

# SISKIYOU FAMILY AND COMMUNITY RESOURCE CENTERS

## ACTIVITY AND WORKSHOP CALENDAR

### JUNE 2010

The Siskiyou Family and Community Resource Centers provide parent education, child development activities, community resources and referrals, support groups, life skills, and advocacy. Information about support and services offered at each of the [TEN Family and Community Resource Centers](http://www.first5siskiyou.org) in our county is available at [www.first5siskiyou.org](http://www.first5siskiyou.org).

ACTIVITY / WORKSHOP	DATE(S)	TIME	DAY(S) of WEEK	LOCATION
Anger Management ▶	1, 2, 5	1:00 - 3:00	W	HUB CFRC, Montague
Toddler Play Group (Ages 0-5 + siblings) ♣	1, 8, 15, 22, 29	1:00 - 2:00	T	McCloud CRC
Play Group for Toddlers and Parents ♣	1, 8, 15, 22, 29	2:00 - 3:00	T	Dunsmuir Kids' Factory
AA 12-Step Meeting ♣	1, 8, 15, 22, 29	4:00 - 5:00	T	McCloud CRC
Zumba (6-wk. class - \$5.00/class/person) ▶	1, 8, 15, 22, 29	5:00 - 7:00	T	Tulelake/Newell FRC
Relapse Prevention Class (w/Toby Reusze) ▶	1, 8, 15, 22	5:30 - 7:30	T	HUB CFRC, Montague
Dad's Basketball ♣	(6/01 - 6/29)	6:00 - 8:00	T, TH	Tulelake/Newell FRC, The Honker
New Mom's Group ♣	2, 16	10:00 - 12:00	W	Mt. Shasta CRC
Play Group for Toddlers and Parents ♣	2, 9, 16, 23, 30	10:30 - 12:00	W	Etna City Park
Story Time for Kids ♣	2, 9, 16, 23, 30	3:30 - 4:30	W	Happy Camp FRC
AA Meeting ♣	2, 9, 16, 23, 30	6:00 - 7:00	W	BV CRC, 234 S. Oregon St, Dorris
Karate Classes (for kids and teens) ♣	(6/02 - 6/30)	3:15 - 6:15	M, W	Yreka CRC
Wiggles & Giggles Play Group (0-5 yrs) ♣	3, 10, 17, 24	11:00 - 12:00	TH	HUB CFRC, Montague
Tae Kwon-Do (for adults - FREE) ♣	4, 11, 18, 25	10:00 - 11:00	F	Dunsmuir Kids' Factory
Group Social for Families	4	12:00 - 1:30	F	BV CRC, 234 S. Oregon St, Dorris
Playgroup for Kids (ages 2-7 yrs.) ♣	4, 11, 18, 25	1:00 - 2:00	F	Happy Camp FRC
Arts and Crafts (for kids of all ages) ♣	5, 12, 19, 26	12:00 - 2:00	SA	Dunsmuir Kids' Factory
Health and Wellness Support Group ♣	5, 19	3:00 - 4:30	W	Yreka CRC
Play Group for Toddlers and Parents ♣	7, 14, 21, 28	10:00 - 11:30	W	SV FRC, Etna Library
Play with a Purpose (Play Group, 1-5 yrs) ♣	7, 14, 21, 28	10:30 - 11:30	M	Mt. Shasta CRC
Drop-in for Soup (ea. Monday - FREE) ♣	7, 14, 21, 28	12:00 - 1:00	M	Dunsmuir Kids' Factory
Play Group for Toddlers and Parents ♣	7, 14, 21, 28	2:00 - 3:30	M	SV FRC, Fort Jones
Community Baby Shower	8	6:00 - 7:30	T	SV FRC, Fort Jones
Anger Management Class	8, 15	12:30 - 2:30	SA	Yreka CRC
Five Wishes Presentation (Living Will)	10	11:00 - 12:00	TH	Happy Camp FRC
Diabetes Support Group ♣	10	5:30 - 7:30	TH	Mt. Shasta City Park Lodge
Summer Fun Programs (ages 5 and up)	(6/11 - 7/02)	10:30 - 1:00	TH	McCloud CRC
Summer Day Camps	(6/14 - 6/30)	9:00 - 1:00	M, T, W, TH, F	Weed CRC
Kids Summer Fun Program	(6/14 - 7/22)	10:00 - 2:00	M, T, W, TH	Yreka CRC
Summer Programs ♣	(6/14 - 8/20)	10:00 - 12:00	M, T, W, TH, F	SV FRC, Fort Jones
MHSA Wellness Group (ea. 2 <sup>nd</sup> & 4 <sup>th</sup> M) ♣	14, 28	1:00 - 2:30	M	Dunsmuir Kids' Factory
Soup Social (each 2 <sup>nd</sup> & 4 <sup>th</sup> Monday)	14, 28	1:00 - 2:30	M	Tulelake/Newell FRC, The Honker
Crafts for Kids ages 6 - 14 years	(6/16 - 7/21)	1:00 - 3:00	W	McCloud CRC
Health and Wellness Support Group ♣	16	3:00 - 4:30	W	Yreka CRC
1 <sup>st</sup> Father/Child BBQ	17	6:00 - 8:00	TH	McCloud, Hoo Hoo Park
Family Night Out in the Park	17	6:00 - 8:00	TH	Yreka, Miner Street Park
Grief Support Grp. w/Madrone Hospice	17	11:00 - 2:30	T	Happy Camp FRC
Bike Rodeo	17	4:00 - 5:00	F	BV CRC, 234 S. Oregon St, Dorris
Anger Management (+ Dinner & child care)	23	5:30 - 7:30	W	Weed CRC
Annual Kids' Fair	26	11:00 - 2:30	TH	Happy Camp, River Park
Family Fun Event & Dinner	26	3:00 - 7:00	SA	Etna, Dotty's Korner Kitchen
Senior Bingo/Potluck Lunch	28	1:00 - 2:30	M	BV CRC, 234 S. Oregon St, Dorris
Bike Rodeo Day	29	10:00 - 12:00	T	McCloud, Hoo Hoo Park
Family Fun Night	29	5:30 - 7:00	T	McCloud CRC
Healthy Kitchen-Cooking Class for Diabetics ♣	29	6:00 - 8:00	T	Mt. Shasta City Park Lodge
Family Game Night	30	5:00 - 6:00	W	Dunsmuir Kids' Factory
Pizza & Movie Night	30	6:00 - 8:00	W	Yreka CRC

**Please Note:** Workshops followed with this symbol (♣) are scheduled on an *on-going basis*, and this symbol (▶) indicates that *sequential* classes are scheduled. Workshops scheduled in the *evening* are listed in *green* and in *brown* on *Saturday*.

## ACTIVITY/WORKSHOP DESCRIPTIONS and DETAILS

**Anger Management Classes** For more information about these two classes, call the HUB CFRC at 459-3481 or the Yreka CRC at 842-1313.

**Play Groups for Toddlers and Parents** These ongoing workshops at the following FRC's may feature music, art, storytelling, behavior modeling, games, and play. Call the Kids' Factory at 235-4005, McCloud CRC at 964-3250, Happy Camp FRC at 493-5117, or the SV FRC at 468-2450.

**AA 12-Step Meetings** For information, call Benito Sagra in McCloud at 964-2925, or the BV CRC at 397-CARE.

**Zumba** Join instructor Viola Gatlin for 6 weeks of Zumba lessons. \$5.00 per class/person. Call the Butte Valley CRC at 397-CARE.

**Relapse Prevention Class** Join this group and receive support, information, and tools to help you and your family work together on making your journey clean, supportive, and successful! FREE dinner or refreshments and child care provided. Please RSVP by calling the HUB CFRC at 459-3481.

**Dad's Basketball** For more information, call the Tulelake FRC at 667-2147.

**New Mom's Support Group** Are you a new Mom with a child age 1 or younger? Join us each 1st & 3<sup>rd</sup> W! Call Mt. Shasta CRC at 926-1400.

**Story Times** For more information, call the SV FRC at 468-2450, or the Happy Camp FRC at 493-5117.

**Karate Classes (for kids and teens)** For more information, call the Yreka CRC at 842-1313.

**Wiggles & Giggles Play Group** Story-telling, songs, nutritious snack, and games! For more information, call the HUB CFRC at 459-3481.

**Tae Kwon-Do** For adults who are MHSA consumers. For more information, call the Kids' Factory at 235-4005.

**Group Social for Families** For more information, call the Butte Valley CRC at 397-CARE.

**Arts and Crafts** Artist Debbie Blackwell teaches this fun weekly art adventure. All ages welcome! Children under 5 years need to be accompanied by an adult. Fun, creative, and different projects each week. Call the Kids' Factory for more information at 235-4005.

**Health and Wellness Support Group** For more information and to register, call the Yreka CRC at 842-1313.

**Play with a Purpose (Play Group, 1-5 years)** Explore literacy, crafts & creative play, physical activity, and socializing with friends. Facilitator: Tammy Alvidrez, with more than 20 years experience in early childhood development. For more information, call the Mt. Shasta CRC at 926-1400.

**Drop-in for Soup and Bread (each Monday - FREE)** For more information, call the Kids' Factory at 235-4005.

**Community Baby Shower** Welcome expectant mothers & your children! Refreshments, information, & games; call the SVFRC at 468-2450.

**Five Wishes Presentation by Madrone Hospice** (re: Living Wills) Presented by Kim Johnston. For information, call Happy Camp FRC at 493-5117.

**Diabetes Support Group** A different topic related to the management of diabetes is selected for each month. This group is for all ages of caregivers, family members, and those with diabetes. Facilitator: Jeanne Yalon-Owens, F.N.P. For information, call the Mt. Shasta CRC at 926-1400.

**Summer Fun Programs** Arts and crafts, games, nutritious snacks, and educational information – come have fun in the sun! Parent volunteers needed! Parents must sign permission slips in order for children to attend. For more information, call the McCloud CRC at 964-3250.

**Summer Day Camps** Pre-register by calling 938-2426 or stopping by the Weed CRC today.

**Kids Summer Fun Program** For more information and to register, call the Yreka CRC at 842-1313.

For information, call the McCloud CRC at 964-3250.

**Summer Programs** There is a wonderful variety of fun and educational programs offered throughout the summer for kids! For more information, call the Scott Valley FRC at 468-2450.

**MHSA Wellness Group (every 2<sup>nd</sup> and 4<sup>th</sup> Monday)** Dealing with anger, stress, anxiety, depression, low energy, or difficulty managing these issues? Explore these feelings and options for moving through them. For more information, call the Kids' Factory at 235-4005.

**Soup Social** For more information, call the Tulelake FRC at 667-2147 for more information.

**Health and Wellness Support Group** For more information, call the Yreka CRC at 842-1313.

**1<sup>st</sup> Father/Child BBQ** Bring your kids to a free special dinner featuring great BBQ food and YOU, our local fathers.

**Family Night Out in the Park!** Come join us for a great family outing for families with children 0-5 years of age. Call the Yreka CRC at 842-1313.

**Grief Support Group with Madrone Hospice** Snacks will be served. Call the Happy Camp Resource Center for more information at 493-5117.

**Bike Rodeo** For more information, call the Butte Valley CRC at 397-CARE.

**Anger Management** Facilitated by Mike Pautz, Assistant Psychologist & MFTI with 5 years experience working with children, adolescents, families, and trauma. FREE workshop, dinner, and child care. Pre-register by calling 938-2426 or stopping by the Weed CRC today.

**Annual Kids' Fair** For more information, call the Happy Camp Resource Center at 493-5117.

**Family Fun Event & Dinner** For more information, call the Scott Valley FRC at 468-2450.

**Senior Bingo/Potluck Lunch** For more information and to register, call the Butte Valley CRC at 397-CARE.

**Bike Rodeo Day** Kids--bring your bikes or tricycles for inspection and to ride the obstacle course! Call the McCloud CRC at 964-3250.

**Family Fun Night** Arts and crafts, games, food, and nutritional information for the family! For information, call the McCloud CRC at 964-3250.

**Healthy Kitchen – Cooking Class for Diabetics** These hands-on classes will help you get on track with your diet and control blood sugars. There is a wealth of topics and information presented at these classes. For more information, call the Mt. Shasta CRC at 926-1400.

**Family Game Night** Come join us for arts, crafts, games, dinner, and nutritional information.. Call the Kids' Factory at 235-4005.

**Pizza & Movie Night** Featuring "Alice in Wonderland" with Johnny Depp. For more information, call the Yreka CRC at 842-1313.