

May  
2016



**Staff**

**Pamela Pease**, Executive Director

**Eve Rooker**  
Family Support Worker

**Cynthia Samuel**  
Program Coordinator

**Jim Martin**  
Culinary & Events Chef

**Honored Volunteer**  
Marilyn Seward

**HOURS**

Mondays – 10:00 a.m. - 5:00 p.m.  
Tuesdays – Thursdays  
9:00 a.m. - 5:00 p.m.  
Fridays – CLOSED

Serving Fort Jones, Greenview,  
Mugginsville, Quartz Valley, Etna,  
Callahan, Forks of Salmon,  
Cecilville, Sawyers Bar, Salmon  
River, Somes Bar

Officer Wes Dunkin  
of the Etna Police  
Dept will  
demonstrate  
and present  
information  
on common  
drugs in  
Siskiyou County  
all our children  
may be exposed to.



Wednesday, May 25  
6:00 to 8:00 p.m. at the  
Scott Valley Family  
Resource Center  
11920 Main St, Fort Jones  
Dinner & child care provided  
468-2450



Wes Dunkin of the Etna Police Dept and PAL will be sharing his knowledge with parents and other interested people. This is a VERY important workshop and should be extremely interesting because of his first-hand expertise.

This free publication is funded by the Scott Valley Family Resource Center and First 5 Siskiyou, a Children and Families Commission, whose purpose is to invest in the future of young children (ages 0 – 5) and their families living in Siskiyou county. This newsletter is designed for the enjoyment and education of caregivers and families with young children. If you would like more information about our activities, please contact us at (530)468-2450, P.O. Box 981, Fort Jones, CA 96032.



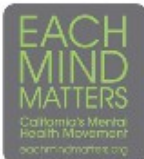
## Honored Volunteer

This month we honor Marilyn Seward for her distinguished and sustained service to the Family Resource Center. For many years, she has unselfishly given of her time and talents to further the interests of the Scott Valley Family Resource Center and The Scott Valley community.



*Scott Valley Family Resource Center welcomes volunteers and provides opportunities for community members to share their skills, talents and ideas:*

*Help with events & fundraising  
Provide office assistance and clerical support  
Enter data into program databases & learn MS Excel  
Technical support*



A movie night about ending the stigma of mental health.

We will be showing portions of two videos followed by a discussion led by Lauri Hunner.



A New State of Mind: Ending the Stigma of Mental Illness

Stories of Hope, Resilience and Recovery



Where: Scott Valley Family Resource Center  
11920 Main St, Fort Jones

When: Monday May 23 from 6:00 to 8:00 p.m.

Free dinner & child care  
468-2450



### FAMILY-BASED RELAPSE PREVENTION AND ANGER MANAGEMENT PROGRAM - WEEKLY CLASSES - OPEN ENROLLMENT

Breaking  
the  
Connection  
with  
Anger Issues  
and  
Addictive Behaviors



EACH  
THURSDAY  
MAY 12 → JUNE 30  
6:00 - 8:00pm  
Dinner & child care  
are provided!

Facilitated by Arden Carr, LMFT

Anger management issues and substance abuse are commonly linked. When people cannot control their emotions, a frequent response is to use drugs and alcohol as a means of coping and emotion avoidance. Instead of being angry and attempting to handle it, drugs and alcohol drown out the feeling - at least temporarily. This special program is designed to help individuals better manage anger during addiction recovery and lessen the chances of substance abuse relapse.

Arden is a Licensed Marriage & Family Therapist with over 40 years of experience in working with children, teens and families.

To sign up for these FREE weekly classes at the Scott Valley FRC, 11920 Main Street in Fort Jones, please call 468-2450.



This special program is brought to Scott Valley residents at no cost by these Community Partners:  
Scott Valley Community Services Council (CVSC) - Oregon Planning Education Collaborative (OPEC) - Oregon County Probation Department - Community Corrections Partnership, Scott Valley County Department of Health & Human Services, Behavioral Health Clinicians - Mental Health Services Act (MHSA), and the Scott Valley Family Resource Center.



## MAY CLASSES & FILMS

*We've formalized the things we do all the time into a program we offer here.* →

*Tuesday playgroups for ages 0-5 at the Family Resource Center are now from 12:00 to 1:00.*

Scott Valley Family  
Resource Center

Stress Reduction Program

*A listening ear  
Drop-in center services*

*Help with food  
& utilities*



*Application assistance  
Referral to resources*

468-2450

This program made possible through MHSA funding

California Lifeline Free Cell Phones  
are no longer available at the Family Resource Center.  
Call Ken at 340-6782 or Daniel at 720-3165.



Artist Gita Lloyd working on the details.

## Last Month's News

### CHILD ABUSE PREVENTION MONTH

Pinwheels  
for  
Prevention



### Push 'n' Pull 'em Parade & Fun Fair at Fort Jones Elementary School



The Scott Valley Family Resource Center Hosts this Special Workshop for children ages 5 & under and their parents and caregivers!

## Music in the Garden!

HELPING CHILDREN LEARN SELF-REGULATION

with  
Anne Kramer, Ph.D.

In this interactive, parent-participation workshop, young children experience the power of music, the magic of movement, and the positive effects of child development while exploring rhythm, movement, percussion and singing!

"Anne" is a school psychologist and licensed clinical psychologist with more than 30 years experience in working with children, teens and families. She is also an accomplished and inspiring musician and vocalist who brings a wonderful spirit of fun to music and movement! We hope you can join us! Refreshments will be served.

Location: Marilyn Seward's Garden, 209 Church Street, Etna, CA

For more information about this **FREE** workshop, call 468-2450.

SATURDAY  
APRIL 30  
1:00 - 3:00pm



This Program is brought to Siskiyou residents at no cost by these Community Partners:  
Siskiyou Community Services Council (SCSC) - Oregon Parenting Education Collaborative (OPEC) Family  
Child Foster Care & Law Education; First 5 Siskiyou; and the Scott Valley Family Resource Center.



## FREE Tailgate Produce Party

A semi-truck full of fresh produce  
delivered to 4 locations in Siskiyou County

From May to the end of October

### 2nd Tuesday

#### Yreka

Siskiyou Opportunity Center  
501 N. Gold Street  
Yreka, CA 96097  
1:30pm

#### Fort Jones

Fort Jones Community Church  
1840 N. Scott Hwy. 3  
96037

### 3rd Tuesday

#### Weed

GNS Access  
770 S. Dana St.  
Weed, CA

#### Dorris

Scott Valley Community Park  
5700 Hwy 99  
96031

Donations will be accepted for resource-based program eligibility.  
We encourage you to bring your own reusable bag.

Call Heather Selzer at GNS with any questions  
918-4115 ext. 128

100% PRODUCE GUARANTEE  
100% LOCAL PRODUCE  
100% ORGANIC PRODUCE

Scott Valley Family Resource Center  
210 E. Main St. Etna, CA 96037  
www.scottvalleyfamilyresourcecenter.org

GNS

Coming in June – date TBA

**PUBLIC HEALTH NURSE PRESENTATION  
TO NEW & EXPECTANT PARENTS**

**JASSCO**  
JOINT AGENCIES SERVING SISKIYOU COUNTY

Family Law Facilitator  
[www.familylawfacilitator.info](http://www.familylawfacilitator.info)  
Self Help Center

FOURTH TUESDAY  
OF EVERY MONTH  
@  
FAMILY RESOURCE  
CENTER  
11920 MAIN ST.  
FORT JONES

DEPARTMENT OF CHILD SUPPORT SERVICES 530 841-2980



**SDVCC**  
DV ADVOCATE  
(530) 842-6629



SOCIAL SECURITY  
Applying for benefits  
Help with forms-payments  
General information  
1-888-366-6145

**Next JASSCO  
June 28**

*Women's Circle  
in the evenings*

The Harvest of the Month featured fruit is **berries**



**Produce Tips**

- Choose fresh blueberries that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh raspberries that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh blackberries that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

The Ford Family Foundation and the Scott Valley Family Resource Center present a **First 5 Focus Group**

Come help us decide the shape of our First 5 program for the coming year.



What sets children on a path to lifelong wellbeing and academic success?

What classes and workshops are wanted?

How can we better support parents of young children?

How do we build upon current and emerging efforts of child development and family support in Scott Valley?


June 8 at 2:15 p.m.  
Scott Valley Family Resource Center  
11920 Main Street  
Fort Jones 468-2450  
Please let us know if you plan to attend.



*Women's Circle*

*Exploring Learning Creating Nourishing*

*Starting June 20*



An open support circle every Monday evening, from 6:30 to 8:00 p.m. at the Scott Valley Family Resource Center 11920 Main St in Fort Jones 468-2450

The services provided through OPHSA funding.



**Call 468-2450 for information about how Cal Fresh can help you save on groceries! Formerly Known as Food Stamps.**

Here in Siskiyou County we are doing a lot to combat hunger. Although we reach 5,602 of families with CalFresh, we estimate there are 3,011 more income-eligible families who would benefit from it.

**Siskiyou County Family Resource Center Directory**

- Scott Valley FRC, 11920 Main St., Fort Jones, CA. 96032 468-2450
- Butte Valley FRC, 232 S. Oregon St., Dorris, CA. 96023 397-2273
- Dunsmuir CRC, 5740 Dunsmuir Ave., Dunsmuir, CA 96025 235-4400
- Happy Camp FRC, 38 Parkway Rd., Happy Camp, CA 96039 493-5117
- Hub Communities FRC, 310 S. 13<sup>th</sup> St., Montague, CA. 96064 459-3481
- Mt. Shasta CRC, 109 E. Lake St., Mt. Shasta, CA. 96067 926-1400
- Tulelake/Newell FRC, 510 Main St., Tulelake, CA. 96134 667-2147
- Family and Community Resource Center of Weed, 260 Main St., Weed, CA 96094 938-9914
- Yreka CRC, 201 S. Broadway, Yreka, CA. 96097 842-1313