate this workshop for the tips on managing reactive attachment challenges in the classroom.
168	**Overcoming and Preventing Blocked Care —** (1-hr sessions) A series for parents of children who experienced trauma and professionals who support them. You can recover from shame, hopelessness, anger and despair by reclaiming your compassion and renewing your hope in this 8-week process workshop. Participants will actively work through a series of exercises designed to overcome and prevent blocked care that arises often in parents and professionals who are living and working with children with blocked trust from experiencing early childhood trauma. Join us for this life changing workshop. This 8-week series is based on ***Reclaim Compassion*** by Melissa Corkum and Lisa Qualls.
169	**Navigating These Troubled Times: A Radical Wellness Approach** Mental health and wellness need concentrated focus during these dramatically changing social times. Societally, there is a collective uptick in fear, anxiety, depression, anger, hopelessness, helplessness, divisiveness, and demonization. In this workshop you will assess your own mental wellness, learn strategies for coping, and deepen your awareness of the healing powers of radical acceptance and radical compassion during uncertain times.
170	**Grief and Loss —** Grief is a natural response to loss and there is nothing more painful. Grieving is a highly individual experience; there's no right or wrong way to grieve. But by understanding the types and stages of grief, you can find healthy ways to express it, cope with it and carry on. In this webinar with Ce Eshelman, LMFT, learn the myths and facts to help you find solace in painful times of loss.
171	**Supporting Neurodiverse Children and Youth (Challenging Behaviors)** Do you find yourself asking this question: "Is this normal?" If your child was born with differences and/or experienced trauma in utero, during birth, or in the early years, you just might need to make a paradigm shift—from neurotypical to neurodiverse. Join us to learn more about yourself and your child.
172	**The Healing Art of Showing Up —for Your Children, Yourself, and Others** What if there was one single ingredient for working magic in a child or youth's life? From chaos to calm in just one life changing action. Would you be willing to take the plunge? Join us for this deep dive into the art of showing up for your life and the lives of children and youth.

Classes presented by Ce Eshelman, LMFT — Attachment and Trauma Specialist Continued

173	**Helping Kids Crush Anxiety — Bringing Sunshine to Dark Corners** Meltdowns, raging, refusing, and opposition from your anxious children got you down? Learn practical approaches to support your children out of the shadows of anxiety into the sunshine of success.
174	**Back to School — Let's Tackle Anxiety Traps — with a new bag of brain tricks and neuro hacks** The only difference between excitement and anxiety is what you think about the feelings. Let's tackle back-to-school anxiety with a new bag of brain tricks and neuro hacks. This workshop will give you some concrete ways to help your child/teen calm the internal emotional chaos that accompanies back-to-school night, and every other back-to-school day of the year.
175	**Stop Only Talking About Self-Care — Let's Do it!** This is a "get-real" workshop. Wear comfy clothes, jammies, or just come as you are in your suit or high heels. No one really cares. This workshop will be just for you to engage in bringing your vagal nervous system into balance. We might call this "a toning session." If you learn something here and practice it for 10 minutes every day (or any day), you will find over time that your own nervous system is firming-up, creating resilience from the inside out. We all need to stop talking, hoping, wishing things would get better, and start being in and with the practice of self-care--the polyvagal way.
176	**What You Focus On, You Get More Of…** This workshop helps you tune in to children and tune out of imagining the worst. You will learn to curb your fear and tap into the healing power of loving kindness. Sounds pretty good, doesn't it? This is a roadmap for hope.
177	**Reviving Your Passion and Compassion for Children at Work and at Home: A New Year's Reset for the Tired and Very Weary-Hearted — Part 1**
178	**Reviving Your Passion and Compassion for Children at Work and at Home: Reawakening the Whole Heart — Part 2** Compassion fatigue is real and needs serious attention to the core of each person who works or lives with children from difficult beginnings. This is how you heal. Join this revolution for thriving while caring for hurt and hurting children. Yes, you can.
179	**Parents — Let's Tame Our Triggers — Part 1 — Build your inner solid, steady and secure base to heal yourself and your hurting child** In Part 1 we will explore how past experiences may get pulled to the surface when parenting our children. If these experiences were negative, then they will come back to us in the form of a triggered response. Triggers make us vulnerable to feeling out of control, unstable and even rageful. Together let's acknowledge our own big "T" and small "t" traumas to put ourselves on a healing journey into parenting with more peace and more joy.
180	**Parents — Let's Tame Our Triggers — Part 2 — Build your inner solid, steady and secure base to heal yourself and your hurting child** Many times we parents think: If my child would behave better, I wouldn't blow my top. Guess what? That probably isn't 100% true. As we learned in Tame Your Triggers, Part 1, parents are triggered by their own early childhood experiences, their own beliefs and inner voices, and their dysregulation. In Part 2, we explore creating a coherent narrative and neurosculpting as two ways to transform the past into new neuropathways for now and the future. It is never too late to re-write our history for the good.
181	**Creating Peaceful Holidays with Children from Difficult Beginnings** Is it possible to enjoy the holidays with children who are easily dysregulated? Yes, if you take the time to plan and accommodate neurodiversity into the fun.

Classes presented by Ce Eshelman, LMFT — Attachment and Trauma Specialist Continued

182	**Stop Yelling 101 — Part 1** No parent likes to admit they sometimes "yell" at their kids to get them to listen. No shame. No blame. We are all in this together. This workshop will help you identify your hot spots and take basic steps to create peace in your parenting life. We hope you will join us!
183	**Advanced Stop Yelling — Part 2** Last week we walked step-by-step through the basics to stop yelling at your kids, and this week we will take you all the way through some advanced interpersonal skills to end yelling once and for all. Roll up your sleeves because we are going to put you to work on creating a peaceful home life.
184	**Girls on the Edge** — The signs are everywhere — girls are struggling, their well-being challenged. This workshop will give you a peek inside today's girls and how you can take action to buoy them up against the nagging tide of stressors and emotional turmoil. We will take a deep dive into the issues plaguing girls and will take it all the way into actionable solutions. The stressors are outside and inside. Let's look at real steps you can take today to stem the tide of emotional turmoil that will set your girls on track to happiness and health in their lives.
185	**Boys on the Brink —** Boys are often encouraged to bury their feelings, present a tough exterior, and to "just get over it" or "just do it" when experiencing fear. These social norms have long-term implications for boys. Join us to explore the mental health challenges facing our boys in today's world.
186	**Therapeutic Parenting 101 — The Nitty Gritty — Part 1** Sometimes it just makes sense to get back to basics in life; same with therapeutic parenting. In this workshop we will drill down on the essential nitty gritty fundamentals. Bring your questions, as there will be time to brainstorm solutions.
187	**Therapeutic Parenting 101 — Introduction to the Basics — Part 2** Building upon Part 1's principles, Part 2 gets down to applying these principles to your real life. This will be a working session where you will have a chance to talk through some of your challenges and your child's challenges using therapeutic parenting principles and strategies.
188	**Emotion Regulation Strategies for Children and Youth from Difficult Beginnings** Calm the kid, calm the blow-ups and meltdowns, calm the chaos. These strategies can be used anywhere – home, park, school – everywhere you go.



Support Groups

189	**NEW! Milk & Cookies — Mothers' Circle — Support – Connect – Flourish!** Get free expert Postpartum support and Lactation advice. Infant scale for weight checks and childcare for older siblings will be provided. Come relax, meet and connect with other mothers.
190	**NEW! Family by Heart: A Support Circle for Caregiving Relatives —** Parenting doesn't always follow a traditional path. Family by Heart is a welcoming space for grandparents, aunts, uncles, and all relatives and friends who are stepping up to raise children with love, resilience, and heart. Whether you're navigating school systems, bedtime routines, or big emotions, this group offers connection, resources, and real talk with others who understand the journey. Come share stories, swap strategies, and build community in a space that honors every kind of caregiving family.
191	**Relatives Raising Children and Youth** — Weekly gatherings for those raising a relative's child to come together to share experiences, gain resources, receive emotional support, and discuss ideas to navigate the challenges of their unique caregiving role.
192	**Family Hui —** Hui (hoo'ee) is a Hawaiian term for a cooperative group working together for a shared purpose. Family Hui is a positive parenting program for families with children ages 0-5 years. Join other parents and caregivers and celebrate the joys of parenting and share ideas on how to address stress in healthy ways.
193	**Grief Support** — Provides resources and support for those who have experienced the painful loss of a child, family member, and friend
194	**Co-Parent Support**
195	**Single Parent Support**
196	**Moms Together —** In this class Moms will come together to discuss and learn about important topics surrounding children, families, community and themselves.
197	**Dads Together —** (please see description above – this class is for Dads)

Family Activities and Fun Events!

Family fun events strengthen opportunties to make special memories with your children, and improve family relationships and social connections.

198	**NEW! Glow Night — Learning and Exploring through Play —** Glow in the dark – everything! Art, science, snacks, dancing!
199	**NEW! Classical Music and the Arts —** Classical musicians perform as a backdrop setting for music and movement exposure for families. Local musicians operate booths with interactive musical experiences for children and their parents. Dance/ballet instructors and demos coordinating with the rhythm of the active music Opportunities for movement and flow during the duration of the classical performance.
200	**NEW! International Mud Day! Sunday, June 29, 2026 —** Large Mud Pit, Mud kitchen, Mud art and science — **International Mud Day** is a joyful, hands-on celebration held every year on June 29th that encourages children (and adults!) to connect with nature through the simple and playful act of getting muddy. Created to promote global awareness of the importance of outdoor play, it's a day to ditch the screens, embrace the mess, and enjoy the sensory, creative, and developmental benefits of mud-based activities.
201	**NEW! Bubble Day —** Engaging feature presentation by ***The Bubble Lady* —** Interactive stations featuring bubble science, art, activities geared toward family and child entertainment. Music will be themed and conducive to creativity and imagination.
202	**NEW! Water Day —** Inflatable water arches, sprinklers, buckets, water guns/cannons, balloons, and tubes ready for full on splash sparring for a soaking good time! May include: Watermelon eating contest — Slip and slides — Water/pool kick ball — Water volleyball — Water "sumo wrestling" — Water coloring activities — Water science — Face painting — DJ
203	**NEW! Family Concert —** Join us for a lively family concert filled with music, movement, and learning—where kids and grown-ups alike can sing, dance, and discover the joy of music together!
204	**NEW! Family Dance Paty —** Get ready to move and groove at our interactive Family Dance Party—where music, rhythm, and fun come together to teach kids about movement, coordination, and self-expression!
205	**NEW! Family Game Night —** Bring the whole family for an evening packed with laughter, learning, and teamwork—where kids and adults play together through interactive games that build skills and spark joy!
206	**NEW! Loops, Hoops, and Music Moves!** Join Miss Pinto of Pinto Bella Hoops for a hooptastic adventure! Miss Pinto has extensive education in early childhood with a Master of Arts degree in Music Performance. She teaches about the benefit of hula-hooping for body and mind and performs amazing multi-hoop feats — including with the gigantic hula hoop! Spin, dance, sing, and groove with provided hula hoops. Enjoy family literacy through exciting movement and music activities.
207	**NEW! Family Nature Walks and Adventures — Little Feet, Big Discoveries!** A special field trip will feature a storytime, sensory walks and activities, games, and nature journaling to help us awaken our observation of the natural world. All activities can be done as a family and will be designed with a range of ages in mind. We'll explore our local ecology, learn about plants and animals, and how everything is interconnected.
208	**NEW! My Grown-Up and Me — Music, movement, and imagination!** — A dynamic and interactive class for young children (ages 1-5) and their parents and caregivers.

Family Activities and Fun Events! — Continued

209	**NEW! In Stitches — Let's Learn to Cross-Stitch! — For parents/caregivers and children 10 years +** Learn different cross-stitches, then select and work on a simple beginning design in a kit that includes everything needed for a special project.
210	**NEW! Picnic & Parents — Summer Parenting Group —** Informal park meet-ups focused on parenting topics like sleep, milestones, developmental screenings, and childcare discussions**. Activity ideas:** Light snacks, resource sharing, and community connection.
211	**Make Gifts and Take Home Ideas for the Holidays!**
212	**Fun Gifts & Activities for Kids in Time for the Holidays!**
213	**Handmade Crafts for Thanksgiving**
214	**Handmade Crafts for Valentine's Day**
215	**Family Craft Night** — Enjoy a fun, creative evening for the whole family and leave with arts, crafts, and homemade decorations. Parents will learn ideas for fun crafts, activities, and home projects with their children.
216	**Dance, Rattle & Roll! —** A musical and movement program that Includes dancing, singing and playing instruments. A bonding experience for you & your child focusing on energy, fun, & play to contribute toward the natural development of cognitive, social, emotional, and physical skills. Excellent activity to bond with your child while dancing, singing, moving and learning. Dads, grandparents, other relatives & caregivers are welcome. **(**Multiple sessions available)
217	**Celebrating Spring in Art, Music & Movement! Spring into Spring!**
218	**Kids in Motion!** This class explores movement and dance technique through song, music, rhymes, finger plays, choreography, props and imagination!
219	**Music & Movement!** Fun ways to help children learn self-regulation & love of music, singing & dancing!
220	**Play with Papa! —** This class is designed to help connect kids and dads of all types with new ideas for how to develop playfulness and connection. Emphasis made on play, games, experiential connection, and creation of a space for dads to connect with other dads.
221	**Family Yoga —** A yoga workshop for children and their parents/caregivers to increase bonding, healthy body awareness, and emotional regulation skills. – Family fun Events
222	**Yoga Pretzel – Fun Family Fitness Habits**
223	**Community Baby Shower —** A community baby shower is a special event designed to celebrate and support expectant parents, particularly those who may not have traditional baby showers or have limited resources. Participants will leave with essential resources as well as offer a sense of community and connection among new and expecting parents.

Meaningful change does not happen in isolation.
It's built through shared vision, coordinated effort, and the courage to act together. We invite you to join us in strategic co-funding partnership to amplify and ensure long-term, sustainable educational programming across Siskiyou County.
For more information, contact Karen Pautz at 530.261.1297 or karenpautz@first5siskiyou.org.