

The **Resource** **Connection**

Engaging Families
Empowering Communities
Enriching Lives

Early Learning Programs **In The Know**



May 2023 Edition

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A Message from our R&R Program Director

May 12th is Provider Appreciation Day
A Message from the Subsidy Department
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Friday, May 12th, we celebrate the early learning providers/teachers in Amador and Calaveras County. Early learning providers can include family childcare providers, preschools, license-exempt providers, and other educational programs that cater to children in their early years. They create a safe and nurturing environment where children can learn and grow at their own pace. Early learning providers also work closely with parents to ensure that each child's individual needs are met.

These providers help children to develop important skills such as communication, problem-solving, and critical thinking, which are essential for success in later life. Moreover, they also teach children the importance of kindness, respect, and empathy, which helps to build a more inclusive and compassionate society.

Please take a moment this month and thank an early learning provider for all that she or he does for the children in their care!

Sincerely,

Sheri Noble
R&R Program Director



CELEBRATING OUR NATION'S CHILD CARE PROVIDERS SINCE 1996. Provider Appreciation

Day

Provider Appreciation Day was started in 1996 by a group of volunteers in New Jersey, who saw the need to recognize the tireless efforts of providers who care for children of working parents. Support for this event has grown each year and recognition presently includes Child Care Resource & Referral agencies, childcare advocates, community-based organizations, government entities, and individuals throughout the United States.

Provider Appreciation Day® is celebrated the Friday before Mother's Day every year to recognize childcare providers, teachers, and other educators of young children everywhere.

Child Care Aware of America convenes Provider Appreciation Day ® each year to amplify our nation's collective gratitude for those who support the social, emotional, and physical care of our youngest children.

WHAT IS Provider Appreciation Day®

Child care providers were "essential" long before the pandemic. They keep our children safe, nurture their curiosity and prepare them for a lifetime of learning and growth. Together with our network of Child Care Resource and Referral Agencies, nonprofit and business partners, we invite you to join us in not only thanking our providers but also aiding in the fight for the legislative changes we have to see in child care.

#ThankYouChildCare

For the full article, please click the link below:

<https://providerappreciation.org/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



Important Reminders from the Subsidy Department

1. Providers, please be sure to go over in length with the parent your contract that is between you and the parent so they fully understand your contract terms.
2. Parents please be sure to reach out to your Case Manager should you need to make a change to your childcare certificate.
3. Please turn in all attendance forms no later than the 5th of the following month after child care was completed. If attendance forms are received after the 5th of the month, they will be processed at the end of the month.
4. Providers, if you need additional attendance/claim forms, please click the link below to download and print them out or please contact our office to have them mailed to you:

https://rr.trcac.org/info/docs/subsidy_attendance_app_fill-in_form_20160607_revised_20210608.pdf

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

An illustration of a woman with short brown hair holding a baby in her arms. They are in a nursery with two cribs in the background. The text 'CHILD CARE ASSISTANCE' is overlaid on the image.

CHILD CARE **ASSISTANCE**

Need Help Paying For Child Care?



Child care subsidy can help you pay for child care:

- Work or look for work
- Go to school or training
- Helps when you are medically incapacitated
- Seek permanent housing

1. Check to see if you are eligible. Check the chart to see if your before- tax income is within the limits

2. To be placed on our Child Care Eligibility List (CEL), please use our on-line application below.
cel.trcac.org

3. As funds become available, and we are able to enroll families at your current income rank, a subsidy coordinator will reach out to you.

Your Family Size:	Make Less Than In a Month:	or, Make Less Than In A Year:
1-2	\$6,008	\$72,095
3	\$6,842	\$82,102
4	\$7,941	\$95,289
5	\$9,211	\$110,536
6	\$10,482	\$125,782
7	\$10,720	\$128,641
8	\$10,958	\$131,499
9	\$11,196	\$134,358

If you meet eligibility requirements- you have the option to choose licensed family child care, licensed or exempt child centers or family, friend or neighbor care (may require back- ground clearance). Please update your application when changes occur in your family size or income.

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

Amador and Calaveras County
(209) 754-1075
rr.trcac.org



How to Celebrate Child Care Providers

Ready to honor the amazing childcare providers in your life? Great! Here are some ways you can recognize and support them for their dedication.

Ideas for Parents

We've divided this list into two parts: one for parents and one for organizations. We'll start with ideas that parents can use on this special day:

1. Send a Handwritten Note

It may seem overly simple, but a handwritten note might be the perfect gift for National Provider Appreciation Day. Why? Because they're so rare these days.

Take the time to write to your kid's teacher or care provider and tell them how much you appreciate the love and commitment they show your children. It will mean a lot to them.

2. Give a Group Gift

Looking to afford something substantial? Go in on a group gift with the other families in your child's daycare. Gift cards to places like Starbucks and Amazon are usually safe bets. But you can also do a little detective work and discover specific items your provider will love.

3. Team Up With Your Child

Why not get your kid(s) involved, too? Ask them to make their provider a special art project. If you want, you can pair this idea with one of the others (like a handwritten note or a gift card) to make it extra special.

For the full article, please click the link below:

<https://www.procaresoftware.com/resources/8-ways-to-give-thanks-to-child-care-providers-on-national-provider-appreciation-day/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



BACON CHEESEBURGER TATER TOT CASSEROLE

Bacon Cheeseburger Tater Tot Casserole – hamburger, bacon, cheese, cheese soup, sour cream, and tater tots – what's not to love? We ate this twice in one day! Can be made ahead of time and refrigerated or frozen for later. You can also divide it between two 8×8-inch foil pans and freeze one.

Equipment:

- [10-inch Skillet](#)
- [Meat Masher Tool](#)
- [Glass Mixing Bowls](#)

- [9×13-inch Baking Dish](#)

Ingredients:

- 1½ pounds ground beef
- ¾ cup cooked chopped bacon
- 2 cups [shredded cheddar cheese](#)
- 1 (32-oz) package frozen tater tots
- 1 (10.5-oz) can condensed cheddar cheese soup
- 1 (16-oz) [container sour cream](#)

Instructions:

- Preheat oven to 350 degrees. Lightly spray a 9×13-inch pan with cooking spray. Set aside.
- Cook ground beef in a large skillet until no longer pink. Drain fat.
- In a large bowl, combine cooked beef, bacon, cheddar cheese, tater tots, cheese soup, and sour cream. Mix until thoroughly combined.
- Spread mixture into prepared pan.
- Bake for 45 to 50 minutes, until bubbly.

Notes:

Can substitute turkey bacon. Can use low-fat sour cream. Can make a casserole in advance and refrigerate or freeze it for later. To bake the casserole after refrigerating, you may need to add a few minutes to the cooking time. To bake the casserole after freezing, thaw completely and bake as directed above. To reheat the casserole after freezing, thaw it completely. Cover with aluminum foil and bake at 350°F for 30 to 40 minutes, until heated through.

Please click the link below to access the recipe:

<https://www.plainchicken.com/bacon-cheeseburger-tater-tot-casserole/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

Protect Your Family from Lead on the Job

Your child can get lead poisoning if someone in your home works with lead at their job. You cannot see the lead, but a worker can bring lead home on their hands, face, work clothes, shoes, and in a car.



If someone in your home works with lead, they should:

- change into clean clothes and shoes at **work**, before getting into a car or going home. All clothes, hats, and shoes should be kept in a plastic bag.
- **wash** their face and hands **with soap and warm water at work** before going home, and take a shower as soon as they get home.
- **wash work clothes separate from all other clothes.** Keep work shoes outside the house.



Someone that does these jobs might work with lead:

- remove or repaint old house paint
- recycle batteries or use parts from batteries
- make or fix radiators
- tear down or remodel houses or buildings
- recycle scrap metal or electronics
- melt, cast, or grind brass, bronze, or other metal
- work at a shooting range
- weld or solder
- make or glaze ceramics

Lead can hurt your child.

Most children who are poisoned by lead **do not look or act sick**. The only way to know if your child has lead poisoning is to get a special test for lead. Ask your doctor if your child should be tested.

For more information about lead at work, call the Occupational Lead Poisoning Prevention Program at 866-627-1587 (www.cdph.ca.gov/programs/olppp), or your local Childhood Lead Poisoning Prevention Program:



7/13

www.cdph.ca.gov/programs/clppb

OSP 13 131056

AMADOR COUNTY PUBLIC HEALTH
Childhood Lead Poisoning Prevention
10877 Conductor Boulevard
Sutter Creek, CA 95685
(209) 223-6407



LENDING LIBRARY



THE RESOURCE CONNECTION **LENDING LIBRARY**

Our Lending Library offers over 5,000 educational toys and books to enrich play- literacy based learning, parenting education and & child care provider resources to help develop children's skills and imagination, across different stages of growth and development.

Lending Library Hours

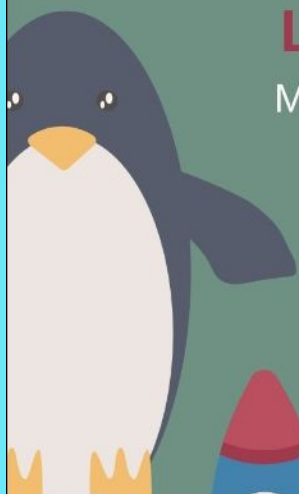
Monday - Thursday 8:30am-4:00pm

Closed 12:00pm-12:30 for Lunch

Visit our Library
Online to reserve
your educational
items today!



trcacrr.myturn.com



**The
Resource
Connection**
Engaging Families
Empowering Communities
Enriching Lives

COMMUNITY RESOURCES



Come Celebrate



Week with Us

On Wednesday May 3rd

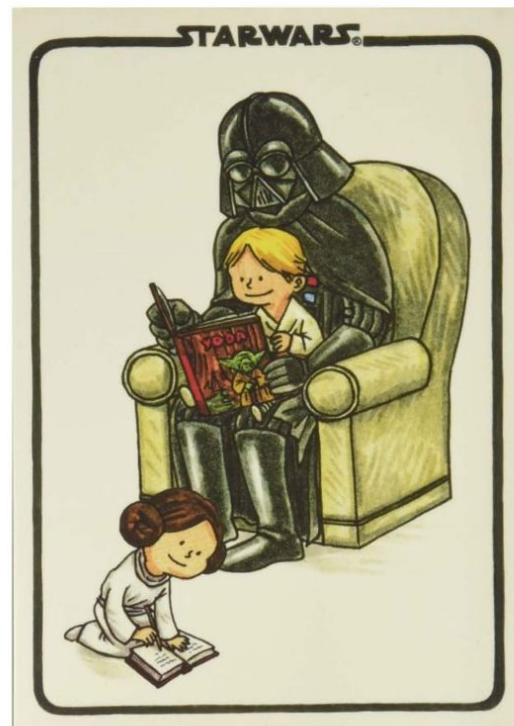
2:30 - 4:00 p.m.

Arnold Branch Library

1065 Blagen Rd.


Arnold, CA

Join us for a fun afternoon of
activities, prizes, and a very
special Dark Side guest
appearance.



All Ages Welcome

Child Care Provider Appreciation Night

*For ALL Family Childcare Providers, FFN (Family, Friend and Neighbor)
and Preschool Center Staff.*  

Friday, May 12th

6:00 pm to 8:00 pm: Self-Care: Building Your Toolbox

Networking / Dinner will be served at 5:30pm

Please RSVP at 209-257-1092 or q4k@first5amador.com

Presented by:

Ginni Murray Shotwell, LCSW - *First 5 Amador Behavior Specialist and Watercolorist*
and Shannon Puente - *First 5 Amador Early Learning Specialist*

Friday, May 12th is National Child Care Provider Appreciation Day!

"You can't pour from an empty cup," so to honor the important work that you do, please join us for an evening of replenishment and community.

- Learn how puppet play helps children co-regulate and return calm to their day.
- Explore FUN and simple ways to build your self-care toolbox through simple techniques such as box breathing.
- Amador Quality for Kids participants will receive Self-Care Incentives for attending.



16th ANNUAL KIDS' DAY IN THE GARDEN

SATURDAY, MAY 13th 2023
10AM- 12PM

891 Mountain Ranch Road, San Andreas, CA



Kids
Farmers Market



Music, Painting
and Games

Planting and
Digging



Worms and
Bees!



RSVP
with the QR
code above!



UC
CE

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources UC Cooperative Extension



Mom-Me Time



Connections Encouragement Guidance

*The first Thursday of each month - 5:30 - 7:00pm
975 Broadway, Jackson, CA*

Meet other moms, share ideas and a meal.

Facilitated by Sara Rader-Coleman MS, LPCC, NCC

***Please call if you need child care or have questions.**

209-257-1092





PLAY GROUP

Fridays 9:30-11:00am
BLUE MOUNTAIN CENTER
364 Main Street, West Point



Blue Mountain
Coalition for Youth and Families



FIRST 5
CALAVERAS

Join our Facebook Group "BMCYF Playgroup" to keep in touch and get more resources for your little ones.



Messy Mornings

'Learning Through Play'

"DRESS FOR MESS!"

Join us for messy, unstructured play time!

EVERY FRIDAY

10:30 am - 12:00 pm

First 5 Amador's Indoor/Outdoor Learning Lab

975 Broadway, Jackson

This playgroup is open to all Amador County children aged
0-5, and their parents or caregivers

Messy Morning will NOT be in session the following days:

April 7th and July 7th

For more
information, call
209-257-1092





*Formerly
known as the
Grandparent
Project!*

2022-23 school year

Family Connections

*Monthly group gatherings, support and resources for
grandparents and other relatives raising children.*

Monthly group meetings in 3 Calaveras County locations:

Murphys/Arnold
3rd Tuesday, 10am-Noon

Angels Camp/Copperopolis
3rd Wednesday, 10am-Noon

Valley Springs/San Andreas
3rd Thursday, 10am-Noon

Contact for location and to RSVP

Katie Lackler, 209-736-6080
klackler@ccoe.k12.ca.us

Or

Arleen Garland, 209-795-3016
arleengarland@gmail.com

*Family Connections is administered by the Calaveras County Office of Education with funding provided
by Calaveras County Health and Human Services Agency, Mental Health Services Act (MHSA)*

Wellness Prospector



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



Champion Source

Strawberries are a great source
of vitamin C!

Strawberry Salsa

Ingredients Foodhero.org

- 1 1/2 cups chopped fresh strawberries (about 1 pint or 10 to 12 ounces before trimming)
- 1/2 jalapeno pepper, finely chopped
- 1/4 cup finely chopped onion
- 2 Tablespoons chopped cilantro
- 1 1/2 teaspoons lime juice

Nutrition Facts	
8 servings per container	
Serving size	1/4 cup (43g)
Amount per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 3g	1 %
Dietary Fiber 1g	4 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 0g	
Vitamin D 0mcg	0 %
Calcium 7mg	0 %
Iron 0mg	0 %
Potassium 67mg	2 %
Vitamin A 2mcg	0 %
Vitamin C 23mg	26 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Shop and Save



- Choose berries that are fully red, dry, and firm.
- Strawberries do not ripen after picking, so avoid berries with white tops or tips.
- The size and shape of a berry doesn't determine its flavor.
- Choose local berries for peak ripeness and flavor.

CalFresh Healthy Living de California, con fondos del Programa de Asistencia para Nutrición Suplemental (SNAP) del Departamento de Agricultura de los Estados Unidos (USDA), produjo este material. Estas instituciones son proveedores y empleadores que ofrecen oportunidades equitativas. Para obtener información nutricional importante, visite CalFresh Healthy Living website www.CalFreshHealthyLiving.org.

AMADOR COUNTY HOMELESS TASK FORCE
PRESENTS THE 4TH ANNUAL

HOMELESS RESOURCE FAIR

A FREE overnight event
Open to all

- Fellowship & connection
- Valuable resources
- Hot meals
- Supplies & services
- Drawings for gift cards
- Haircuts
- Live entertainment



Sunday May 21 through
Monday May 22
Detert Park in Jackson

HELP US
HELP OUR
UNHOUSED
NEIGHBORS

Volunteer

Set-up/Clean-up
Publicity/PR
Perform/Entertain
Teach a Class
Work at Event

Donate

Sleeping Bags
Blankets
Tents & Tarps
Backpacks
Personal Care Items
New Socks
Dog/Cat Food
Water Bottles
Wipes/Bar Soap

Sponsor

Meals \$300 each (2 needed)
Entertainment \$50 each (10 needed)
Navigators \$50 each (6 needed)

Sponsorship Deadline April 22
(for logo to appear on flyers)

More information :

Trixxie @ 209-283-0142
Tyx @ 209-273-9009

Donation/Sponsorship Dropoff Locations:

Operation Care, 817 Court St. Suite 12, Jackson
(Monetary sponsorships only; note Homeless Resource Fair in memo)

Sierra Wind, 10354 Argonaut Ln, Jackson
Rosebud's Cafe, 26 Main St, Jackson

Welcome Baby!



First 5, First Steps

If you or someone you know in Amador County is expecting or celebrating the arrival of a new baby up to 18 months, Welcome Baby would like to offer you a

FREE GIFT

- Imagination Library - free books from birth until your child turns 5
- Diapers
- Easy-to follow Parent Tips book
- "What to Do When Your Child Gets Sick" book
- T-shirt for baby
- and lots of other fun and helpful information

For information call 209-257-1092
or email f5a@first5amador.com



RESILIENT AMADOR

JOIN US

The Resilient Amador Coalition actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents. We are educating our community about the impacts of childhood trauma (ACEs), being trauma responsive, and providing opportunities for community members to network and learn from each other.



Mission

Working together to promote a trauma-informed community through education, prevention, support, and advocacy, thereby raising the standard of care for all.

facebook.com/resilientamador

Monthly Meetings

2nd Tuesday
of each month

3:30-4:30pm

2023 Schedule

January 10 *virtual*
February 14 *in-person*
March 14 *virtual*
April 11 *in-person*
May 9 *virtual*
June 13 *in-person*
July 11 *virtual*
August 8 *in-person*
September 12 *virtual*
October 10 *in-person*
November 14 *virtual*
December - no meeting

In-person meetings are held at:
975 Broadway, Jackson.

For virtual meetings please
contact us for the invite link
and passcode.

Contact Us:

(209) 223-5921

info@amadorcapc.org



Parenting with a Purpose



Come join us for our interactive and supportive **SPRING SERIES** to learn and strengthen practical, proven and positive parenting skills.

Discussions include the following topics:

- ♦ *Building Nurturing Parenting Skills*
- ♦ *Communicating with Respect*
- ♦ *Understanding Needs & Feelings*
 - ♦ *Positive Discipline*
- ♦ *Positive Ways to Deal with Stress*
 - ♦ *Nutrition & Safety*
- ♦ *Physical & Emotional Development in Children*

TUESDAYS
5:00pm to 7:00pm

Beginning: April 11, 2023
Ending: May 23, 2023

Ione Family Resource Center
17 West Main St.
Ione, CA

For more information or to register, please contact
Madalen Petersen at (209) 257-1980 x 130
or mpetersen@nexusyfs.org.

Para información en Español, por favor llame al (209) 257-1980 x 104.



A project of Nexus Youth & Family Services



Practical Parenting Classes

~ Circle of Security ~ 0-5 year olds

April 15th, 9am-5pm
Camanche Lake Community Center

~ Growing Together ~ 6-12 year olds

April 29th, 9am-5pm
Ione Family Resource Center

~ Calm, Confident Parenting ~ 13-18 year olds

May 20th, 9am-5pm
Upcountry Community Center

*Please call for more
information or to register.*

(209) 257-1980 x 130

**ALL PARENTING
CLASSES
ARE FREE!**

**Location:**

Virtual – Via Zoom Link

Audience:

Early Childhood Educators/Providers
(Working with ages 3-8)

(Due to sensitive topic, please join with camera's on if possible to create safety in our training community)

Trainer: This training will be provided by apprentices. The training will be observed by a mentor trainer who is supporting the trainers through a Training of Trainer Apprenticeship in Trauma-Informed Care for Early Childhood.

Questions:

For content questions contact Julie Kurtz at optimalbrainintegration@gmail.com

For registration questions contact Denise Gale at DeniseGale.Consulting@gmail.com

Zoom Link: You will receive the zoom link 3-7 days before the training via email.

[Register Here](#)

www.optimalbrainintegration.com

Trauma-Responsive and Resilience Building Practices for Early Childhood Providers

Training on Module 100: Two-Part Series

This Trauma-Responsive and Resilience Building training two-part series is designed to support early childhood providers serving children ages 3 through 8 years old. The training is an overview delivered in a two-part series. The first part participants will learn about the neurobiology of trauma and the science of healing, hope and resilience. Part 2 will focus on the concrete skills and practices to create nurturing, responsive and healing engaged programs for children who have been impacted by trauma and traumatic stress. This training series will support ECE providers working in a range of settings and environments with young children.

Module 100: Trauma-Responsive and Resilience Building Practices for Early Childhood Providers

[Part 1 of 2:](#) 5/18/2023

12:00 – 3:00 pm PST

[Part 2 of 2:](#) 5/19/2023

12:00 – 3:00 pm PST

(Must attend Part 1 and 2 of the series)



Note: This is a sensitive topic on trauma. It may be triggering emotionally for some during the training. We invite you to come with strategies that will help you feel safe and grounded.

Meet the Artist

@ Jackson Library
4 p.m.

May 11th
Jo Ann Ogburn
watercolor

June 8th
Ginni Murray

July 13th
Claudia Schwalm

Art Demo

@ First 5
2 – 4 p.m.

May 25th
Heather Hopman
gourd art

June 22nd
Ginni Murray

July 27th
Claudia Schwalm

Amador County Main Library

530 Sutter Street

Jackson CA 95642

209-223-6400



**Amador County Library
Locations and Hours**



STARTING MAY 2023

Main Library - Jackson

530 Sutter Street
Jackson, CA 95642
209-223-6400

Hours

Mon, Tues, Wed & Fri 9 -- 5
Thurs 9 -- 7
Sat 11 -- 5

Ione Branch

25 E. Main Street
Ione, CA 95640
209-274-2560

Hours

Mon & Fri 10 -- 2
Tue 2 -- 7
Wed & Thu 1 -- 5

Pine Grove Branch

19889 Hwy 88 (Town Hall Bldg)
Pine Grove, CA 95665
209-296-3111

Hours

Tue & Wed 11 -- 4

Pioneer Branch

25070 Buckhorn Ridge Road
Pioneer, CA 95666
209-295-7330

Hours

Thu & Fri 11 -- 4

Plymouth Branch

9369 Main Street
Plymouth, CA 95669
209-245-6476

Hours

Tues - Fri 12 -- 4



WAY OUT WEST

celebrating the legacy of LGBTQAI2S+ throughout the western frontiers

ART DUE MAY 19

REGISTER YOUR ART: (209)256-8166, info@amadorarts.org

IN PARTNERSHIP WITH:



5th annual

SAFE SPACE

ART SHOW



CLÍNICA DE INMUNIZACIÓN PARA LOS ESTUDIANTES QUE VAN A INGRESAR AL SÉPTIMO GRADO DEL DISTRITO ESCOLAR DE CALAVERAS

- Gratis**
- Se requiere la vacuna contra Tdap (tétanos, difteria, tos ferina) para ingresar al 7° grado**
- Los padres del estudiante necesitan estar presente**
- Necesita hacer una cita**

Big Trees MD y el Departamento de Salud Pública del Condado de Calaveras están ofreciendo la vacuna Tdap sin costo a los estudiantes en el grado seis.

Para hacer una cita

Para más información y citas disponibles visite <https://bit.ly/3NcOBfG> o llame al 209-754-6460.



Jueves, 11 de Mayo



3412 Double
Springs Rd, Valley
Springs, CA 95252



3:00 - 6:00 PM



Necesita hacer
una cita.





CALAVERAS UNIFIED SCHOOL DISTRICT

6TH GRADE TDAP CLINIC

- No-cost
- Tdap vaccine required for 7th grade entry
- Appointment required

Big Trees MD and Calaveras County Public Health are offering no-cost Tdap vaccinations for 6th graders.

Appointments

Clinic details and appointments available at <https://bit.ly/3NcOBfG> or call 209-754-6460.



Details



Thursday, May 11th



3412 Double
Springs Rd, Valley
Springs, CA 95252



3:00 - 6:00 PM



Appointments
required.



Parenting with a Purpose

Online Parenting Classes

Join us for our **FREE** online interactive

PARENTING CLASS SERIES

to learn and strengthen practical,
proven and positive parenting skills.

Discussions include the following topics:

- ♦ *Understanding Needs & Feelings*
- ♦ *Physical & Emotional Development in Children*
 - ♦ *Promoting Positive Behavior*
 - ♦ *Positive Discipline*
- ♦ *Communicating with Respect*
- ♦ *Positive Ways to Deal with Stress*
- ♦ *Building Nurturing Parenting Skills for Parents
with Children of All Ages*

TUESDAYS & THURSDAYS
5:00pm to 7:00pm

Beginning: May 9, 2023

Ending: May 30, 2023

For more information or to register, please contact
Emma Swett at (209) 257-1980 x 105
or eswett@nexusyfs.org.

Para información en Español, por favor llame al
(209) 257-1980 x 104.



**All classes will be provided
using Zoom. Please register to
receive link and password.
Download the Zoom App at
<https://zoom.us>.**



A project of Nexus Youth & Family Services

1 Day Online Practical Parenting Classes

~ Circle of Security ~
0-5 year olds
May 31, 2023
9:00am—5:00pm

~ Growing Together ~
6-12 year olds
June 1, 2023
9:00am—5:00pm

~ Calm, Confident Parenting ~
13-18 year olds
May 20, 2023
9:00am—5:00pm

**Please call for more
information or to register.**

(209) 257-1980 x 105

**Ask about our
Tablet Lending Library!**

Ponderances of **PEACE**

**STARTING TUESDAY, MAY
2ND, 2023, 1:00-2:00PM**

A 5-week course every Tuesday in May. This class is about bringing awareness of a peaceful planet. Get relaxed, do some doodling and coloring while thinking and talking about positive energy frequencies for everyone. Have fun, smile a lot, feel joy and add color to your life and the world! One time cost of \$6 to purchase the book. \$2 donation per class.

**CALL LAUREN 210-986-0192 OR AMADOR
SENIOR CENTER 209-223-0442 TO REGISTER.
LOCATED AT THE AMADOR SENIOR CENTER
229 NEW YORK RANCH ROAD, JACKSON**



Lauren C. Granger, MA. Clinical Psychology, is a messenger of good will who uses her voice and her words to promote kindness and joy. Lauren's mission is to bring about peace on Earth.



SOMETIMES WHAT HURTS THE MOST CAN'T BE SEEN.
SOMETIMES WHAT HELPS THE MOST IS EASY TO DO.



**An evening with
David Woods Bartley
May 15, 2023
6:30 p.m.
Argonaut High School**

DAVID BARTLEY IS KNOWN AS A DYNAMIC SPEAKER, STORYTELLER, AND TRAINER. WITH REAL-LIFE ANECDOTES THAT EVOKE LAUGHTER AND TEARS, DAVID INFORMS AND CAPTIVATES AUDIENCES THAT ENABLE LISTENERS TO SEE MENTAL ILLNESS FROM A DIFFERENT POINT OF VIEW; A FRESH PERSPECTIVE THAT CREATES AN OPENING FOR MENTAL WELLNESS FOR THOSE WHO SUFFER, THEIR FAMILY, FRIENDS, AND MEMBERS OF THE COMMUNITY WHERE THEY LIVE, WORK AND FELLOWSHIP.

DAVID'S GOAL FOR EACH WORKSHOP IS THE SAME: TO SHED LIGHT ON THE ISSUE OF MENTAL ILLNESS, TEACH OTHERS HOW TO CREATE HOPE, AND OPEN DOORS TO THE POSSIBILITY OF MENTAL WELLNESS FOR ALL.

LEARN MORE ABOUT DAVID: [HTTPS://WWW.DAVIDWOODSBARTLEY.COM/](https://www.davidwoodsbartley.com/)

**Argonaut High School
Library
501 Argonaut Lane, Jackson, CA**

This is a free event. No RSVP required.

Questions? Contact: Melinda Hemig (209) 257-5334

COMMON GROUND

Communication Workshops for Parents & Teens



Join us for our interactive and supportive

communication course to learn and
strengthen the following skills:

- Listen respectfully
- Communicate openly and honestly
- Set and respect limits
- Appreciate and honor differences



For more information or to register,
please call (209) 257-1980 x101
or email referral to
lhalvorson@nexusyfs.org.

May 4, 11, 18, 25

June 1, 8, 15

6:00pm - 8:00pm

(dinner will be served)

LOCATION:

Nexus Youth & Family Services
601 Court St. suite 300
Jackson, Ca. 95642



No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, medical condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.

Perinatal Wellness Training

Please join us for a free training session focusing on perinatal wellness and maternal mental health. This training is intended for paraprofessionals, professionals or anyone who is interested in learning more about maternal mental health and wellness.

Presented by:
Sherry Douden, LMFT
&

Kathleen Shenk
CEO & Director Strategies Center at Youth for Change

May 24th

9:00 a.m. to 2:30 p.m.

Lunch Provided

FREE

First 5 Amador

975 Broadway, Jackson

Questions & RSVP:

(209) 257-1092

nina@first5amador.com

Presenter Bios

SHERRY DOUDEN, LMFT: SHERRY DOUDEN COMPLETED HER MASTER'S DEGREE IN COUNSELING PSYCHOLOGY FROM CHAPMAN UNIVERSITY. IN 2005, SHERRY BECAME A LICENSED MARRIAGE AND FAMILY THERAPIST AND FOUNDED A NONPROFIT CALLED NEW MOURNING. IN 2015, NEW MOURNING TRANSITIONED TO INSIGHTS COUNSELING GROUP, AND SHERRY HAS PROVIDED CLINICAL SUPERVISION, TRAINING, AND MENTORING TO INTERNS WHILE THEY GAIN HOURS TOWARD LICENSURE. TODAY, INSIGHTS COUNSELING HAS 2 OFFICES AND EMPLOYS 20 CLINICAL STAFF. MATERNAL MENTAL HEALTH IS ONE OF SHERRY'S SPECIALTIES AND SHE HAS BEEN DEVELOPING TRAINING CURRICULA AND PROVIDING MATERNAL MENTAL HEALTH SERVICES SINCE 2014.

KATHLEEN SHENK: DIRECTOR AND CEO WITH DECADES OF INCREASINGLY RESPONSIBLE EXPERIENCE IN THE HUMAN AND SOCIAL SERVICE SECTORS, INCLUDING PROFESSIONAL DEVELOPMENT AND TECHNICAL ASSISTANCE IN 30 CALIFORNIA COUNTIES. KATHLEEN DEVELOPS COMPLEX PROJECTS AND UNDERSTANDS EFFECTIVE PROBLEM-SOLVING, CRITICAL THINKING, PROGRAM ANALYSIS, COLLABORATION, BUDGET DEVELOPMENT, STRATEGIC PLANNING, INSTRUCTIONAL DEVELOPMENT, SOCIAL SERVICE PROGRAMS, LEARNING AND DEVELOPMENT, ORGANIZATIONAL DEVELOPMENT AND SUSTAINABILITY, AND EVALUATION. KATHLEEN HAS BEEN DEVELOPING TRAINING CURRICULA FOR MORE THAN 25 YEARS AND OFFERING MATERNAL MENTAL HEALTH TRAINING FOR PARAPROFESSIONALS AND OTHERS SINCE 2014.

**THIS TRAINING IS BROUGHT TO YOU BY THE
AMADOR CALAVERAS PERINATAL WELLNESS
COALITION**



SPRING INTO ACTION



Become a Red Cross Volunteer Today!

Every day, the Red Cross sees the heartbreak of people coping with more intense storms, heavier rainfall, higher temperatures, stronger hurricanes and more devastating wildfires. As more people rely on the Red Cross for help, the need for compassionate volunteers has never been greater. Help comfort and support people who are forced from their homes due to fires, storms and other emergencies, so they don't have to face tough times alone.



Volunteers urgently needed for the following positions in your community:

Disaster Action Team

Assist individuals and families who have been impacted by a home fire or local other disaster.

Disaster Health Services Team

Health professionals are needed in shelters to provide hands-on care, health education, health assessments, and additional health-related support.

Sheltering Team

In-person shelter support to assist with reception, registration, feeding, dormitory, information collection, and other vital tasks to help those we serve.

Logistics Procurement or Supply Service Associate

Provide a vital link to mission delivery by ensuring needed materials and supplies are procured in a timely and cost-efficient manner and/or delivered to their needed locations.

Discover the role that's right for you!



Scan with cell phone camera to apply.

redcross.org/volunteertoday

Sherilyn.bethoney@redcross.org
(916) 261-0351 (Text friendly)

"Saving Wildlife Saves Us"

JOIN US FOR AN
**EDUCATIONAL WILDLIFE
PRESENTATION**

FRIDAY, MAY 12TH AT 2PM



LOCATED AT THE AMADOR SENIOR CENTER
229 NEW YORK RANCH ROAD IN JACKSON

MEET SOME OF TRI COUNTY WILDLIFE
CARE'S ANIMAL AMBASSADORS! THIS FREE
EVENT IS OPEN TO ALL AGES!

QUESTIONS? CALL 209-223-0442.

BROUGHT TO YOU BY:



AMADOR
SENIOR CENTER

FIELD TRIP!

CHAW'SE INDIAN GRINDING ROCK STATE HISTORIC PARK

TUESDAY, MAY 9, 2023

| 10:00 AM

MEET AT SIERRA WIND

10354 ARGONAUT LANE

JACKSON, CA

(209)223-1956

ABOUT THE PARK

The beautiful 135-acre park, with its open meadows and large valley oaks, is a living history of the Miwok populating the area. Chaw'se is the only State Park in Amador County.

The park is named for its chaw'se, a "grinding rock" of marbleized limestone with 1,185 mortar holes, the largest collection of bedrock mortars anywhere in North America. The


Miwok used the chaw'se for thousands of years to grind acorns for food. The chaw'se also features 363 petroglyphs (carved images), 2,000 to 3,000 years old.




A RECIPE FOR **Self-Care**

Self-care can mean finding things you can do regularly that set you up to be more mentally, emotionally, and physically well. Self-care isn't about spending money or doing something out of the ordinary. **It can be small things that reduce your stress or allow you to connect with yourself.** Try some of the ideas below and create your own recipe for self-care.


Ingredients



Find Your "You Time": Take some time just for yourself and find a moment for something you enjoy. This can be catching up on a favorite show, listening to music, taking a nap or walk, or going to bed early. It's important to carve out time to find joy in your day.



Take A Screen Break: Turn off notifications on your phone for a little while, or switch off the TV or computer. Start with small amounts of time and notice how this change makes you feel. Allow yourself to take in your surroundings, and open a window for fresh air or spend time outdoors if you can.



Relax: Do things that make you feel calm, like taking a moment to rest your eyes and taking 10 deep breaths into your belly. You may like to read a book or magazine, enjoy a long shower or bath, or just take a moment with yourself and do nothing at all.



Treat Yourself: Do you have a favorite food, snack, or nonalcoholic drink? Make or order something you love and savor it.



Find more self-care tips and activities at **TakeAction4MH.com**
Keep this card or share it with someone else who might need it.

A RECIPE FOR

A Healthy Body And Mind

Physical health and mental health go together—like salt and pepper. **A healthy body helps you maintain emotional wellness,** and looking after your mental health will have a positive effect on how your body feels. Add a dash of this to your daily routine.



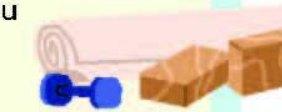
Ingredients

Movement: Get your body moving, however you can. Try stretching, going for a walk, yoga, or even dance like nobody's watching!



Rest: Make sure you get enough sleep. Try to rest between 7 to 9 hours each night. Creating a routine before falling asleep can help your brain and body get ready for rest.

Good Food: Eat nourishing foods, including fruits and vegetables when you can. It's OK to treat yourself to comfort foods as well. Just try and keep things balanced.



Hydrate: Make sure to drink lots of water to help your body and brain work well and also increase your energy. Try to aim for at least 8 glasses of water a day. You can add slices of lemon, fruit, or cucumber to make drinking water tastier.



Find more wellness tips and activities at [TakeAction4MH.com](https://www.takeaction4mh.com)
Keep this card or share it with someone else who might need it.

A RECIPE FOR

Social Support

Social support is a necessary tool for supporting your mental wellness. When you keep in touch and make time for friends, family, and community members you enjoy being with, you're feeding your own mental health as well as theirs.

Ingredients



Close connections: Friends may come and go in our lives, but it's good to know that certain people are there for you—and you for them. If you need someone to talk to, reach out to someone you trust, even if you haven't talked with them in a while. Take the time and check in to let them know you're there, and offer your support.

Family: This can be who you grew up with, who you choose as your family, or a combination of both. Get support from family members you can count on to talk about how you're feeling—good or bad—and to also check in on them. This is especially important if you, or they, are feeling alone or isolated.

Communities: A community is more than where you live. Your communities can include groups of people you share an identity, faith, or hobby with, and can include a community you interact with online. Like friends and family, your communities provide support in difficult times. People in your communities may need support from you. You can check in with those you've gotten to know and build your relationship or provide support.



Learn more about social support and how to check in at **[TakeAction4MH.com](https://www.takeaction4mh.com)**
Keep this card or share it with someone else who might need it.

A RECIPE FOR

Mindfulness

Mindfulness is a way to focus on what you're sensing and feeling in this moment, without judgment or negativity. Think of it as a mental health break that can reduce stress or anxiety and help you center and be present with yourself.

Ingredients

Slow Down: If you're feeling overwhelmed, take a break. Find a place and time where you can be safe, quiet, and alone for a few minutes.

Be In The Moment: Thoughts and feelings from the past or about the future can distract you from what you're thinking and feeling right now. Experience this moment in time, where you are, and what it means to you.

Pay Attention: If you can, close your eyes, steady your breathing, and try to experience your environment with all of the senses you have—touch, sound, smell and/or taste. Try to hear, and feel, your centering heartbeat.

Accept Yourself: Take a moment to give yourself some love, and feel gratitude. Focus on the good things happening in your life, and how they bring you joy. Find a few things you did recently that bring you pride and acknowledge them.



Find more mindful activities at [TakeAction4MH.com](https://www.TakeAction4MH.com)
Keep this card or share it with someone else who might need it.

A RECIPE FOR *Reducing Stress*

We can all feel stressed at times. If you feel overwhelmed, there are a few things you can do to help reduce your stress so you can be calm and ready for the next moment.

Ingredients



Ground Yourself: Put both your feet flat on the ground, or focus on the part of yourself that is most in contact with the ground. Concentrate on what it feels like to be right here, right now. If you can, do this outdoors in a park, by the water, or someplace beautiful. You can also find the most relaxing place in your home.



Breathe Deep: Breathe out completely through your mouth to empty your lungs, then breathe in through just your nose for 4 seconds. Hold your breath for 7 seconds then breathe out for 8 seconds. Try to do this 3 more times.



Relax Your Body: While you're steadying your breathing, focus on letting each of your muscles and body parts relax. Start by thinking about the lowest part of your body and relaxing those muscles while taking deep breaths. Then gradually work your way up to your belly, chest, shoulders, and neck. Once you feel relaxed, you can "scan" your body and think about how your body is feeling at this very moment.



Positive Thinking: Take a minute to think about something good that happened recently, or something that made you feel pride or joy. Taking time each day to think about things we feel gratitude for can help when we're feeling stressed.



Find more mental health tips and activities at [TakeAction4MH.com](https://www.takeaction4mh.com)
Keep this card or share it with someone else who might need it.

Family, Friends, & Neighbors (FFN)





Family, Friends and Neighbors (FFN)

About

The Friends, Family, and Neighbor (FFN) program is a Child Care Resource and Referral initiative aimed at supporting caregivers who provide care for children in their own homes. The program provides resources, training, and guidance to FFN caregivers to help them provide quality care and education to the children in their care. Through the FFN program, caregivers can access a range of services, including referrals to community resources, training and workshops, and support networks. This program recognizes the important role that informal caregivers play in the lives of children and provides them with the tools and resources they need to provide safe, nurturing, and stimulating environments for the children in their care.

FFNs build stable foundations for young children, and are an irreplaceable and essential part of the mixed delivery child care system.

BARBARALUNCH.ORG



Services

- Caregiver Support
- Guidance on Health & Safety Practices (CPR)
- Lending Library
- Consumable Closet
- Community Resources (Food Program)
- Professional Development



Not sure if you are an FFN? Have Questions?
Call Karen Frazier 209.754.1075 or email
kfrazier@trcac.org

The Resource Connection

Engaging Families • Empowering Communities • Enriching Lives

Child Care Resource and Referral Services



May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 ACCC Mtg. 1:00 PM @ ACOE	3	4	5 Cinco de Mayo!	6
7	8	9 National Teacher Day!	10 Grandparent Café Via Zoom 9:30 am	11	12 Provider Appreciation Day!	13
14 Mother's Day!	15 CCIP Incentive List Due!	16 CCCC Mtg. 9 am @ CUSD	17	18 Provider Night 4:30–7 PM Calaveras County Frog Jumps	19 Calaveras County Frog Jumps	20 Armed Forces Day! Calaveras County Frog Jumps
21 Calaveras County Frog Jumps	22	23	24	25	26	27
28	29 Memorial Day! Office Closed	30	31			

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

Learning Through Play with **BEV BOS**

The late Bev Bos was a world-renown leader in the early childhood field, well known for her teachings on play-based learning. Join us for a lively and engaging evening based on her "Good Stuff For Kids" Conferences! Will include make-and-take activities and fun incentives!

**TUESDAY,
MAY 9**

**6:30 – 8:30
PM**

**In-Person at
our Moke Hill
office!**

• **You will experience Bev's philosophies on...**

- ✓ Risky Play
- ✓ Messy Play
- ✓ Nature Play
- ✓ Rough & Tumble Play
- ✓ Storytelling & Music

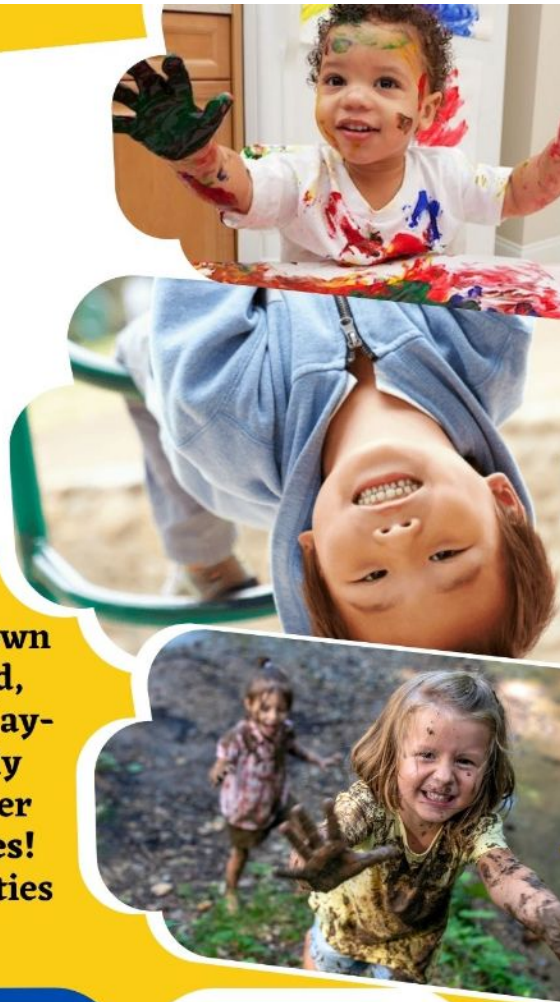
Click link below to RSVP:

<https://bit.ly/3dbMitG>

Or scan QR Code, here:



More Information: (209) 754-1075 esimmons@trcac.org



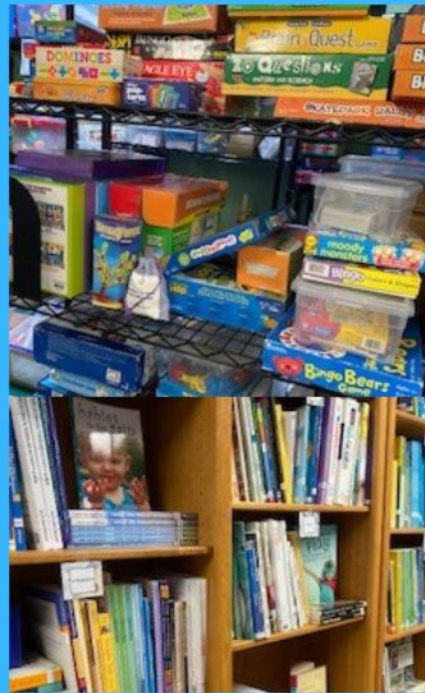
PROVIDER WORK NIGHTS

Every 3rd Thursday of the month 4:30pm-7:00pm

● Lending Library ● Consumable Closet ● Copies ●



Consumable Closet
(FCCH and FFN Only)



Items you may take back to your program and use up. Paint, glue, scissors, paper, glitter, playdough, tape, craft items and more!

Our color copy machine is available to print your contracts, policy booklets and other business paperwork.

Over 2000 children's books and educational items available for loan. All developmental areas available. Large selection of teaching books. Keep up to 30 days and return when ready for something new.



Our mailing address is:

8085 Highway 26, Suite G
Mokelumne Hill, CA 95245

(209) 754-1075 / rrinfo@trcac.org / [Facebook](#)

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