



## SISKIYOU FAMILY AND COMMUNITY RESOURCE CENTERS

### ACTIVITY AND WORKSHOP CALENDAR FOR MARCH 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](http://www.first5siskiyou.org) Family and Community Resource Centers in our county is available at [www.first5siskiyou.org](http://www.first5siskiyou.org).*

ACTIVITY / WORKSHOP	DATE(S)	TIME	DAY(S) OF WEEK	LOCATION
JEDI Tax Preparation Assistance (FREE)	Call for appt.	TBA	TBA	Call your local FRC for appt.
Support Group (for mental health wellness)	1	5:30 - 6:30	M	SV FRC, Fort Jones
Play with a Purpose (Play Group)	1, 8, 15, 22, 29	10:30 - 11:30	M	Mt. Shasta CRC
Soup Social each Monday (Soup is FREE) ♣	1, 8, 15, 22, 29	11:00 - 2:00	M	Happy Camp FRC
Drop-in for Soup (ea. Monday- FREE) ♣	1, 8, 15, 22, 29	12:00 - 1:00	M	Dunsmuir Kids' Factory
Play Group for Toddlers and Parents ♣	1, 8, 15, 22, 29	2:00 - 3:30	M	SV FRC, Fort Jones
Family Based Relapse Prevention Group ♣	1, 8, 15, 22, 29	5:30 - 7:30	M	Happy Camp
Karate Classes (for kids and teens) ♣	(3/1 -3/31)	3:15 - 6:15	M, W	Yreka CRC
Story Time during WIC Clinic	2	8:00 - 12:00	T	Happy Camp Grange Hall
A Dr. Seuss Birthday Celebration!	2	5:30 - 7:30	T	SV FRC, Fort Jones
Parenting Class – Nurturing Skills ▶	2, 9	5:00 - 7:00	T	Dorris, Montessori School
Wiggles & Giggles Play Group (0- 5 yrs) ♣	2, 9, 16, 23, 30	10:00 - 11:00	T	HUB CFRC, Montague
Senior Activity Day! ♣	2, 9, 16, 23, 30	10:00 - 12:00	T	McCloud CRC
Drop-in Coffee Hour ♣	2, 9, 16, 23, 30	12:00 - 1:00	T	Dunsmuir Kids' Factory
Toddler Play Group (Ages 0-5 + siblings) ♣	2, 9, 16, 23, 30	1:00 - 2:00	T	McCloud CRC
Play Group for Toddlers and Parents ♣	2, 9, 16, 23, 30	2:00 - 3:00	T	Dunsmuir Kids' Factory
AA 12-Step Meeting ♣	2, 9, 16, 23, 30	4:00 - 5:00	T	McCloud CRC
Parenting Now! ▶	2, 9, 16, 23, 30	5:00 - 7:00	T	Dunsmuir Kids' Factory
Drop-in Play Group (all ages) ♣	3, 10, 17, 24, 31	10:00 - 12:00	W	Weed CRC (Weed Mercantile Mall)
Play Group for Toddlers and Parents ♣	3, 10, 17, 24, 31	10:30 - 11:30	W	SV FRC, Etna Library
AA Meeting ♣	3, 10, 17, 24, 31	12:00 - 1:00	W	Weed CRC (Weed Mercantile Mall)
Computer Class ♣	3, 10, 17, 24, 31	2:00 - 4:00	W	SV FRC, Fort Jones
Family Based Relapse Prevention Group ♣	3, 10, 17, 24, 31	5:30 - 7:30	W	Yreka CRC
AA Meeting ♣	3, 10, 17, 24, 31	6:00 - 7:00	W	BV CRC, 234 S. Oregon St, Dorris
New Mom's Group ▶	3, 17	10:00 - 12:00	W	Mt. Shasta CRC
Supporting Father Involvement	4	9:30 - 12:30	TH	Yreka RV Park (767 Montague Rd)
Dad's Basketball ♣	4, 11, 18	6:00 - 8:00	TH	Tulelake/Newell FRC, The Honker
Story Time (ages 0 - 5 years) ♣	4, 11, 18, 25	10:00 - 11:00	TH	Weed CRC (Weed Mercantile Mall)
Story Time (ages 6 -12 years) ♣	4, 11, 18, 25	3:00 - 4:00	TH	Weed CRC (Weed Mercantile Mall)
Story Time ♣	4, 11, 18, 25	10:30 - 11:00	TH	McCloud Elementary Library
Parents with Teens (Series of 4 meetings) ▶	4, 11, 18, 25	5:30 - 7:30	TH	Mt. Shasta CRC
Tae Kwon-Do (for adults) ♣	5, 12, 19, 26	10:00 - 11:00	F	Dunsmuir Kids' Factory
Kids Exercise & Nutrition Ed Class ♣	5, 12, 19, 26	10:00 - 11:00	F	Weed CRC (Weed Mercantile Mall)
Computer Help in Yreka CRC Lab	5, 12, 19, 26	3:00 - 5:00	F	Yreka CRC
Arts and Crafts (for kids of all ages) ♣	6, 13, 20, 27	12:00 - 2:00	SA	Dunsmuir Kids' Factory
Literacy Night for All Ages	11	5:00 - 6:00	TH	McCloud CRC
Parenting Support Group (+ Dinner)	11	6:00 - 7:30	TH	SV FRC, Fort Jones
Parenting Now! (7 week class begins 3/16th) ▶	16, 23, 30	5:00 - 7:00	T	BV CRC, Dorris
Community Solutions - Potluck w/ Capt. Betts	17	5:30 - 7:00	T	Happy Camp, Log Memorial Bldg.
Cancer Support Group ♣	18	1:00 - 2:00	TH	BV CRC, 234 S. Oregon St., Dorris
Mother's Tea (Come make a piñata!)	18	4:00 - 5:00	TH	Tulelake/Newell FRC, The Honker
Family Night & Dinner – Fitness Month	18	5:30 - 7:00	TH	Happy Camp Elementary School
Family Night Out and Dinner	18	6:00 - 8:00	TH	Yreka CRC
Music and Movement ♣	19, 26	10:00 - 11:00	F	Mt. Shasta CRC
It's a Scrapbooking Party! ♣	20	10:00 - 12:00	SA	Weed CRC (Weed Mercantile Mall)
Family Fun Night	25	5:30 - 7:00	TH	McCloud CRC
Cooking Social- Italian Chicken! ♣	26	6:30 - 8:30	F	Tulelake/Newell FRC, The Honker
Diabetes Cooking Class ♣	30	6:00 - 8:00	T	Mt. Shasta CRC
Family Game Night	31	5:00 - 6:00	W	Dunsmuir Kids' Factory
Dream Board Collage Workshop	31	5:30 - 7:30	W	Mt. Shasta 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

JEDI Tax Preparation Assistance (FREE) For assistance with income tax preparation, call the your local Family/Community Resource Center for more information and to schedule an appointment. A list of the Centers is available at [www.first5siskiyou.org](http://www.first5siskiyou.org).

Support Group (for friends and family of those who support mental health wellness) Faciliated by Arden Carr, LMFT, MHSA System Administrator. For information, call Vicki at the Scott Valley FRC at 468-2450.

Play with a Purpose (Play Group) For more information, call the Mt. Shasta CRC at 926-1400.

Soup Social each Monday Call the Happy Camp FRC at 493-5117 for more information.

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

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, Weed CRC at 938-2426, or the Scott Valley FRC at 468-2450.

Family Based Relapse Prevention Groups Join this weekly group scheduled in Happy Camp and Yreka 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. Call the Happy Camp FRC at 493-5117 or the Yreka CRC at 842-1313.

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

Story Time during WIC Clinic For more information, call the Happy Camp FRC at 493-5117.

A Dr. Seuss Birthday Celebration! There sill be cake, crafts, and reading for everyone to enjoy! Call the Yreka CRC at 842-1313.

Parenting Class – Nurturing Skills These classes are designed to learn how to enhance self-worth, empathy, discipline, and empowerment. FREE dinner and child care. Please RSVP at the BV CRC at 397-CARE.

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

Senior Activity Day! Refreshments provided. Games, activities, support -- Come join us! For more information, call 964-3250.

Drop-in Coffee Hour For more information, call the Kids' Factory at 235-4005.

AA 12-Step Meeting For more information, call Benito Sagra at 964-2925 or the BV CRC at 397-CARE.

Parenting Now! Begin to explore the future you want for your family and learn about your child's development. Share with other parents and discuss specific challenges and situations you are facing. Have fun with other parents and their families. Pre-registration is required. FREE dinner and child care to those attending. To register, call or come by the Kids' Factory, 235-4005 or the BV CRC at 397-CARE.

Computer Class Come learn to use a computer or brush up on your skills every Wednesday. For information, call the Scott Valley FRC at 468-2450.

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.

Supporting Father Involvement Participants will increase awareness of research demonstrating why positive father involvement creates healthy outcomes for children and look at the challenges and opportunities around increasing the involvement of fathers. Call the Mt. Shasta CRC at 926-1400.

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

Story Time For more information, call the Weed CRC at 938-2426 or the McCloud CRC at 964-3250.

Parents with Teens (Series of 4 meetings) Join us for this informative, helpful series to help you move relationship function forward with your teenager. This class will help you to identify barriers in teenage relationships and identify and practice the "5 Keys" to dealing with difficult teenagers that will increase the "adventure" while decreasing the "danger". Facilitator is Arden Carr, LMFT. For more information, call Mt. Shasta CRC at 926-1400.

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

Kids Exercise and Nutrition Education Class For more information, come by the Weed CRC at 590 Main Street, Weed or call 938-2426.

Computer Help in Yreka CRC Lab For more information, call the Yreka CRC at 842-1313.

Friday Narcotics Anonymous Group For more information, call the Kids' Factory at 235-4005.

Arts and Crafts All ages welcome! Children under 4 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.

Literacy Night for All Ages For more information, call the McCloud CRC at 964-3250.

Parenting Support Group Discussing the challenges and successes of parenting. Dinner and child care are provided. Call the SV FRC at 468-2450.

Community Solutions - Potluck Dinner Guest Speaker, Captain Betts at the Log Memorial Building next to Sheriff Substation.. Call the Happy Camp FRC at 493-5117 for more information.

Cancer Support Group For more information, call the BV CRC at 397-CARE.

Mother's Tea Come socialize and relax and participate in fun activities! Call the Tulelake FRC at 667-2147 for more info.

Family Night and Dinner – Celebrating Fitness Month! Call the Happy Camp FRC at 493-5117 for more information.

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

Music and Movement For more information, call the Mt. Shasta CRC at 926-1400.

It's a Scrapbooking Party! (For all ages) For more information, come by the Weed CRC at 590 Main Street, Weed or call 938-2426.

Family Fun Night Come join us for arts, crafts, games, food, and nutritional information. For more information, call the McCloud CRC at 964-3250.

Cooking Social – Italian Chicken Please call to register at the Tulelake FRC at 667-2147.

Diabetic Cooking Class FREE! Call the Mt. Shasta CRC at 926-1400 for more information about this new class to be offered each month.

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

Dream Board Collage Workshop For more information, call the Mt. Shasta CRC at 926-1400.