



First 5 Del Norte Resource Guide for Parents and Families

EMERGENCY NUMBERS

FOR POLICE, FIRE, AND MEDICAL EMERGENCIES, CALL 911

American Red Cross Del Norte / Humboldt Chapter	707-832-5480
California Highway Patrol	800-835-5247
www.chp.ca.gov	707-464-3117
Cal-Ore Life Flight	541-469-7911
www.cal-ore.com: Air ambulance services	800-761-5183
Del Norte Child Welfare Services (24 hour)	707-464-3191
Harrington House Domestic Violence Shelter	707-465-3013
Mental Health Crisis Line	707-465-7224
North Coast Rape Crisis 24 Hour Hotline	707-465-2851
Poison Control	800-222-1222
Suicide Prevention Life Line	800-273-8255
Suicide Text Line (www.crisistextline.org)	TEXT to 741741
Sutter Coast Hospital	707-464-8511

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PAGE 2: Prenatal & Perinatal

707-464-3191x2828	Alcohol and Other Drugs Perinatal Program: Intensive outpatient program for pregnant women and new moms wanting help with substance use.
707-464-0861	Awaiting Arrival: FREE four-week Prenatal Class taught by Sutter Coast OB nurses. Classes are taught in ODD MONTHS. Wednesdays 7:00-9:00PM at FRC of the Redwoods.
707-464-5974	Breastfeeding Support Group: Thursdays 4:00-5:00PM. FRC of the Redwoods.
707-464-9664	Carrick Childbirth Services: Midwifery and home births.
707-464-8311	Del Norte Child Care Council: Can provide assistance with car seats and car seat checks for bringing baby home from the hospital.
	Early Head Start: Multiple programs provide home visiting to pregnant women and mothers of children 0 to 3.
800-809-1350	Growing Together Perinatal Program: Provides gift cards and breast pumps for pregnant women and new moms covered by Partnership HealthPlan/Medi-Cal.
707-464-0955	Kit for New Parents: First 5 California works with First 5 Del Norte to distribute the Kit for New Parents to all pregnant women. If you don't receive a Kit at your 20 week prenatal visit, please ask your provider for a Kit or stop by the FRC of the Redwoods and ask at the front desk.
707-464-3191	Nurse Family Partnership: Free program for first time moms that pairs a nurse with you until your baby is two years old.
800-944-4773	Postpartum Support International Warm-Line: The PSI warm-line is for any parent struggling with postpartum issues. Calls are returned every day.
707-464-0861	Maternal Child Adolescent Field Nursing: Receive pregnancy monitoring and postpartum support from nurses.
707-464-5974	Sutter Coast Community Clinic OB/GYN: 780 E. Washington Blvd., CC
707-464-2750	UIHS NA-AS Taa-'at-dvn: OB and GYN services.
707-464-7293	Women, Infants, and Children (WIC): See Food Security for more info.



PAGE 3: Parent Support & Education

707-464-0861	Awaiting Arrivals Prenatal Classes: FRC of the Redwoods, 494 Pacific Ave., CC. FREE four-week class for expecting mothers and partners taught by Sutter Coast Hospital OB nurses.
707-464-5974	Breastfeeding Support Group: Thursdays 4:00-5:00PM at the FRC of the Redwoods. Meet other breastfeeding moms with a breastfeeding consultant.
707-464-7293	Circle of Moms: FREE support group for pregnant women and new moms. Meets Wednesdays 2:30-4:00pm at FRC of the Redwoods., 494 Pacific Ave., CC.
707-464-8311	Del Norte Child Care Council: 212 K St., CC. Provides a range of parent support programs and activities, including a Family Fun Night on the last Wednesday of the month at 6:00PM.
707-464-0955	Family Resource Center of the Redwoods: 494 Pacific Ave., CC. Provides programs and resources for children and families, including resource library, play-room, games, special events, and more.
707-464-0955	First 5 Del Norte: Supports children ages 0 to 5 and their families.
707-464-0995	Help Me Grow/Ages and Stages Questionnaires: Staff at FRC of the Redwoods will help you understand and track your child's growth and development. Check their calendar for times or call.
707-464-8311	Incredible Years and Incredible Years Baby: FREE parent support. Learn how to support your child's growth and development with positive reinforcement. Dinner and child care provided.
707-464-5501	Mothers of Preschoolers (MOPS) and MOMSNext: Support and fellowship group for pregnant women and moms. 2nd and 4th Wednesdays at First Baptist Church, 1295 G St., CC. See website for info: mops.org/groups/ccmops
707-464-0955	Parent Café: A free and fun guided conversation with other parents about topics that make your family stronger, provided by the FRC of the Redwoods and partners. Dinner and child care provided. Multiple locations throughout Del Norte.



2018 marks the 20th anniversary of the passage of Proposition 10, which created First 5 Children and Families Commissions in every county in California. Thanks to California voters, First 5 has been supporting children 0 to 5 and their families for almost two decades. First 5 Del Norte is proud to be part of a state-wide network supporting and advocating for families. Our network includes First 5 California, all 58 county-level First 5 Commissions, and the First 5 Association, a membership organization of the 58 county Commissions. Happy birthday, First 5!

PAGE 4: Literacy Resources

707-464-8311	Del Norte Child Care Council: 212 K St., CC. Lending library for parent resources and ECE students.
707-464-9793	Del Norte County Public Library: 190 Price Mall, CC and 241 1st St., Smith River. Free library cards provide access to books, magazine, movies, and more. Weekly programs for children and adults.
707-464-7072	Del Norte Reads: 1080 Mason Mall Suite 9, CC. One-on-one tutoring for adult literacy and GED preparation.
707-464-0955	Family Resource Center of the Redwoods: 494 Pacific Ave., CC. Children's library and parent resource library. Hosts the Early Start Connections resource library for parents with children 0 to 3 with special needs.
707-464-0955	First 5 Del Norte: Provides books for new babies born in Del Norte. Promotes early literacy through a variety of programs, including Ready4K, a texting program to help parents support early literacy and school readiness at home. Sign up at First 5's website: delnortekids.org
707-464-4680	Elk Valley Rancheria: 2332 Howland Hill Rd., CC. Lending library is open to the public.
707-464-0955	Wonder Bus: The Wonder Bus program is currently in transition. Check the First 5 Del Norte website for updates and information. www.delnortekids.org
707-465-1238	3 Read '23 Literacy Project: A community collaboration to raise reading rates in third grade, so that 100% of third grade students read at grade level by 2023. Part of the Building Healthy Communities initiative, housed at Wild Rivers Community Foundation.

Get FREE Texts to Support Your Child!

Add another tool to your parenting toolbox! Ready4K sends 3 texts each week with tips and information to support your child's growth, development, and learning from birth through age 5. These FREE texts help you help you child be ready for school socially, emotionally, and academically. It's easy to sign up and easy to quit if the texts aren't right for you and your family.

Sign up at delnortekids.org/ready4k



90%
of a child's brain development happens before age 5

■ 80% Brain development before age 3
■ 10% Brain development after age 5

...and 80% of a child's brain development happens before age 3. As a parent, you are your child's **first and most important teacher**. The environment you create around your child in the first 2 years will set the stage for their learning and development for years to come. Surround your baby with love and learning!

It changes everything®

Talking, reading, and singing with your child every day starting at birth is one of the best gifts you can give your baby. Research shows the number of words a child knows at the start of kindergarten is a predictor of future school success. Surround your child with words right from the start!

I'm feeling...



Finally, a good use for emojis! Helping your child understand and name their feelings is a big step in helping them be in control of their feelings. Once your child can name their feelings, you can teach them appropriate ways to express those emotions and how to calm themselves when they are angry or feeling out of control. Social and emotional skills are important for school and life readiness.

Do you have questions about your child's growth and development?

Ages and Stages Questionnaires (ASQs) were created to help parents understand how their child's development compares to typical milestones. All children grow and develop at their own pace. ASQs help parents identify behaviors that are outside the normal range. If your child is in a home day care or preschool, your provider may be able to help you with ASQs. Any parent can get help with ASQs at the FRC of the Redwoods, 494 Pacific Ave., CC.



PAGE 6: Education and Child Care

707-464-8311	Del Norte Child Care Council: 212 K St., CC. One-stop shop for child care. Provides referrals to licensed family child care and center-based programs. Applications available for subsidized child care for income-eligible families.
707-464-0709	Local Planning Council (LPC) for Child Care and Development: LPC works to promote accessible, quality early care in Del Norte County.
707-465-4807	Northcoast Children's Services Infant/Toddler Center: 860 Small Ave., CC. State subsidized/Early Head Start Infant/Toddler Center. Full time child care for children 12 months to 3 years.
707-464-0380	Sunset Infant/Toddler Center: 2500 Elk Valley Crossroad. A CAL-SAFE program for expectant and parenting students and their children. Child care and developmental services also available for private pay.
For preschool and Head Start listings, please contact the schools for information about program content, days, hours, and eligibility:	
707-464-0720	Bess Maxwell Preschool: 1124 El Dorado Street, CC
707-464-9501	Foursquare Christian Early Learning Center: 144 Butte St., CC.
707-464-4499	Elk Valley Rancheria Head Start: 2298 Norris Ave., CC.
707-487-1113	Howonquet Early Learning Program: 12840 Mouth of the Smith River Road, Smith River.
707-464-0720	Joe Hamilton Preschool: 1050 E St., CC
707-464-4174	Little School of the Redwoods: 860 Small Ave., CC.
707-464-0720	Mary Peacock Preschool: 1720 Arlington Dr., CC
707-464-6936	Northcoast Children's Services: Operates center- and home-based Head Start programs in multiple locations.
707-464-0720	Pine Grove Preschool: 900 Pine Grove Rd., CC
707-464-6141	Public State Preschools, Del Norte Unified School District — all sites
707-487-5056	Smith River Preschool: 121 N. Becksted Ave., Smith River.
707-482-2811	Yurok Tribe Head Start: 3000 Minot Road, Klamath.

PAGE 7: Child Care & Education, cont.

707-464-6141	DN Unified School District/Office of Education: All schools, all departments.
707-464-0310	Bess Maxwell K-5 (CC)
707-464-0330	Joe Hamilton K-5 (CC)
707-464-0340	Margaret Keating K-5 (Klamath)
707-464-0301	Mary Peacock K-5 (CC)
707-457-3211	Mountain School K-8 (Gasquet)
707-464-0350	Pine Grove K-5 (CC)
707-464-0360	Redwood K-8 (Fort Dick)
707-464-0370	Smith River K-8 (Smith River)
707-464-0725	Special Education Department
707-464-0250	Transportation Department
Charter and Alternative Schools	
707-464-0390	Castle Rock Charter School
707-464-9501	Crescent City Foursquare School
707-464-2738	Seventh Day Adventist School
707-464-0390	Tah-Ah-Dun Magnet School
707-464-9828	Uncharted Shores Academy
After School & Summer Care	
707-464-8311	Del Norte Child Care Council: 212 K St., CC. Operates after-school programs at Mary Peacock and Redwood Schools. Little School of the Redwoods accepts children up to age 8 in summer.
707-464-6141	Kids 1st After School Program: Operates free programs at Margaret Keating, Joe Hamilton, Bess Maxwell, Pine Grove, Smith River, and C rescent Elk.

Help your child be ready for school with Ready4K! Receive 3 texts each week with information and tips to support your child's development! Sign up at www.delnortekids.org/ready4k

PAGE 8: Child & Youth Activities

707-464-4711	4-H: 586 G St., CC. Offers programs, classes, and leadership development for ages 5 to 19.
707-457-2786	Boy Scouts of America: 1st-5th Grade: Cub Scouts, 5th Grade-Age 18: Boy Scouts.
707-464-3060	Coastal Connections: 475 K St., CC. Youth and young adult resource center for ages 14 to 25. Free meals and programs.
707-464-9503	Crescent City Swimming Pool: 1000 Play St., CC. Offers family swim, lap swim hours, swimming lessons, and more. Available for birthday parties.
707-464-8311	Del Norte Child Care Council: 212 K St., CC. Toy lending library with open play 9:00AM-12:00 on Tuesdays.
707-464-9793	Del Norte Public Library: 190 Price Mall, CC and 241 1st St., Smith River. Offers child and young adult resources and programming, including free movies.
707-464-8347	E3 Summer Youth Program: Job intern program for high school juniors and seniors.
707-464-3191	Expanding Youth Horizons: Training and activities for youth participating in CalWORKS.
707-464-0671	Del Norte Sheriff Explorers: Youth development and career exploration in law enforcement.
707-464-0955	Family Resource Center of the Redwoods: 494 Pacific Ave., CC. Offers weekly play groups and more for young children.
707-464-9501	Foursquare Church Youth: 144 Butte St., CC. Youth programs for middle and high school students.
707-954-7666	Gateway Education of the Wild River Coast: Summer camps, disc golf, and art programs with focus on self-exploration and relationship building.
707-443-6641	Girl Scouts of Northern California: www.gsnorcal.org . Open to K-12 students.
707-482-0993	Klamath Boys and Girls Club of the Redwoods: 168 Klamath Blvd., Klamath.
707-464-7237	Recreation Department, County of Del Norte: Organized sports, summer programs, and more.

There's so much more! Send details of the programs your family loves for the next guide!



An ounce of prevention really is worth a pound of cure.

Teach your children healthy habits right from the start and they will be less likely to experience chronic diseases like diabetes or heart disease later in life. Offer your child fresh fruits and vegetables at every meal and limit sugary treats to special occasions. The best drink for young children (and adults!) is water. Sugar sweetened beverages add a lot of empty calories to a child’s diet and can encourage tooth decay. Help your child learn about portion sizes and healthy meals. If you need tips or recipes, check out eatfresh.org — you can even get information about signing up for nutrition assistance through CalFresh or WIC! It’s an amazing resource for helping your whole family eat well.

Prevention also includes physical activity. Encourage your child to be physically active for at least an hour every day. Check out page 29 for outdoor spaces to explore with your child.

Healthcare & Insurance

707-465-3804	Cal-Ore Life Flight: 202 Dale Rupert Rd., CC. Air ambulance service.
707-487-1116	Del Norte Ambulance: 2600 Morehead Rd., Fort Dick. Provides ambulance service to Del Norte County.
707-464-0861	Child Health and Disability Prevention (CHDP): Provides assistance with scheduling medical and dental appointments, transportation, and follow up for children 0 to 21 years of age.
707-465-6925	Del Norte Community Health Center/Open Door: 550 East Washington Blvd., CC. Provides comprehensive medical care, including dental care. Sliding fee based on income. Member services department offers additional support to patients, including garden space, clothing, and more.

PAGE 10: Healthcare & Insurance

707-464-0861	Del Norte County Public Health Branch: 400 L St., CC. TB and immunization clinic, home visiting, health education, links to care and resources.
866-778-8873	Partnership Healthplan of California Advice Nurse Program: Partnership members have 24/7 access to an Advice Nurse. Not sure you need to go to the doctor or the emergency room? Call the Advice Nurse!
707-464-3233	Pregnancy Care Center: 110 West Washington Blvd., CC. Family planning and prenatal care.
707-442-5700	Six Rivers Planned Parenthood: 3225 Timber Fall Ct., Eureka. Offers counseling, pregnancy testing, birth control, and more.
707-464-6715	Sutter Coast Community Clinic: 780 East Washington Blvd., CC. Family practice office providing obstetrics, gynecology, and pediatric care.
707-464-8818	Sutter Coast Health Center/Urgent Care Clinic: 785 East Washington Blvd., CC. Walk-in patient services for urgent, but not emergency medical needs.
707-464-8511	Sutter Coast Hospital: 800 East Washington Blvd., CC. 24 hour/7 day emergency and medical services. In patient and out patient.
707-464-2750	United Indian Health Services: 1675 Northcrest Dr., CC. Family medicine.
707-482-2181	United Indian Health Services: 241 Salmon Ave., Klamath. Family medicine.
707-487-0215	United Indian Health Services: 501 North Indian Rd., Smith River. Medical and dental services.
888-747-1222	Healthy Families Insurance/Medi-Cal Outreach Line: Low-cost insurance for low to middle income children in California.
707-464-3191	Medi-Cal Enrollment: 880 Northcrest Dr., CC. Low or no cost insurance for families of all ages. For assistance in Hmong: ext. 2631, in Spanish: ext. 2637.

Remember:

**In a medical emergency, call 911.
Get help quickly. Sometimes, every minute counts.**

PAGE 11: Child Abuse & Family Violence

707-464-7849	Alternatives to Violence (HASP): 349 G St., CC. Out-patient treatment for alcohol and other drug problems.
707-464-3320	CASA of Del Norte (Court Appointed Special Advocates): Provides children referred by the court with a volunteer advocate. Volunteers needed.
707-464-0955	Child Abuse Prevention Council: Collaborative council that organizes and supports local programs and events designed to strengthen families and the community. Meetings are at FRC of the Redwoods on the 1st Tuesday of each month at 12:30pm.
707-464-3191	Child Welfare Services/Child Abuse Hotline: Reports of suspected child abuse or neglect can be made 24/7.
707-464-7273	DA Victim/Witness Office: 450 H St., Room 182, CC. Provides supportive services to victims and witnesses of crimes.
707-464-3191	Del Norte Health and Human Services/Social Services Branch: Child welfare department responds to reports of child abuse and provides services to families.
707-465-3013	Harrington House Shelter and 24 Hour Crisis Line: 535 West Harding Ave., CC. Provides free emergency shelter, food, clothing, and support services for women and children experiencing domestic violence.
707-464-4680 707-487-9255 707-482-1350	Indian Child Welfare Legal Advocacy: Elk Valley Rancheria Tolowa Dee-Ni Nation Yurok Tribe
707-441-8630	MEND/WEND: Treatment and counseling for anger management and battery.
707-465-6961	North Coast Rape Crisis Team: 24 hour crisis line. Immediate and on-going services to child and adult survivors of sexual assault, as well as their families and friends. 24 Hour Hotline: 707-465-2851
707-487-3175	Shu'-'aa-xu-dvn (In a Good Way Place): 110 W First St., Smith River. Tolowa Dee-Ni' Nation's Domestic Violence/Sexual Assault Program.
707-482-1350	Yurok Domestic Violence/Sexual Assault Project: 190 Klamath Blvd., Klamath.

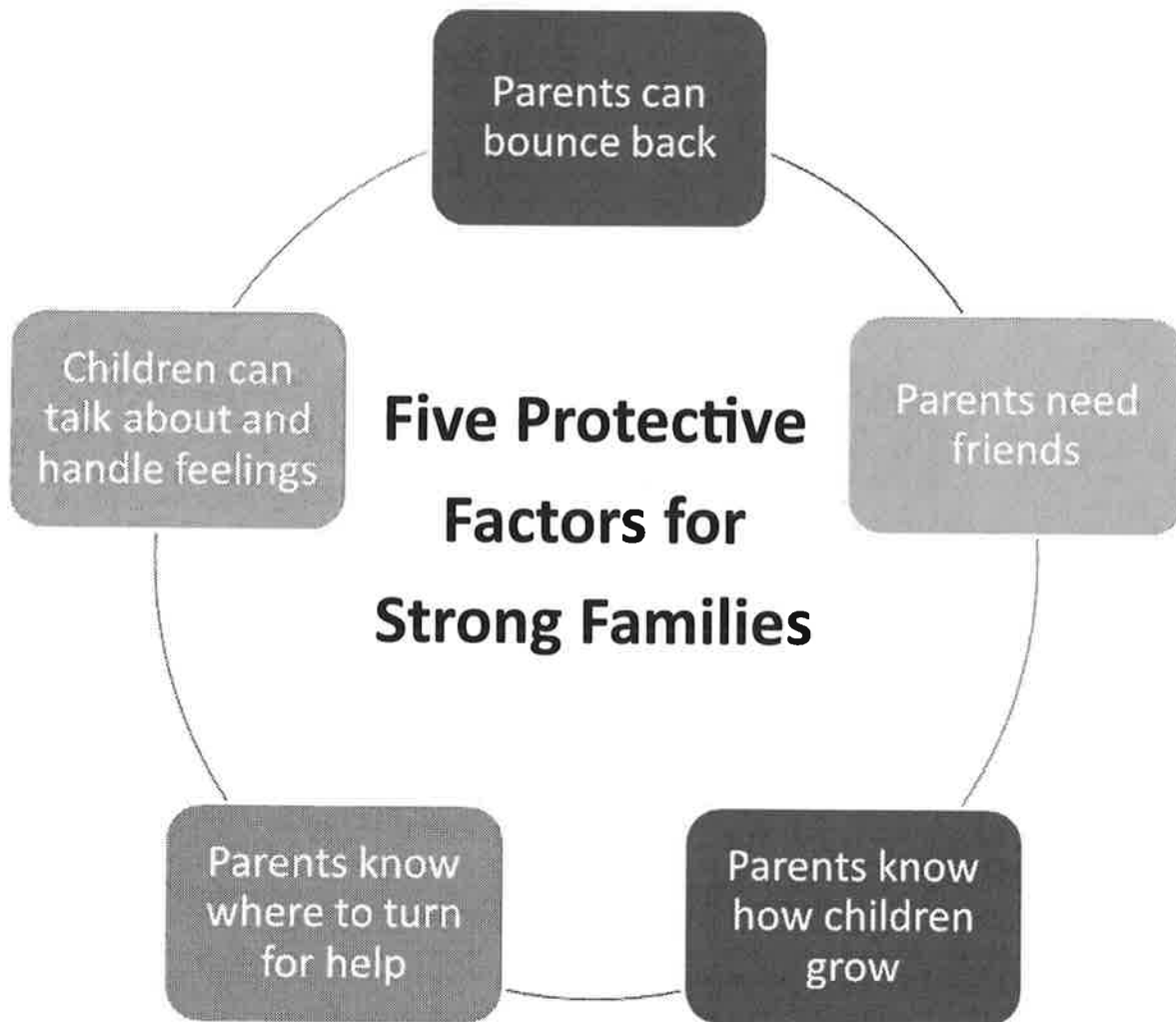


	Become a Foster Home in Del Norte County Facebook Page: Provides information and scheduling of training and certification of Resource Family Homes. facebook.com/become-a-foster-home-in-del-norte-county
	Del Norte Foster Parents Facebook Page: Provides support and resources to foster parents. facebook.com/delnorte.fosterparents
855-427-2736	National Parent Helpline: www.nationalparenthelpline.org . Emotional support from trained advocates.
707-464-3191	Resource Family Home Certification: Family Connections, 501 E. Washington Blvd., CC.

The Del Norte Child Abuse Prevention Council (CAPC) works to prevent child abuse and neglect through family strengthening, community education, and collaboration.

CAPC membership is open to all. Meetings are held at 12:30PM on the 1st Tuesday of each month at the FRC of the Redwoods, 494 Pacific Ave., CC.





Most people have heard of risk factors — things that make it more likely someone will struggle in life. But did you know there are also protective factors? There are! These **five protective factors** build strong families — and they can be learned and practiced.

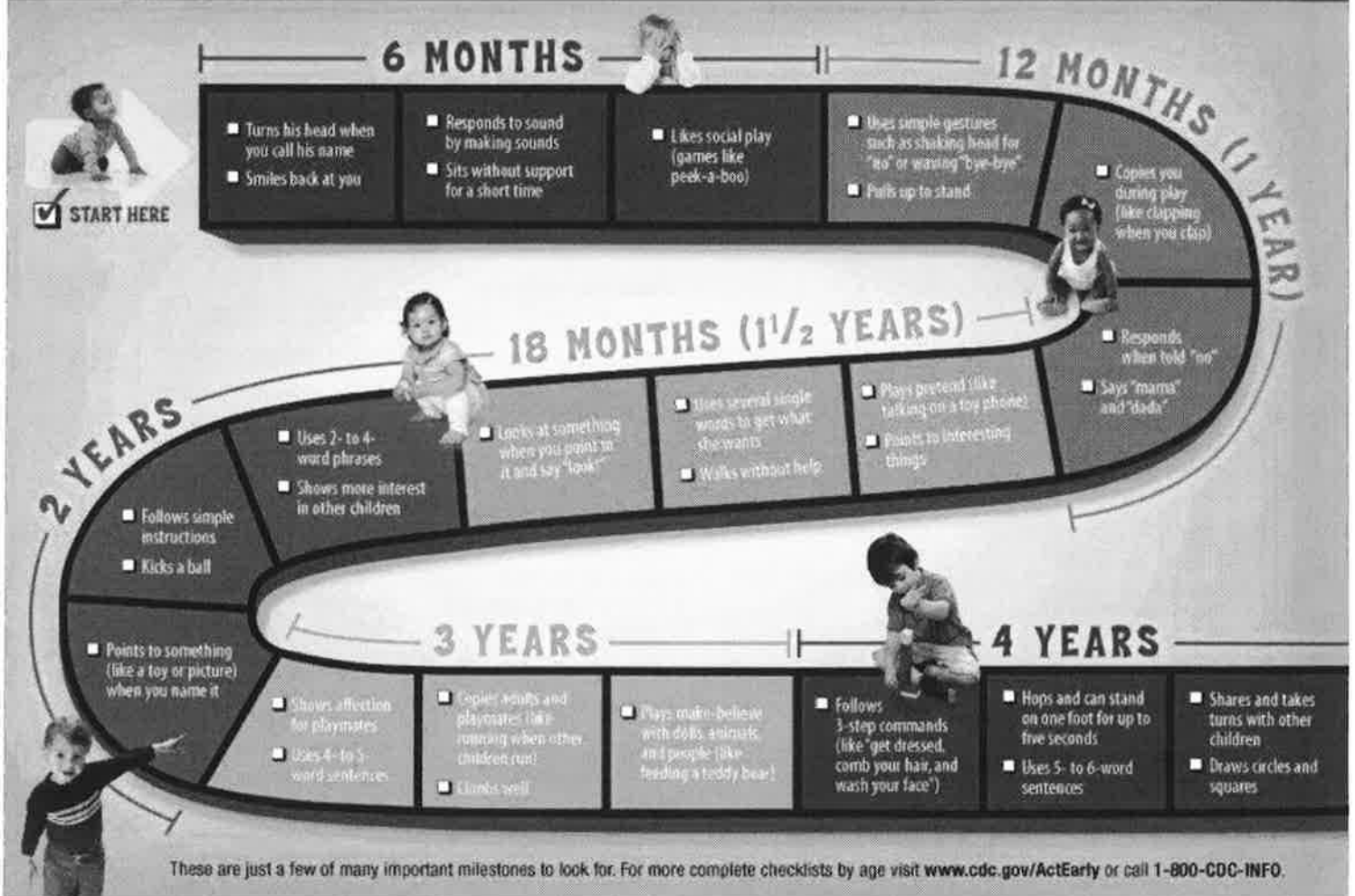
Two programs offered in Del Norte County help build protective factors in families. The FRC of the Redwoods offers **Parent Cafes**. These stand-alone sessions are offered throughout the county every month and give parents a chance to learn from each other, while enjoying a free meal together (the kids are taken care of in another room). The Del Norte Child Care Council (DNCCC) offers the multi-session **Incredible Years** program for both infants and older children. A meal and child care are provided at every session. Classes are free and require pre-registration.

There are many other programs in Del Norte that offer parents support, encouragement, and a chance to bond with other parents, including MOPS/MomsNext, Circle of Moms, Breastfeeding Support Group, Family Fun Night at the DNCCC, parent-led playgroups, and more.

You don't have to parent alone — reach out for support, understanding, and the friendship of other parents. It takes a village to raise a child and your village is ready for you.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



Supports for Children with Special Health Care Needs

707-464-0955	Ages and Stages Questionnaires: 494 Pacific Ave., CC. The FRC of the Redwoods offers assistance to parents wanting to assess their child's development using the Ages and Stages Questionnaires.
707-464-0955	Early Start Connections: 494 Pacific Ave., CC. Provides parent support and resource library for parents of children ages 0 to 3 receiving services from Redwood Coast Regional Center.
707-464-0861	MCAH Field Nursing: Provides care coordination for children and youth with special health care needs.
707-464-7488	Redwood Coast Regional Center: 1301 Northcrest Dr., CC. Provides support and services to children and adults with developmental disabilities.

SAMPLE CALENDAR: Check out the FRC's Facebook page

Core support for the FRC of the Redwoods is provided by First 5 Del Norte Children and Families Commission.



JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>What About your child's development?</u> Support Services 1 on 1 Ages and Stages Developmental Assessment Wednesdays 9:00am-2:00pm or by appointment Contact Margarita Garcia (707) 464-0955 ext. 2112 or Amira Long at ext. 2102</p>		<p>1 11am- Circle 1:30-3:30pm Re- Referral Assis 2-6pm Pacific Pan</p>
<p>Every Tuesday: 11am <u>Rock & Talk</u> Make Parent to Parent Connections; Bring your children 0-5 years old to play in the Playroom while you meet other local parents.</p>				
<p>4 9:30-10:30 Play and Learn @ Gasquet Early Learning Center—Mtn School 12-5pm- Free Play Fun- Playroom is available 1:30-3:30pm Resource & Referral Assistance</p>	<p>5 11am- Rock and Talk</p>	<p>6 9am-2pm FREE ASQ Screenings 10am-Toddler Free Time 2:30-4pm-Circle of Moms Support Group 3:00pm Happy Toes</p>	<p>7 9:30-10:30 Play and Learn @ Gasquet —Mtn School 11:30-12:30 Parent Led Play and Learn @ the FRC 4pm Breastfeeding Support 2-6pm- Pacific Pantry Open</p>	<p>8 11am Circle 1:30-3:30pm Re- Referral Assis 2-6pm Pacific Pan</p>
<p>11 9:30-10:30 Play and Learn @ Gasquet Early Learning Center—Mtn School 12-5pm- Free Play Fun- Playroom is available 1:30-3:30pm Resource & Referral Assistance</p>	<p>12 11am- Rock and Talk 6pm- Parent Café @ Mountain School-Gasquet</p>	<p>13 9am-2pm FREE ASQ Screenings 10am- Toddler Free Time 2:30-4pm-Circle of Moms 3:00pm Happy Toes</p>	<p>14 11:30-12:30 Parent Led Play and Learn @ the FRC 4pm Breastfeeding Support 2-6pm- Pacific Pantry Open</p>	<p>15 11am Circle 1:30-3:30pm Re- Referral Assis 2-6pm Pacific Pan</p>
<p>18 12-5pm- Free Play Fun- Playroom is available 1:30-3:30pm Resource & Referral Assistance</p>	<p>19 11am- Rock and Talk 5:30pm- Parent Café @ Yurok Head Start-Klamath 5:30 pm- Community Food Council Meeting</p>	<p>20 9am-2pm FREE ASQ Screenings 10am-Toddler Free Time 2:30-4pm-Circle of Moms Support Group 3:00pm Happy Toes</p>	<p>21 11:30-Play and Learn @ FRC 4pm Breastfeeding Support 2-6pm- Pacific Pantry Open 12-1 Lunch with the Law 5:30pm- Dedicated Dad Parent Café @ FRC</p>	<p>22 11am Circle 1:30-3:30pm Re- Referral Assis 2-6pm Pacific Open</p>
<p>25 9:30-10:30 Play and Learn @ Gasquet Early Learning Center—Mtn School 1:30-3:30pm Resource & Referral Assistance 5:30pm Nurturing Parenting Program</p>	<p>26 11am- Rock and Talk</p>	<p>27 9am-2pm FREE ASQ Screenings 10am-Toddler Free Time 2:30-4pm-Circle of Moms Support Group 3:00pm Happy Toes</p>	<p>28 9:30-10:30 Play and Learn @ Gasquet Early Learning Center—Mtn School 11:30-12:30 Parent Led Play and Learn @ the FRC 4pm Breastfeeding Support Group</p>	<p>29 11am Circle 1:30-3:30pm Re- Referral Assis 2-6pm Pacific Open</p>



The Family Resource Center of the Redwoods is a 501 (c) 3 non-profit providing resour space for families of young children. The play room, infant-toddler room, and library a out its Community Room and kitchen for baby showers, birthdays, and other family ce The FRC is located at 494 Pacific Avenue in Crescent City, but its services extend beyor Youth and Family Fair at the Fairgrounds. Parent Cafes are offered in Klamath, Crescen other parents. Dinner and child care are provided — look at these as a great parents' c If you've never checked out the FRC of the Redwoods, set a date to come walk through

Check for current calendar!

DAY	SATURDAY
Time	2
Source & Distance	Free Play Fun~ 11am-12pm- Toddler Time Playgroup (2-3 year olds) 12pm-1pm- Big Kid Playgroup (4-5 year olds) 10-2pm Pacific Pantry
Pantry Open	
Time	9
Source & Distance	10-2pm Pacific Pantry Open 4-7pm Father Appreciation BBQ at Beachfront Park 5-6pm Dedicated Dad Free Swim at the Pool!
Pantry Open	
Time	16
Source & Distance	Free Play Fun~ 11am-12pm- Toddler Time Playgroup (2-3 year olds) 12pm-1pm- Big Kid Playgroup (4-5 year olds) 10-2pm Pacific Pantry
Pantry Open	
Time	23
Source & Distance	Free Play Fun~ 11am-12pm- Toddler Time Playgroup (2-3 year olds) 12pm-1pm- Big Kid Playgroup (4-5 year olds) 10-2pm Pacific Pantry Open
Pantry	
Time	30
Source & Distance	Free Play Fun~ 11am-12pm- Toddler Time (2-3 year olds) 12pm-1pm- Big Kid Playgroup (4-5 year olds) 10-2pm Pacific Pantry
Pantry	



Family Resource Center
Calendar of Events



Come Visit Us!
FRC of the Redwoods
494 Pacific Avenue
Crescent City, CA 95531
Give us a call!
(707) 464-0955

Visit us on the web:
www.frcfredwoods.org
Like us on Facebook!
www.facebook.com/frcfredwoods

The FRC of the Redwoods is excited and thankful to be a host site for the 2018 Seamless Summer Meal Program. Any child 0-18 yrs can come to the FRC on days designated with this icon  for: **FREE Breakfast** 9:30-10:30am **FREE Lunch** 12:30-1:30pm

We are committed to promoting equal opportunities for all children and families.

Where Else Can Families Go?

We are lucky to have some of the most beautiful outdoor spaces on Earth right outside our back doors. (See page 29 for information about parks and other outdoor opportunities.)

But sometimes you want indoor places to go and the FRC is one great choice. Here are some other indoor spaces and activities in Del Norte:

- 4-H and Scouting Programs
- Art programs at 2nd St. Gallery, CC
- Boys and Girls Club, Klamath
- Crescent City Fred Endert Pool
- Del Norte Child Care Council's Toy Library
- Del Norte County Library (Crescent City and Smith River)
- Gasquet Early Learning Center
- Hiouchi Visitors Center (Redwood National and State Parks)
- Indoor basketball, wrestling, dance, and tumbling programs
- Tsunami Lanes Bowling Alley
- Youth and Family Fair (Fairgrounds in April)

Resources and support for families with children of all ages. First 5 Del Norte funds the FRC of the Redwoods as a safe, neutral space available to families to use whenever the building is open (unless there is a scheduled program). The FRC also rents for celebrations.

and its walls. Play groups are offered in Gasquet at the Mountain School Early Learning Center. The FRC organizes the City, Gasquet, and Smith River. The Parent Cafes are for all parents who want to build their parenting skills and meet on date night or a much-needed evening of respite for single parents.

in the building and see everything it offers to families in Del Norte County!

You make me happy * **I can see you tried hard** * You did a great job helping your friend * **I saw how kind you were to your little brother** * You have such a positive attitude * I love your hugs * You never gave up, even when it was hard * I like the way you do _____ * I appreciate how helpful you were today * **I love you** * What a lovely painting — well done * You figured out how to do that all by yourself * I believe in you

Praise Your Child

DO IT RIGHT. DO IT WELL.

The infographic is titled "Praise Your Child" with the subtitle "DO IT RIGHT. DO IT WELL." It contains nine tips, each with an icon and a short explanation:

- Icon:** A head with a gear inside.
- Tip:** Praise the **process**, not the person.

- Icon:** A hand flexing a muscle.
- Tip:** Focus on the **efforts**, not the outcomes.

- Icon:** A target with an arrow hitting the bullseye.
- Tip:** Be **specific**. Avoid generic statements.

- Icon:** A speech bubble with three dots.
- Tip:** Use **simple** statements.

- Icon:** Two people, one holding a large tree.
- Tip:** Do not **overpraise**.

- Icon:** A smiling face with a wide grin.
- Tip:** Be **genuine** and **sincere**.

- Icon:** A parent and a child.
- Tip:** Give **age appropriate** praise.

- Icon:** A person holding two tablets.
- Tip:** Avoid **comparisons**.

- Icon:** A thumbs up gesture.
- Tip:** Catch your child **doing good**.

How do you PRAISE your child?

I am proud of your effort * That was a very responsible thing you did * **You are not afraid of a challenge — I like that!** * What a creative way to solve that problem * **I love hearing you sing** * I am so proud you made that choice * I love how you took ownership of that * You really handled that situation well * **I love you** * You have really improved on that skill * Way to go * You are taking good care of your toys/room/books * **I love seeing you read** * I noticed those kind words you said to the new student in class

PAGE 18: First 5 and the Resource Guide

In 1998, voters passed Proposition 10, adding a 50 cent tax on all tobacco products sold in California. The funds support a state-wide First 5 California Children and Families Commission and First 5 Commissions in all 58 counties. The network of First 5 Commissions is dedicated to improving the lives of California's young children and their families through a comprehensive system of education, health services, childcare, and other programs that support the healthy development and success of children 0 to 5.

The current First 5 Del Norte Children and Families Commissioners are:

Jeff Harris, Chair

Lonnie Reyman, Vice Chair

Alicia McKellar

Chris Howard

Cynthia Barcelo

Heather Snow

Pa Xiong

Warren Rehwaldt

The 2018 update of First 5's Resource Guide for Parents and Families builds on previous editions created by Byron Wilson, Sarah Demuth, and Melissa Lockwood, all former members of the VISTA First 5 Service Corps.

The 2018 Resource Guide is generously sponsored by the Tobacco Use Prevention Program (TUPP).

This guide is better when the community gets involved! Help us improve the next edition by letting us know about programs and services your family uses or needs. Look for a fillable form at delnortekids.org!

What program should we add? (A program, service, or organization.)	
Phone number and/or address	
Where does it fit in the Resource Guide?	
Website or Facebook page?	
What does it provide to families?	

PAGE 19: Food Resources & Food Security

707-464-3191	Del Norte County Public Assistance: 880 Northcrest Dr., CC. CalFresh sign up.
707-464-3069	Del Norte Senior Center: 1765 Northcrest Dr., CC. Senior lunch program, home delivered meals, diabetic support.
707-464-2154	Del Norte Veterans' Pantry: 810 H St., CC. Free food box on 3rd Wednesday of the month. Sack lunch deliveries on Thursdays.
707-464-2738	Dorcas Society Adventist Community Service: 1770 Northcrest Dr. CC. Free food box once per 3 months. Wednesdays 1:00-3:00PM.
707-464-4712	Grace Lutheran Evangelical Church: 188 E. Cooper Ave., CC. Free food box once per month. Mondays 2:00-4:00PM.
707-487-0215 ext. 3	Howonquet Senior Nutrition Center: 101 Indian Court, SR. Senior lunch for Native Elders, congregate or home delivery. Call to register.
707-482-1121	Klamath Senior Center: 219 Salmon Ave., Klamath. Lunch, third Wednesday each month.
707-464-7771	Our Daily Bread Ministries: 1135 Harold St., CC. Breakfast Tuesday and Thursdays, 8:30AM. Dinner Monday, Wednesday, Friday 6:00PM.
707-464-0955	Pacific Pantry: At FRC of the Redwoods, 494 Pacific Ave, CC. Free choice food box once per month. Thursday & Friday 2:00-6:00PM, Saturday 10AM-2:00PM.
707-954-6071	Reach Out Ministries: One time emergency food box, by phone appointment.
707-464-1852 ext. 259	Rural Human Services: 286 M St., CC. Food distribution is 3rd full week of each month. Commodities are distributed once a month. Call for further details.
707-464-2708	St. Paul's Episcopal Church: 200 E. Macken Ave., CC. Free food exchange pantry. Take some or leave some.
707-464-1322	St. Vincent De Paul: 1440 Parkway Dr., CC. Free food box once per 3 months. Monday through Friday, 10:00AM-1:00PM.
707-464-7293	Women, Infants, and Children (WIC): 286 M St., CC. Supplemental nutrition program for pregnant women, nursing mothers, and young children. Provides vouchers for healthy foods.
707-464-2919	Women, Infants, and Children (WIC - Tribal): 2998 Norris Ave., CC.
707-464-1852	Yurok Food Distribution Program: 190 Nelson Ln., CC. Distribution of USDA commodities for tribal members and non-members living on Yurok Reservation.

PAGE 20: Food Resources & Food Security

707-460-3537	Crescent City Farmers Market: Del Norte County Fairgrounds. Saturdays 9:00 to 1:00, June to October.
707-954-2260	Downtown Crescent City Farmers and Artisans Market: Corner of Front St. and K St., CC. Wednesdays 10:00 to 2:00, June to October.
707-954-9167	Community and Family Services Community Garden: Smith River. Contact Erika Partee.
707-464-0955	Community Food Council for DNATL: FRC of the Redwoods, 494 Pacific Ave., CC. Community group working to improve food security, support local agriculture, and provide food and nutrition education throughout Del Norte and Tribal Lands. Meets 4th Tuesday each month at 5:30PM.
707-464-1852	Klamath Glen Community Garden: Maple St., Klamath Glen. Contact Chris Peters.
	Margaret Keating School & Community Garden & Food Forest: Minot Creek Rd., Klamath. Contact: Elsie Wilder, ewilder@delnorte.k12.ca.us
	Mountain School Community Garden: Gasquet.
707-464-6925	Open Door Wellness Center Community Garden: East Washington Blvd., CC. Contact: Jane Moran.
707-464-0955x2108	Peterson Park Community Garden: 5th and D St., CC. Contact: Connor Caldwell with the Community Food Council.
707-464-2738	Seventh Day Adventist Community Garden: Northcrest Blvd., CC. Contact: Robert Westerhout.
707-954-9167	Taa-'at-dvn Chee-ne' Tetlh-tvm' (Crescent City Food Forest): College of the Redwoods. Contact: Erika Partee, erika.partee@tolowa.com



Pacific Pantry is Del Norte's newest and first choice pantry. A choice pantry allows clients to choose foods within each food group that best fit their needs and food preferences. Clients may receive a free food box once per month during open hours:

Thursdays & Fridays: 2:00 to 6:00 PM

Saturdays: 10:00 AM to 2:00 PM

Located at the FRC of the Redwoods, 494 Pacific Ave., CC



**Tobaccofree
Del Norte**

The Coalition for a Tobacco Free Del Norte

Vision

A healthy and empowered community

Mission

We encourage a tobacco-free Del Norte by educating the community and empowering youth to create healthy change

Meetings

1st Friday of each month and all are welcome.
Call 951-2914 for details.

707-464-4813	Alcohol and Other Drugs Programs: 279 2nd St., CC. Prevention, intervention, and treatment for substance abuse.
707-464-3060	Coastal Connections: 475 K St., CC. Youth and young adult resource center serving ages 14 through 25.
707-464-7224 or 888-446-4408	Mental Health Branch: 455 K. St., CC. Walk-in clinic, adult services and referrals, children’s psychiatric services. In an emergency, call 911 for the Sheriff’s Dept. or Emergency Room for a psychiatrist on call.
707-464-3191	Public Assistance/Eligibility: 880 Northcrest Dr., CC. Assistance for enrolling in Medi-Cal, CalWORKS, CalFresh. Family stabilization, housing support programs, and more.
707-464-3191	Public Health Branch: 400 L St., CC. Prevention programs, Coastal Connections, SNAP-Ed, Tobacco Use Prevention Program (TUPP), public health nurses.
707-464-0861	Public Health Nurses: 400 L St., CC. Provide programs relating to the health of the community.
707-464-3191	Social Services Branch: Family Connections, foster care, Child Welfare, and Adult Protective Services.



**Partnership HealthPlan
of California**

PAGE 22: Counseling & Mental Health

855-765-3703	Beacon Health Options: Mental health services for Partnership HC clients.
707-464-7224 or 888-446-4408	Del Norte County Mental Health Branch: 455 K St., CC. Walk-in clinic, adult services and referrals, children's psychiatric services. In an emergency, call the Sheriff's Dept. or Emergency Room for a psychiatrist on call.
TEXT to 741741	Mental Health Crisis Text Line: www.crisistextline.org Crisis counseling via text.
707-464-3512	Northern California Indian Development Council (NCIDC): 888 4th St., CC. Works to foster culturally appropriate communication and services.
800-944-4773	Postpartum Support International Warm-Line: The PSI warm-line is for any parent struggling with postpartum issues. Calls are returned every day.
707-464-4349	Remi Vista, Inc.: 370 9th St., CC. Provides infant and child mental health counseling.
800-273-8255	Suicide Prevention Lifeline: www.suicidepreventionlifeline.org Available 24 hours/day, 7 days/week.
866-488-7386 or TEXT to 202-304-1200	Trevor Project Lifeline and Textline: Lifeline available 24 hours/day, 7 days/week. Textline available Monday through Friday evenings.
707-464-2919	United Indian Health Services Elk Valley: 2298 Norris Ave., CC. Mental health counseling available by appointment only.



**KNOW
THE SIGNS**



**LEARN THE
ACTIONS**



**BE A
LIFELINE**

We can all help someone in need if we know how to help. Mental Health First Aid training (for youth or adults) helps you know the signs of a mental health crisis, learn how to help until professional help is available, and be a lifeline for a friend, family member, or neighbor. Youth Mental Health First Aid training is offered in Del Norte. Curry County offers Mental Health First Aid training at SWOCC.

PAGE 25: Tribal Government Services

Tribal Governments	
707-464-4680	Elk Valley Rancheria: 2332 Howland Hill Rd., CC.
707-482-2431	Resighini Rancheria: PO Box 529, Klamath.
707-487-9255	Tolowa Dee-Ni' Nation: 140 Rowdy Creek Rd., Smith River.
707-482-1350	Yurok Tribe: 190 Klamath Blvd., Klamath.
Tribal Services	
707-464-4680	Indian Child Welfare Legal Advocacy: Elk Valley Rancheria
707-487-9255	Tolowa Dee-Ni Nation
707-482-1350	Yurok Tribe
707-464-4680	Intertribal Council of California/Family Domestic Violence: Aid for all ages.
707-464-3512	Northern California Indian Development Council (NCIDC): 888 4th St., CC. Employment and development. After school programs.
707-487-3175	Shu'-'aa-xu-dvn (In a Good Way Place): 110 W First St., Smith River. Tolowa Dee-Ni' Nation's Domestic Violence/Sexual Assault Program.
707-487-4463	Smith River Howonquet Senior Nutrition Site: Meal delivery for seniors 55 and older.
707-464-2750	United Indian Health Services Crescent City: 1675 Northcrest, CC.
707-464-2919	United Indian Health Services Elk Valley: 2298 Norris Ave., CC.
707-482-2181	United Indian Health Services Klamath: 241 Salmon Ave., Klamath.
707-825-5000	United Indian Health Services Potowat Health Village: 1600 Weeot Way, Arcata.
707-487-0215	United Indian Health Services Smith River: 501 North Indian Dr. Smith River.
707-482-1555	Yurok Country Visitor Center: 101 Klamath Blvd., Klamath. Education and information center for Yurok Tribal heritage. Tourist information and gift shop.
707-482-1350	Yurok Domestic Violence/Sexual Assault Project: 190 Klamath Blvd., Klamath.

Ready to

START SCHOOL

I can say my letters and count to ten, Name my colors, go out and in,
I can pay attention and learn the rules. I am ready to go to school.

I can zip my zippers and snap my snaps, Brush my teeth and take a bath,
I can dress myself and tie my shoes. I am ready to go to school.

I say please, excuse me, thank you too, Use good manners in all I do.
I care for others, I'm kind and true. I am ready to go to school.

I can solve my problems, calm myself, Share my toys with someone else.
I can wait my turn and listen, too. I am ready to go to school.

I can play and laugh and jump and sing, I am ready to try new things.
I sparkle and shine in all I do. **I am ready to go to school.**

Help your child be ready for school by talking, reading, and singing with them daily; teaching them how to name and express feelings; giving them skills to calm themselves; helping them learn to be independent and able to do basic things for themselves; and how to be kind to others.

PAGE 27: Senior Information & Services

707-464-7876	Area 1 Agency on Aging: 1765 Northcrest Dr., CC. Plans, coordinates, and advocates to meet the needs of older persons in Humboldt and Del Norte.
707-443-9747 ext. 3220	Del Norte Caregiver Support Group: Del Norte Senior Center, 1765 Northcrest Dr., CC. Meets from 11:00AM to 1:00PM on the 4th Wednesday of the month.
707-464-3069	Del Norte Senior Center: 1765 Northcrest Dr., CC. Offers programs and services to seniors. Daily lunch and home delivered meals.
707-464-3069	Foster Grandparent Program: Seniors volunteer in classrooms throughout the County. Group meets at DN Senior Center.
707-487-4463	Smith River Howonquet Senior Nutrition Site: 101 Indian Ct., Smith River. Social lunch and home delivery of meals for Native American elders 55 and older.
855-727-3600	Social Security Office: 560 E. Hoover Ave., CC.

Community Resources

707-464-3174	Crescent City/Del Norte Chamber of Commerce: 1001 Front St., CC.
707-464-2141	Del Norte Triplicate (newspaper): 312 H St., CC.
	Hmong Cultural Center of Del Norte County: facebook.com/hmongculturalcenterofdelnortecountycalifornia
800-200-2335	Klamath Chamber of Commerce: PO Box 476, Klamath.
	Smith River Heritage Association: Works to encourage interactions within the Smith River Community. facebook.com/SmithRiverHeritageAssociation.
707-465-1238	Wild Rivers Community Foundation: 990 Front St., CC. Works to improve the quality of life for residents of the Wild Rivers Coast.



First 5 Del Norte and Sutter Coast Hospital partner to give newborn babies a small home library of high-quality board books. If you have a new baby and did not receive a gift of books at the hospital, please call First 5 at 464-0955 or stop by the FRC of the Redwoods to get books for your baby!

Reading to your baby from day one is one of the best ways you can support your child's language and reading development!

PAGE 28: Service Organizations

707-954-2124	Crescent City Jaycees: PO Box 521, CC 95531. Promoting leadership through community service.
707-951-5827	Crescent City Lions Club: 900 Northcrest Dr., CC 95531.
	Crescent City Rotary Club: PO Box 573, CC 95531. Meets at lunch hour.
707-465-0882	Crescent City Women's Club: PO Box 616, CC 95531.
	Del Norte Sunrise Rotary: PO Box 423, CC 95531. Meets for breakfast.
707-954-7788 707-954-1881	Redwood Happiness Initiative: Facebook: @redwoodsinitiative. Meetings on 2nd Sunday of each month at Universal Heart Center, 625 2nd St., CC.
707-954-3002	Soroptimist International of Crescent City: PO Box 991, CC 95531.

Building Resilience



Volunteering with a service organization is one way to make yourself more resilient. Resilient people recover quickly from challenges and set-backs in their lives. They also tend to live longer lives, so building resilience is good for your health! You can build resilience in children by helping them name and express their feelings, teaching them ways to calm themselves, and all the activities listed above to build resilience in adults! See page 12 for ways to increase resilience in families.

Interested in building resilience in our community? Join the Resilient Del Norte group! Call Ryan at Wild Rivers Community Foundation for more information: 707-465-1238.

PAGE 29: Outdoor Recreation

With beautiful beaches, towering redwoods, flowering dunes, and sparkling rivers, it's no wonder Del Norte County topped Lonely Planet's Must Visit list for 2018. Take advantage of world-class outdoor spaces and activities with your family!



For Maps and Information

707-464-3174	Crescent City/Del Norte Chamber of Commerce/Visitors Bureau: 1001 Front St. CC. Resources for visitors, new residents, and businesses.
707-465-7306	Crescent City Information Center: 1111 Second St., CC. Information about the area and Redwood National and State Parks. Book/gift shop.
707-458-3294	Hiouchi Information Center: 1600 US-199, Hiouchi. Information about Redwood National and State Parks. Book/gift shop. Summer kayak tour sign-up.
707-457-3131	Six Rivers National Forest Visitor Center: 10600 US-199, Gasquet. Information and permits for National Forest lands.
	Tolowa Dunes Stewards: Offers family-friendly free education and restoration programs and guided hikes. facebook.com/TolowaDunesStewards
707-482-1555	Yurok Country Visitor Center: 101 Klamath Blvd., Klamath. Education and information center for Yurok Tribal heritage. Tourist information and gift shop.

PAGE 30: Useful Websites

Websites	Facebook Pages
Crescent City/Del Norte Chamber of Commerce: www.delnorte.org	@dncbreastfeeding
Del Norte Child Care Council: www.dnccc.com	@DNCAPC
Del Norte Umbrella: delnorteumbrella.weebly.com	@DNCLIB (Library)
First 5 California: www.first5california.com	@dncpublichealth
First 5 Del Norte: www.delnortekids.org	@first5DelNorte
First 5 LA Parents: www.first5la.org/parenting	@frcdwoods
Wild Rivers Connect: www.wildriversconnect.org	Del Norte County Local News and Events

My Phone Numbers

Doctor		
School		
Family		
Family		
Neighbor		
Neighbor		
Friend		
Friend		
Work		

HOTLINE NUMBERS

800-821-4357	Alcohol and Drug Helpline
707-464-3411	Alcoholics Anonymous Hotline: Humboldt and Del Norte. www.aa.org
800-367-2437	California AIDS/HIV Services
800-NO-BUTTS	California Smokers' Helpline: Offers assistance in six languages.
800-422-4453	Child Help/Child Abuse Hotline: www.childhelp.org
855-222-5542	Gambler's Anonymous: www.gamblersanonymous.org
800-222-3463	Missing Children Hotline
800-799-7233	National Domestic Violence Hotline
888-373-7888	National Human Trafficking Hotline: TEXT to 233733
855-427-2736	National Parent Helpline: www.nationalparenthelpline.org . Emotional support from trained advocates.
800-442-4673	National Youth Crisis Hotline
800-230-7526	Planned Parenthood Hotline




**CALIFORNIA
SMOKERS' HELPLINE**
1-800-NO-BUTTS

Please help us keep this guide up to date. If you know of a program or service that has been discontinued or a new program that has started, please let us know. If you find a telephone number that has changed or doesn't work, please tell us.

We always welcome feedback to make our services better.
 Call us at 464-0955 with your feedback, corrections, and additions.