

**4th  
Quarter  
2017**



**Support the Scott Valley Family  
Resource Center**

**Giving Tuesday is  
November 28,  
right after  
Thanksgiving,  
Black Friday &  
Cyber Monday**

**Staff**

**Eve Rooker**  
Director

**Cynthia Samuel**  
Family Support Worker  
Program Coordinator

**Peggy Moore**  
Preschool Specialist

**Volunteer of the Month**  
Jesse Soberano

**HOURS**  
Mondays – CLOSED  
Tuesdays – Fridays  
9:00 a.m. - 5:00 p.m.

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

**We can  
REALLY use  
your support  
this year! Give  
where you live  
and help your  
Resource  
Center survive  
and thrive!**

**Our classes & workshops and other events coming up are on page 3 so that you can post that page.**



**This year you can give online from 6 a.m. to 8 p.m. And we will have an Open House from 6 a.m. to 6 p.m. at 11920 Main Street in Fort Jones. Come on in and meet the staff & board, tour the Center, get help online if you're not computer savvy. Finger foods and pleasant company all day!**

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.








## Giving Tuesday Links

<https://www.northstategives.org/scottvalleyfocus>  
<http://www.scottvalleyfrc.org/donations/GivingTuesday.html>

<https://www.facebook.com/Scott-Valley-Family-Resource-Center-Whats-new-784836354969757/>



**U.S. Department of Veterans Affairs**

Veterans and families, these representatives can talk to you about enrollment, admissions, the Choice Program and MyHealthVet.

**Next JASSCO is November 28**

**JASSCO**  
JOINT AGENCIES SERVING SISKIYOU COUNTY

FOURTH TUESDAY OF EVERY MONTH @ FAMILY RESOURCE CENTER  
1120 MAIN ST. FORT JONES

Representatives from the White City VA is joining JASSCO at the Scott Valley Family Resource Center the fourth Tuesday of every month, weather permitting (except December).

**Scott Valley Family Resource Center**  
11920 Main St., Fort Jones  
968-2980  
9 to 12 and 1 to 3

DEPARTMENT OF CHILD SUPPORT SERVICES 532 841-2300

MOBILE RECEIVERS  
Providing for parents  
with little to no money  
Child support  
1-800-808-6165

BY ADVOCATE  
(530) 842-6620

**FIRST 5**  
Siskiyou  
Division of Early Childhood  
Road, Sing, Play Everyday!

Presents



**What is it?**  
Only Butte's Imaginative Library is a 60 volume set of books beginning with the children's classic The Little Engine That Could™. Each month a new, carefully selected book will be mailed to you with a name directly to your home instead of a library card! There is no cost or obligation to your family.

**Who is Eligible?**  
Preschool children ages birth to five who are residents of Siskiyou County.

## Healthy Minds Corner


If you haven't seen our Healthy Minds section of our website, here is a list of the topics on it. Each topic has subtopics.  
<http://www.scottvalleyfrc.org/>

- Childhood Trauma: Changing Minds
- Suicide among rural youth
- Psychological Effects of Domestic Violence
- Adverse Childhood Experiences
- Prejudice and Tolerance
- With Best Intentions!
- Love and the Mentally

## Recent Events

**Volunteer of the Quarter**  
*Jesse Soberano*

*Jesse is an extraordinary volunteer—he came in on a Saturday and cleaned all our carpets. It was an 8-hour job, hard work and the place looks phenomenal!*





**October 31**  
**The Reverse Trick or Treat Parade**






Children decorate cookies for Reverse Trick or Treat Parade




*Happy Thanksgiving*

**Wed, 11/22 Community Luncheon**  
**Thurs, 11/23 & Fri, 11/24 Closed**

**Fri, Dec 1 Tree lighting & Santa visits the Resource Center**  
**Sat, Dec 9, Christmas Parade & Library/Resource Center joint Bake & Book Sale**  
*(Donations of baked goods welcome)*

**Dec 18 through Jan 1, 2018**  
**Closed**



**Deja New**  
A Thrift Store

**Dumping them violates:**  
California Penal Code Section 374.3  
Siskiyou County Code Section 5-1.08

**A word about donating:**  
Donations must be brought inside during business hours.

**with a fine of \$250 to \$1,000**

**cal fresh**  
WITH THE FRESH APPROACH

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



**Harvest of the Month**  
November's Healthy Choice  
KIWI FRUIT



Toys for Tots applications due Dec 1  
The Resource Center is a Toy Drop Site

See page 3 for coming events, classes and workshops.

**Siskiyou County Family Resource Center Directory**

Butte Valley FRC, 232 S. Oregon St., Dorris 397-2273  
 Dunsuir CRC, 5740 Dunsuir Ave., Dunsuir 235-4400  
 Hub Communities FRC, 310 S. 13<sup>th</sup> St., Montague 459-3481  
 Mt. Shasta CRC, 109 E. Lake St., Mt. Shasta 926-1400  
 Tulelake/Newell FRC, 510 Main St., Tulelake 667-2147  
 Family and Community Resource Center of Weed, 260 Main St., Weed 938-9914  
 Yreka CRC, 201 S. Broadway, Yreka, 842-1313



# 4th Quarter 2017



## Current and future classes, workshops and events

### Ongoing activities (some changes)

- Yoga/Movement-Based Learning - open to all ages
- Music Class for ages 6 and under - every Thursday
- Playgroup - still Friday mornings
- After School Program - Tues, Wed, Thurs afternoons
- Emotional Wellness for Men - starting again every Wed
- Conquering Codependency - still on Sundays

### Coming soon:



*"Healthy Cooking for Healthy Families"*  
(on a budget)  
Traditional cooking with Gori Quintero.  
Monday, December 4

Last Thursday Each Month - November 30<sup>th</sup> to May 31<sup>st</sup> ~ 6:00 - 8:00pm  
(Except December - we will be closed)  
Location: Scott Valley Family Resource Center  
11920 Main Street, Fort Jones

## Live & Learn

with your Toddler and Preschooler!

Facilitated by - *Jammy Jaime*

Join other parents and their 1 to 5 year-old children for stories, music, painting, play dough and more!

Our toddler chooses topics to meet the group's needs and parent requests. Help your child gain confidence and skills to prepare for preschool. All while building a community of support and lasting friends for you and your child!

**ABOUT OUR FACILITATOR:**  
Tammy has 18 years of experience as a Child Development Center Director and a long history of working with children and families. She is currently working as a Family Support Specialist at the Scott Valley Resource Center.

To sign-up for this FREE special series, please call the Scott Valley Family Resource Center at 468-2450. Childcare and adult care are provided.

### Community Thanksgiving Luncheon

1:00 p.m. on  
Wednesday, Nov 22  
at  
Scott Valley Family Resource Center  
11920 Main St,  
Fort Jones

### Coming up in 2018:

Writing from the Heart with Donna May, date to be announced.

Comparative Religions - Understanding our Differences, Celebrating our Commonalities with Arden Carr, (tentative, in planning phase), date to be announced

**and much more**

## Safe from the Start ~ How to Protect Children from Trauma, Abuse, & Violence!

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.

Facilitated by - *Carla Charraga*

Thursday - December 7<sup>th</sup>  
6:00 - 8:00pm

To register, please call 468-2450.



The early years are an important time for children to learn basic skills that can have a lasting impact on their lives. Topics to be discussed in this workshop include:

- > understanding children's behavior/needs
- > anger management
- > teaching conflicts in a non-violent way
- > positive discipline
- > reducing influence of media on children

Location: Scott Valley Family Resource Center  
11920 Main Street, Fort Jones

Dinner and child care are provided!



Carla Charraga has over ten years of professional experience working with children and youth in the field of child abuse investigation, including working in the field of child abuse investigation for the Scott Valley Family Resource Center. She is currently working as a Family Support Specialist at the Scott Valley Resource Center. She has a Bachelor's degree in Psychology from the University of Northern Iowa and is currently pursuing her Master's degree in Counseling Psychology from the University of Northern Iowa. She is also a member of the National Child Abuse Investigation Center and the National Child Abuse Investigation Center.

Special thanks to our partners:

