

**SISKIYOU FAMILY AND COMMUNITY RESOURCE CENTERS**  
ACTIVITY AND WORKSHOP CALENDAR

**JANUARY, 2012**  
*Happy New Year!*

Information about support and services offered at each of the  
**TEN Family and Community Resource Centers**  
in Siskiyou County is available at [www.first5siskiyou.org](http://www.first5siskiyou.org).

ACTIVITY / WORKSHOP	DATE(S)	TIME	DAY(S) of WEEK	LOCATION
Tuesday Senior Scrapbooking ♣	3, 10, 17, 24, 31	1:00 - 3:00	T	McCloud CRC
Toddler Play Group ♣	3, 10, 17, 24, 31	2:00 - 3:00	T	McCloud CRC
Al-ANON Meetings ♣	3, 10, 17, 24, 31	2:00 - 3:00	T	McCloud, Christian Calvary Church
<b>NEW!</b> Tai Chi Classes ♣	3, 10, 17, 24, 31	3:30 - 4:30	T	Yreka CRC
<b>Yoga Class ♣</b>	(1/03 - 1/25)	5:30 - 7:00	T, W	Tulelake/Newell FRC, The Honker
<b>NEW!</b> Family-Based Relapse Prevention-12 wks ▶	(1/04 - 3/21)	10:00 - 12:00	W	Scott Valley FRC
Play Group for Toddlers and Parents ♣	4, 11, 18, 25	10:00 - 11:00	W	Yreka CRC
Board Games ♣	4, 11, 18, 25	1:00 - 3:00	W	McCloud CRC
Overeaters Anonymous	4, 11, 18, 25	1:30 - 2:30	W	Yreka CRC
Karate Classes (for kids and teens) ♣	(1/04 - 1/30)	3:30 - 4:30	M, W	Yreka CRC
<b>NEW!</b> Family-Based Relapse Prevention-12 wks ▶	(1/04 - 3/21)	5:30 - 7:30	W	Yreka CRC
<b>AA Meetings ♣</b>	4, 11, 18, 25	6:00 - 7:00	W	Butte Valley CRC, Dorris
Veteran's Services (1 <sup>st</sup> & 3 <sup>rd</sup> TH each month) ♣	5, 19	9:00 - 4:00	TH	Mt. Shasta CRC
PAL Play Group with Leah Brown, ECS	5, 12, 19	10:30 - 11:30	M	Mt. Shasta CRC
Thursday Knitting Group ♣	5, 12, 19, 26	1:00 - 3:00	TH	McCloud CRC
Computer Class (every Thursday) ♣	5, 12, 19, 26	3:30 - 4:30	TH	HUB FRC, Montague
<b>Dad's Basketball ♣</b>	5, 12, 19, 26	6:00 - 8:00	TH	Tulelake/Newell FRC, The Honker
<b>NEW!</b> Anger Management for Men Only ▶	6, 13, 20, 27	1:00 - 3:00	F	Yreka CRC
Tai Chi Classes (Open to all)	6, 13, 20, 27	1:30 - 3:00	F	HUB FRC, Montague
Guitar Lessons for all ages ♣	6, 13, 20, 27	2:00 - 3:00	F	Scott Valley FRC, Fort Jones
Play Group for Toddlers and Parents ♣	9, 23, 30	10:00 - 11:00	M	Scott Valley FRC, Fort Jones
Soup Social ♣	9	11:00 - 1:00	M	Butte Valley CRC, Dorris
<b>NEW!</b> Tai Chi Classes ♣	9, 16, 23, 30	3:30 - 4:30	T	Tulelake/Newell FRC, The Honker
<b>NEW!</b> Infant Massage (5 week series) ▶	(1/10 - 2/07)	10:30 - 12:00	T	Mt. Shasta CRC
UFO Quilting & Knitting Group ♣	10	1:00 - 4:00	T	HUB FRC, Montague
<b>NEW!</b> Parenting Now! (7-wk parenting class) ▶	(1/10 - 2/21)	5:30 - 7:30	T	Weed CRC
<b>NEW!</b> Parenting Now! (7-wk parenting class) ▶	(1/10 - 2/21)	6:00 - 8:00	T	Dunsmuir CRC
<b>NEW!</b> Baby & Me (2 <sup>nd</sup> & 4 <sup>th</sup> Wed. each month) ♣	11, 25	10:00 - 11:30	W	Mt. Shasta CRC
<b>NEW!</b> Stop the Chaos (for teens w/D & A issues) ▶	(1/11 - 3/16)	3:15 - 4:30	W, TH, F	Yreka CRC
Volunteer Meeting	12	9:00 - 10:00	TH	Yreka CRC
Veteran's Services (2 <sup>nd</sup> TH each month) ♣	12	10:00 - 3:00	TH	Happy Camp FRC
<b>NEW!</b> Career Try? (Focus on 7 <sup>th</sup> - 10 <sup>th</sup> grade)	12, 19, 26	3:15 - 4:30	TH	Yreka CRC
<b>NEW!</b> Volunteer Recognition Social	12	5:00 - 7:00	TH	HUB Communities FRC, Montague
<b>Diabetes Support Group (2<sup>nd</sup> TH each month) ♣</b>	12	5:30 - 7:30	TH	Mt. Shasta CRC
<b>NEW!</b> Martin Luther King, Jr. Celebration	16	11:00 - 2:00	M	McCloud, Christian Calvary Church
<b>NEW!</b> Understanding Your Child's Temperament ▶	17, 24, 31	5:30 - 8:00	T	Mt. Shasta CRC
<b>You CAN Stop Fighting with your Children!</b>	17	6:00 - 8:00	T	Tulelake/Newell FRC, The Honker
<b>"It Takes Two" (Understanding Dementia) ▶</b>	(1/18 - 2/08)	2:00 - 4:00	W	HUB Communities FRC, Montague
Senior Connection ♣	19	2:00 - 5:00	TH	Yreka CRC
<b>Family Night Out! (Great food, friends, fun!)</b>	19	4:00 - 6:00	TH	Yreka CRC
<b>Fatherhood Tune-Up Class</b>	19	6:00 - 8:00	TH	Butte Valley CRC, Dorris
<b>NEW!</b> Women's Empowerment Circle ▶	(1/23 - 3/05)	6:30 - 8:00	W	Mt. Shasta CRC
Mountain Caregiver Resource Center (MCRC) Mtg.	25	11:00 - 12:30	W	HUB Communities FRC, Montague
IHSS Orientation	25	2:00 - 4:00	W	HUB FRC, Montague
Veteran's Services (4 <sup>th</sup> TH each month) ♣	26	10:00 - 3:00	TH	Butte Valley CRC, Dorris
<b>Family Fun Night</b>	26	5:30 - 7:30	TH	McCloud CRC
<b>NEW!</b> Movie Night	29	5:30 - 7:30	SU	Butte Valley CRC, Dorris

**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, Saturday workshops in brown, and Sunday/holidays in purple.

## ACTIVITY/WORKSHOP DESCRIPTIONS and DETAILS

**Tuesday Senior Scrapbooking** For more information, call the McCloud CRC at 964-3250.

**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 Mt. Shasta CRC at 926-1400, Tulelake FRC at 667-2147, SV FRC at 468-2450, and the Yreka CRC at 842-1313.

**AI-ANON Meetings** For more information, call the McCloud CRC at 964-3250.

**Tai Chi Classes** For more information, call the HUB FRC at 459-3481, the Tulelake/Newell FRC at 667-2147, or the Yreka CRC at 842-1313.

**Yoga Class** For more information, call the Tulelake FRC at 667-2147.

**NEW! Family-Based Relapse Prevention (12-week Series) – Two Different Sessions** Join this weekly group with your family and support network and join others in recovery to make your journey clean, supportive, and successful! **FREE** brunch or dinner and child care provided. Class fee: \$15.00. (Limited partial scholarships available) **To register and for more information, call the Scott Valley FRC at 468-2450 or the Yreka CRC at 842-1313.**

**Board Games** For more information, call the McCloud CRC at 964-3250.

**Overeaters Anonymous** For more information, call the Yreka CRC at 842-1313.

**Karate Classes (for kids and teens)** Cost: \$45.00/person with a family discount of \$80.00 for 2 people. **To join, please call Daniel at 842-7202.**

**AA Meetings** For more information, call the Butte Valley CRC at 397-CARE.

**Veteran's Services** For more information, call Tim Grenvik, Veterans Services Representative, at 842-8010.

**Thursday Knitting Group** For more information, call the McCloud CRC at 964-3250.

**Computer Class** New computers are now ready – come learn computer skills at no cost to you! **For info, call the HUB FRC at 459-3481.**

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

**NEW! Anger Management Class for Men Only** Facilitator: Christian Gardinier, LCSW. **For more information, call the Yreka CRC at 842-1313.**

**Guitar Lessons for all ages** Instructor: Vicki Krueger – We have 12 children guitars so it's first come, first serve!

**For more information, call the Scott Valley FRC at 468-2450.**

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

**NEW! Infant Massage (5 week series)** For information, call the Mt. Shasta CRC at 926-1400.

**UFO (Un-Finished Objects) Quilting & Knitting Group** For more information, call the HUB FRC at 459-3481.

**NEW! Parenting Now! (7-week Parenting Class) – Two Sessions** Learn about your child's development, get ideas for behavioral challenges, share and have fun with other parents and families. Class fee: \$15.00. **FREE** dinner and child care provided.

**For more information call the Dunsmuir CRC at 235-4400, or the Weed CRC at 938-2426.**

**NEW! Baby & Me Group** Are you a new Mom with a child age 1 or younger? This is an opportunity to share your experiences, questions, and challenges with other new moms who can relate and provide support. **For information, call the Mt. Shasta CRC at 926-1400.**

**NEW! Stop the Chaos** This program is for High School teens with Drug and Alcohol issues. **For more information, call Yreka CRC at 842-1313.**

**Volunteer Meeting** We NEED Volunteers! Just a couple of hours or days a week – you can earn credits that can be used in our Thrift Store. It's fun and is a good way to help in your community. Come in and fill out an application at 201 South Broadway. **For information, call Yreka CRC at 842-1313.**

**NEW! Career Try?** Facilitator: Sherrie Christy. This special feature of the Why Try? program will focus on students in 7<sup>th</sup> to 10<sup>th</sup> grades to assist them in identifying suitable options and making a right choice of career. Snacks provided. **Reserve a space by contacting the YCRC at 842-1313.**

**NEW! Volunteer Recognition Social** For more information, call the HUB FRC at 459-3481.

**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. **For information, call the Mt. Shasta CRC at 926-1400.**

**NEW! Martin Luther King, Jr. Celebration** Inspired by the legacy of Dr. King, you are invited to share a meal, discuss issues that affect our community and highlighting the power each one of us has to make a difference. Guests are asked to bring canned goods to be donated to the food pantry. **For more information, call the McCloud CRC at 964-3250.**

**NEW! Understanding Your Child's Temperament for Effective Parenting (3-week series)** For information, call Mt. Shasta CRC at 926-1400.

**NEW! You CAN Stop Fighting with Your Children!** Discover how to help your children learn from their mistakes. **FREE** dinner and child care provided. **Pre-register by calling or stopping by the Tulelake/Newell Resource Center or call 667-2147 for more information.**

**NEW! "It Takes Two" – A Refreshing Approach to Understanding Dementia Behavior** Learn new skills to handle troubling behavior and more about your loved one's ability to understand and communicate. Feel more confident and positive about your caregiving role. Come prepared for good company, a few laughs, practical information, and lots of support! Fee: \$10.00. No Charge for clients of Mountain Caregiver Resource Center (MCRC). **To register, call MCRC at 1-800-995-0878.**

**Senior Connection** For more information, call the Yreka CRC at 842-1313.

**Family Night Out!** Come join us for some great food, friends, and fun! **For more information, call the Yreka CRC at 842-1313.**

**NEW! Fatherhood Tune-up Class: The Nuts and Bolts of Being a Good Dad** Facilitated by Mike Pautz, LMFT. Mike has 7 years of experience working with children, adolescents, families, and trauma.

**Dinner and childcare will be provided. Pre-register by stopping by the Butte Valley CRC or by calling 397-2273.**

**NEW! Women's Empowerment** Do you feel that you want to improve your self esteem and confidence? Come join us! **For more information, call the Mt. Shasta CRC at 926-1400.**

**Mountain Caregiver Resource Center (MCRC) Meeting** For more information, call MCRC at 1-800-995-0878.

**IHSS (In-Home Support Services) Orientation** For more information, call the HUB FRC at 459-3481.

**Family Fun Night!** For more information, call the McCloud CRC at 964-3250.

**NEW! Movie Night** For more information, call the Butte Valley CRC at 397-CARE.