

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

**Early Learning Programs
In The Know**



May 2024 Edition

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On Friday, May 10th, please take a moment to celebrate the dedicated childcare professionals in Amador and Calaveras County. These are the people who make a difference in the lives of children every day. From family childcare providers to preschool teachers, infant caregivers, and all other educators who work with young kids, they create a safe, loving environment where children can grow and learn.

Early learning providers teach kids vital skills like communication and problem-solving and work with parents to ensure each child's needs are met. They instill values like kindness, respect, and empathy, helping build a caring and inclusive community.

If you are a parent, caregiver, or simply a community member, this is a great opportunity to express your appreciation for the early learning providers in your area. These professionals often work tirelessly behind the scenes, and your acknowledgment can make a big difference in their day.

Thank you for being part of this celebration!

Sincerely,
Sheri Noble
R&R Program Director

Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075



Best Mental Health Activities for Kids in 2024

You know how grown-ups sometimes say, “When I was your age, things were easier”? Well, kids today have new challenges to tackle. There’s a lot of homework, tests, and maybe even a bit too much screen time. Due to increased mental pressures arise, the need for effective mental health activities.

In this blog, we are going to explore some of the most effective mental health activities for kids. These activities are tools that can make kids’ hearts feel lighter, and their minds feel stronger. They’re simple, fun, and they can make a big difference in a child’s life.

In today’s fast-paced world, it’s important to take a moment to think about something really important—kids’ mental health. Challenges like school pressures, making new friends, and even big changes at home can make their minds feel like a jigsaw puzzle missing a piece.

Promoting child and adolescent mental health is a priority recognized globally. The World Health Organization (WHO) emphasizes that policies,

nurturing care from caregivers, school-based programs, and quality community environments play pivotal roles in fostering mental well-being in young individuals. Engaging in mental health activities can equip children with the [social and emotional skills](#) they need, setting the foundation for a healthier, more resilient future. Now, let's delve into the specific benefits of these activities.

1. Feeling Happy and Calm: Teaching kids about these activities – let them take a break from the worries and stress of everyday life. It's like a mini-vacation for their minds.

2. Stronger Relationships: When we understand our feelings, we can also understand other people's feelings better. This helps us make friends, be kind, and build strong relationships.

3. Dealing with Tricky Stuff: Life can throw tricky stuff at kids – like school stress or problems with friends. Kids' mental health activities teach them how to cope with these challenges.

4. Super Skills for Life: As kids grow up, these activities give them amazing life skills. Teaching kids about mental health helps them understand how to be kind to themselves, [solve problems](#), and bounce back from tough times.

5. Less Stress and Anxiety: Sometimes, kids feel worried or anxious. These activities can help them calm those anxious thoughts and feel more at ease.

6. Happiness that Lasts: The best part? These benefits aren't just for today – they're for a lifetime. Kids who practice these activities grow up to be happier and healthier adults.

Taking care of your mental health helps you become the best version of yourself. You can focus better in school, enjoy hobbies, and chase your dreams with confidence.

1. Rainbow of Emotions Art

[Drawing](#) your emotions using colors is one of the best mental health [activities for preschoolers](#). It can help them express how they feel when words aren't enough. It encourages self-awareness and creativity, making it easier to understand and share feelings.

How to do it:

- Draw a big rainbow on paper.
- Assign different emotions to each color (e.g., red for anger, blue for sadness, green for happiness).
- Use crayons or markers to draw how you feel inside using the [colors of the rainbow](#).

2. Gratitude Jar

The gratitude jar is a powerful way to focus on the good things in your life. [Writing down what you're thankful](#) for every day helps you appreciate the positive moments, even on tough days.

How to do it:

- Get a jar and decorate it.
- Every day, write down something you're grateful for on a small piece of paper.
- Fold the paper and put it in the jar.
- Whenever you need a happiness boost, open the jar and read your [gratitude notes](#).

3. Mindful Breathing with Bubbles

Blowing bubbles slowly and paying attention to their movements can be calming. It helps you take slow, deep breaths, which relaxes your mind and reduces stress.

How to do it:

- Blow soap bubbles slowly.
- Pay attention to how they float and pop.
- Take deep breaths as you blow the bubbles to [stay calm and focused](#).

4. Feelings Charades

If you are looking for mental health activities for elementary students, playing feelings [charades](#) can be a good option. It helps you understand and express emotions without words. It encourages communication and empathy, making it easier to talk about feelings with others.

How to do it:

- Write different emotions on slips of paper (happy, sad, excited, scared, etc.).
- Take turns acting out the emotions without using words.
- Guess each other's emotions and talk about when you've felt that way.

5. Nature Scavenger Hunt

Connecting with nature is like a breath of fresh air for your mind. A [scavenger hunt](#) outdoors is one of the best mental health activities for elementary students. It can improve their mood, reduce stress, and boost their appreciation for the natural world.

How to do it:

- Explore your backyard or a nearby park.
- Make a list of things to find in nature, like a colorful leaf, a smooth rock, or a chirping bird.
- Go on a scavenger hunt to find these items and connect with nature.

Importance of Mental Health in Kids' Lives

We've talked about some super fun mental health [activities for kids](#). But why is this stuff so important? Well, let's dig a bit deeper and find out why taking care of our feelings is a big deal, especially when we're kids.

1. Sometimes, kids don't know how to talk about their feelings. Such activities can help them understand and express their emotions better by **making them friends with their feelings**. Think of these activities as tools of their emotional toolbox. The more tools they have, the better they can handle big challenges when they grow up.

2. Doing these activities is like exercise for the brain and the heart, **making them grow stronger on the inside**. They help kids become emotionally stronger and better at handling tough situations.

Therefore, kids who practice these activities often grow up to be happier and healthier adults. Taking care of your mental health is like giving yourself a gift. It helps you feel awesome right now and sets you up for an amazing future. It's all about being the best, happiest, and most confident YOU.

Conclusion

As parents, we play a vital role in nurturing our children's mental well-being. The journey we've embarked on today is a reminder that helping our kids with their mental health can be both simple and enjoyable. By introducing

them to these activities, we provide them with valuable tools for resilience, self-awareness, and happiness.

Let's encourage our children to explore their feelings, foster connections, and build a strong foundation for their future well-being. Together, we can create a world where our kids grow up to be confident, empathetic, and emotionally resilient individuals.

Please click the link below for the full article:

<https://www.splashlearn.com/blog/best-mental-health-activities-for-kids/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



Important Reminders from the Subsidy Department

1. Providers and Parents, if you cannot drop off the attendance forms at the various black drop box locations, you may email the attendance forms to the following email address: rrinfo@trcac.org. Please do not email Case Managers the attendance forms. Please note if you email the attendance forms, we do not need the originals, as the electronic version is acceptable. However, please retain the originals for your records.
2. Providers and Parents, please complete all Subsidy Attendance forms for reimbursement. Attendance forms must have both the parent and provider's signature, exact in and out times, and the child's first and last name. Incomplete Attendance Forms will be returned, and payment will not be

issued until the Attendance Form is complete. If you want to reference the regulation, please click the link below:

You can't click on it here- but the link track is to this regulation - <https://law.justia.com/codes/california/2022/code-wic/division-9/part-1-8/chapter-3/section-10227-5/>

3. 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-20240227.pdf>

Resource and Referral Newsletter & Professional Development

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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 online 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: | Makes Less Than In a Month: | or, Makes less Than In a Year: |
|-------------------|-----------------------------|--------------------------------|
| 1-2 | \$6,128 | \$73,536 |
| 3 | \$6,931 | \$83,172 |
| 4 | \$8,025 | \$96,300 |
| 5 | \$9,309 | \$111,708 |
| 6 | \$10,593 | \$127,116 |
| 7 | \$10,834 | \$130,008 |
| 8 | \$11,074 | \$132,888 |
| 9 | \$11,315 | \$135,780 |

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

The Resource Connection
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Amador and Calaveras County
(209) 754-1075 (877) 944-9911

Selection & Enrollment Process

Eligibility List

The AP program has limited openings for eligible families. The first step to access AP services is to be placed on our eligibility list. Families with children with disabilities are encouraged to apply.

3 Ways to Apply



Apply online at:
cel.trcac.org
 Visit our website
www.rr.trcac.org

Call our Office
 209-754-1075 or
 877-944-9911

Visit us at:
 8085 Highway 26, Suite G
 Mokelumne Hill

Selecting Participants

When an opening is available, we access the waiting list and contact families based on the following program admission priorities:

- **First:** Child protective services, or at-risk of abuse, neglect or exploitation
- **Second:** Admission priority based on adjusted gross monthly income & family size.

When multiple families are within the same ranking:

1. Child with exceptional needs within the same ranking is admitted first
2. Entry with the oldest application date is admitted second

| Rank | Family Size | | | | | | | | | | | |
|------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|--|
| | 1 - 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 1 | \$ 59 | \$ 64 | \$ 75 | \$ 87 | \$ 99 | \$ 101 | \$ 103 | \$ 105 | \$ 108 | \$ 110 | \$ 112 | |
| 2 | \$ 119 | \$ 128 | \$ 150 | \$ 174 | \$ 198 | \$ 202 | \$ 207 | \$ 211 | \$ 216 | \$ 220 | \$ 225 | |
| 3 | \$ 178 | \$ 192 | \$ 225 | \$ 261 | \$ 297 | \$ 304 | \$ 310 | \$ 317 | \$ 324 | \$ 331 | \$ 337 | |
| 4 | \$ 238 | \$ 257 | \$ 300 | \$ 348 | \$ 396 | \$ 405 | \$ 414 | \$ 423 | \$ 432 | \$ 441 | \$ 450 | |
| 5 | \$ 298 | \$ 321 | \$ 375 | \$ 435 | \$ 495 | \$ 506 | \$ 518 | \$ 529 | \$ 540 | \$ 551 | \$ 563 | |
| 6 | \$ 357 | \$ 385 | \$ 450 | \$ 522 | \$ 594 | \$ 608 | \$ 621 | \$ 621 | \$ 648 | \$ 662 | \$ 675 | |
| 7 | \$ 417 | \$ 450 | \$ 525 | \$ 609 | \$ 693 | \$ 709 | \$ 725 | \$ 741 | \$ 756 | \$ 772 | \$ 788 | |
| 8 | \$ 476 | \$ 514 | \$ 600 | \$ 696 | \$ 793 | \$ 814 | \$ 829 | \$ 847 | \$ 865 | \$ 883 | \$ 901 | |
| 9 | \$ 536 | \$ 578 | \$ 675 | \$ 784 | \$ 892 | \$ 912 | \$ 932 | \$ 953 | \$ 973 | \$ 993 | \$ 1,013 | |
| 10 | \$ 596 | \$ 643 | \$ 750 | \$ 871 | \$ 992 | \$ 1,013 | \$ 1,034 | \$ 1,058 | \$ 1,081 | \$ 1,103 | \$ 1,126 | |
| 11 | \$ 656 | \$ 707 | \$ 828 | \$ 955 | \$ 1,090 | \$ 1,117 | \$ 1,140 | \$ 1,164 | \$ 1,189 | \$ 1,214 | \$ 1,239 | |
| 12 | \$ 715 | \$ 771 | \$ 900 | \$ 1,045 | \$ 1,197 | \$ 1,231 | \$ 1,216 | \$ 1,243 | \$ 1,270 | \$ 1,297 | \$ 1,324 | |
| 13 | \$ 775 | \$ 836 | \$ 976 | \$ 1,126 | \$ 1,288 | \$ 1,317 | \$ 1,347 | \$ 1,376 | \$ 1,405 | \$ 1,435 | \$ 1,464 | |
| 14 | \$ 834 | \$ 900 | \$ 1,050 | \$ 1,209 | \$ 1,387 | \$ 1,419 | \$ 1,450 | \$ 1,482 | \$ 1,513 | \$ 1,545 | \$ 1,577 | |
| 15 | \$ 894 | \$ 964 | \$ 1,120 | \$ 1,306 | \$ 1,486 | \$ 1,520 | \$ 1,554 | \$ 1,588 | \$ 1,622 | \$ 1,655 | \$ 1,689 | |
| 16 | \$ 953 | \$ 1,029 | \$ 1,201 | \$ 1,393 | \$ 1,586 | \$ 1,622 | \$ 1,658 | \$ 1,694 | \$ 1,730 | \$ 1,766 | \$ 1,802 | |
| 17 | \$ 1,013 | \$ 1,093 | \$ 1,276 | \$ 1,480 | \$ 1,685 | \$ 1,723 | \$ 1,761 | \$ 1,800 | \$ 1,838 | \$ 1,876 | \$ 1,915 | |
| 18 | \$ 1,073 | \$ 1,157 | \$ 1,351 | \$ 1,568 | \$ 1,784 | \$ 1,824 | \$ 1,865 | \$ 1,906 | \$ 1,946 | \$ 1,987 | \$ 2,027 | |
| 19 | \$ 1,132 | \$ 1,222 | \$ 1,426 | \$ 1,655 | \$ 1,883 | \$ 1,926 | \$ 1,969 | \$ 2,011 | \$ 2,054 | \$ 2,097 | \$ 2,140 | |
| 20 | \$ 1,192 | \$ 1,286 | \$ 1,501 | \$ 1,742 | \$ 1,982 | \$ 2,027 | \$ 2,072 | \$ 2,117 | \$ 2,162 | \$ 2,207 | \$ 2,252 | |



Families screened & selected for potential enrollment from the waiting list will be asked to complete the orientation process, and submit documentation to verify eligibility/need for services. The steps are as follows:

Learn How to Apply and Select an Eligible Provider

Apply online to the Child Care Eligibility list and update your information if anything changes.

When we are ready to enroll we will contact families in the lowest ranks and highest priority first.

Begin Your Child Care Provider Search

If you do not currently have a child care provider you will need to find one. Choosing child care can be a difficult job, contact our Resource & Referral department for help and to find out what is available for your family.

Complete Documentation Orientation

Make sure you answer your phone, email or respond to the letter you receive to schedule an appointment with a Case Manager.

Complete forms, gather documents listed on the checklist, select a child care provider.

Note: If you do not contact us within 1 week of being contacted, you will not be eligible to apply for this enrollment period.

Verify Eligibility

Attend in-person appointment at The Resource Connection office specified on your letter.

Please note that your **appointment will be rescheduled** if your packet/information is not complete at the time of your appointment.

For the purposes of this handbook, parent means a biological parent, adoptive parent, stepparent, foster parent, caretaker relative, legal guardian, domestic partner or any other adult living with a child who has responsibility for the care and welfare of the child.

It is the parent's right and responsibility to choose an eligible provider that meets their family's need for child care and development services. Participants are encouraged to choose a clean, healthy and safe environment for their child(ren). For assistance in choosing a child care provider at any time, contact our Child Care Resource and Referral department at (209) 754-1075 or go online at <http://rr.trcac.org>



4 Steps to Choosing Quality Child Care

Step 1: Think About Your Child Care Options
 When considering your options, sure you take into consideration how well the provider or program fit your child's needs, your family's schedule, location & language.

| | | |
|--|---|--|
| <p>TrustLine License-Exempt Child Care</p> <ul style="list-style-type: none"> Providers include relatives (grandparents, aunts, uncles), other relatives, friends & neighbors Other family, friends and neighbors must be fingerprinted Care is provided in the provider's home No licensing requirements | <p>Child Care Center</p> <ul style="list-style-type: none"> Facilities that provide care for infants, toddlers, preschoolers and/or school-age children Care is provided in non-home facilities such as churches, schools and/or licensed buildings Group sizes are large allowing for children to have rich social and academic experiences Primary caregivers are required to have (or be in the process of completing) 12 units of Early Childhood Education Centers are licensed and are regulated by the state | |
| <p>Licensed Family Child Care Home (FCCH)</p> <ul style="list-style-type: none"> Providers are in a home setting for children of mixed ages Large FCCH-cares for up to 14 children and requires an assistant Capacity of 14 children with no more than 3 infants, when at least 2 children are 6 years of age or older Small FCCH-cares for up to 8 children An assistant is required when more than 6 to 8 children are present Group sizes are smaller allowing for individualized care Staff are CPR/First Aid and Health and Safety certified Often are able to provide a flexible schedule including, evening, weekend or overnight care FCCH's are licensed and are regulated by the state | | |
| <p>Step 2: Begin Your Search</p> <ul style="list-style-type: none"> Call Child Care Resource & Referral at: (209) 754-1075 Child Care Resource & Referral can give you a list of licensed child care options Obtain information on the elements of quality child care | <p>Step 3: Visit, Observe & Ask Questions</p> <ul style="list-style-type: none"> Visit the child care while other children are present Use a checklist to help you decide what things about a child care arrangement are most important to your family | <p>Step 4: Make a Choice & Stay Involved</p> <ul style="list-style-type: none"> Watch carefully & visit unannounced Have regular parent-provider meetings Is your child happy, are they learning? If you are not comfortable with your choice, is it okay to change |

Parents who choose a licensed provider have the right and responsibility to view any licensing information regarding site visits to their provider's facility or records regarding complaints. Call Community Care Licensing at 1-844-538-8766 for information about facility reports. Parents are also encouraged to visit the Department of Justice "Registered Sex Offender" database at www.meganslaw.ca.gov

Choosing Quality Child Care is important; it promotes brain development, school readiness and reduces family stress. Everyone Benefits!

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.

BA.NAKA@UNICH.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

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Child Care Resource and Referral Services

TrustLine Background Check

TIPS FOR
NANNIES AND
BABYSITTERS

Looking for Child Care Provider Training?



Connect with your local Child Care Resource and Referral Agency.

CCR&R's serve families, child care providers and the local community. CCR&R's provide child care referrals and information for parents, and they also support and train child care providers

CALL 800-543-7793



TrustLine
California's Background Check for In-Home Child Care



IECMHC Network

Infant and Early Childhood Mental Health Consultation Network

Connect. Reflect. Grow. Information for Program Administrators

Infant and early childhood mental health consultation is a **no cost** service that connects California teachers and caregivers with trained early mental health consultants to ensure that all young children and the adults who care for them have the supports they need for healthy social and emotional development. Your consultant can help with strategies to:

Support well-being for caregivers and administrators

- Reduce teacher, caregiver, and director stress
- Increase staff retention
- Develop positive program culture

Support well-being for all children

- Promote a warm and responsive care environment
- Address mental health and developmental issues early

Address challenging behavior

- Decrease behaviors adults find challenging
- Reduce suspensions and expulsions

When to Call an Infant and Early Childhood Mental Health Consultant

When everything is fine

All children benefit from early social, emotional, and mental health promotion. Building a relationship with your local consultant early on means receiving ongoing training and support.

When you or your staff are feeling overwhelmed by the demands of caregiving

Consultants are trusted, confidential, reliable partners who can listen and help you identify the best ways to care for your own health and well-being.

When you need more information

Consultants can also work with you to develop approaches to support individual children, including those who may be having a difficult time in your care.

How to contact

Visit [the IECMHC Network website](http://www.iecmhcnetwork.org) for more information about available services and to request a consultant, or call our Helpline at 1-877-524-2422.



*When to call" guidance borrowed with permission from the Colorado Department of Early Childhood

California IECMHC Network Services

The California Infant and Early Childhood Mental Health Consultation Network provides the services below at **no cost** for child care and early education center-based program staff, family child care providers, and family, friend, and neighbor caregivers.



Consultation



Helpline



Open Door Sessions



Virtual Training



Communities of Support



SCAN ME

Help is here! Connect with us at www.iecmhcnetwork.org

Funded by the California Department of Social Services. Administered by WestEd.



CALIFORNIA
DEPARTMENT OF
SOCIAL SERVICES





IECMHC Network

Infant and Early Childhood Mental Health Consultation Network

Connect. Reflect. Grow.

Understanding Early Mental Health

We understand how important it is to support children's physical health with proper diet, exercise, and sleep. It is also important that we take care of children's mental health. We can support young children's mental health by supporting their social and emotional development through fostering positive relationships with their families and caregivers.



Infants

Mental health for infants starts with a responsive caregiver. Caregivers teach babies healthy social and emotional skills by forming responsive and trusting relationships and creating safe and engaging care environments. This helps infants begin to develop a sense of themselves as individuals and trust in the world around them.



Toddlers and Preschoolers

Toddlers and preschoolers benefit from positive relationships with caregivers and clear and consistent expectations. Supporting their social and emotional development also includes helping toddlers and preschoolers learn and practice making friends, regulating emotions, and solving social problems.

Learn More About Why Infant and Early Childhood Mental Health Consultation Is Effective

Scan the QR code to learn more about why infant and early childhood mental health consultation is effective in this video from Georgetown University's Center of Excellence for Infant and Early Childhood Mental Health Consultation.



What It's Like to Work with an IECMHC Network Consultant

- IECMHC Network consultants have deep expertise in early childhood, social and emotional development, trauma and resilience and mental health.
- Consultants work directly with early childhood professionals and caregivers to support them in fostering the well-being of the children in their care; consultants do not work directly with children, offer diagnoses, or provide therapy.
- Consultation begins with a short conversation between the early childhood professional or caregiver and a local consultant to discuss needs and helpful support. Services and training can be provided on-site at the program or child care home, remotely, or a combination of both.
- Consultants facilitate reflective conversations to help caregivers consider the meaning of young children's behavior and how experiences and beliefs impact the way caregivers respond to children.



Help is here! Connect with us at www.iecmhcnetwork.org

Funded by the California Department of Social Services. Administered by WestEd.





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



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NEIGHBORHOOD Scavenger Hunt

How many of these things can you find while you walk around your neighborhood?

| | | | | |
|-------------|---------------|--------------|--------------|--------------|
| A Black Car | For Sale Sign | A Swing | Outdoor Toys | A Dog |
| A Cat | A Trash Can | A Flower Pot | A Flag | Fire Hydrant |
| | | | | |

Indoor and Outdoor Scavenger Hunt Ideas for Kids - Plus Cute Printables!

A scavenger hunt for kids is one of those activities that's fun for the whole family. Scavenger hunts combat boredom and get everyone moving. Plus, while there are tons of scavenger hunt ideas that are great for the outdoors, a scavenger hunt is also one of our [top indoor activities for kids on rainy days](#).

Here we've got ideas to help you plan a scavenger hunt, devise scavenger hunt clues, and everything else you need to get started. In fact, you can just print out one of our FREE printable scavenger hunts and go! The [Indoor Scavenger Hunt](#) will turn a dull afternoon into a treasure hunt, while the [Neighborhood Scavenger Hunt](#) will have everyone asking for "just one more" trip around the block. We've also included a [fill-in-the-blank scavenger hunt](#) printable, to create and customize the perfect scavenger hunt for your kids.

For more fun at home and in your neighborhood, we've got thousands of ideas from [Exercise Games and Indoor Activities to Get Kids Moving](#) to [100 Things To Do When Kids Are Bored](#) in our [Boredom Busters Guide](#).

How to Plan a Scavenger Hunt for Kids

1. Set up a plan for the hunt

Will it be an indoor scavenger hunt, or will you venture to the great outdoors to search for hidden treasures? Perhaps it'll be a mix of both—an indoor-outdoor extravaganza. You can't go wrong, but having a plan is key to a successful scavenger hunt.

2. Make a map

If you're hiding items for kids to find, you need to draw a map to show kids the way to each hidden item. This could be as simple or as intricate as you wish.

You can skip this step, and just give kids an area, like staying downstairs, or in the backyard. A map may be handy if you are hiding specific elements for kids to find! Hint: don't forget to actually hide the items!

3. Make a list of things to find

Get creative! You can come up with a theme, or simply make a list of wildly different things you might find in the area where you're holding your scavenger hunt. Here are five of my favorite themes, to give you some ideas:

- **Favorite Toys:** For this one, you'll need to hide favorite toys in a specific location, anywhere from one room of the house to a backyard or the park.
- **Things I Love:** Give kids a list that includes things like "something that's your favorite color," "something beautiful," and "something that tastes good." This is my favorite one because it doubles as a gratitude activity, as kids remember how many things there are in the world they love. It's also fun because there are no wrong answers.
- **Colors:** This can be as easy as picking very basic colors to getting creative and throwing in fun colors like mauve and cerise for bigger kids. Textures and patterns are also great options.
- **Leaves and Nature:** Make a list of different flowers and leaves that can be found in your neighborhood. It's a great time to teach kids the difference between oak and maple leaves!
- **Favorite Movies or Books:** Your scavenger hunt becomes a series of clues that kids have to know the answers to. For example, "Find Winnie the Pooh's favorite snack" (honey) or "Find something Elsa can make" (ice).

4. Come up with clues

Now that you've got a list of items to find, you need to communicate that list to kids. For smaller children, draw out specific photo clues to help them along the path. As kids get older and are able to read, add written clues and increase the difficulty to match their age group. See below for more tips on how to create great clues for kids of any age and reading ability.

5. Set rules and guidelines

Talk to the kids about how to read the map or figure out the clues. Set any safety rules, like staying with siblings or not leaving the yard. Let everyone know the goal of the scavenger hunt is to have fun and work together to solve a big puzzle.

6. Start the scavenger hunt

Let the great search commence! Allow the kids to have fun and explore as they solve the clues and find hidden treasures. Make sure to give them enough space to independently work as a team while also supervising for safety and support. Little ones may need more help and depending on age, have a plan in place for any feelings of frustration that may occur if smaller children are involved in a more challenging task.

7. Regroup and share stories from the hunt

After all of the clues have been solved and all the treasures have been found, come back together as a group and talk about the highlights of the scavenger hunt. Discuss what was exciting and what was challenging. Name everyone's favorite part of the scavenger hunt. And don't forget to celebrate the completion of the hunt and a job well done.

Scavenger Hunt Clues for Kids

Now that you know how to create and execute a scavenger hunt for kids, you'll need to come up with some great clues. This is where you can really customize your scavenger hunt. If your kids are little, they may need picture clues. Bigger kids learning to read might love a list of simple words. And if you've got bigger kids, or groups working in teams that have one adult on each team, you can really have fun and use riddle or puzzle clues!

For the full article, please click on the link:

<https://mommypoppins.com/kids/indoor-and-outdoor-scavenger-hunt-ideas-for-kids>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



Waffle Iron Grilled Cheese

If you love the crispy cheesy bits of [grilled cheeses](#) (and who doesn't?!) you gotta try this genius waffle iron hack.

Ingredients

- **1 tbsp.** mayonnaise
- **1 tbsp.** unsalted butter, room temperature
- **4** slices sourdough bread
- **2** slices American cheese
- **3/4 c.** shredded Monterey Jack cheese
- **3/4 c.** shredded cheddar
- Cooking spray

Directions

1. Step 1 In a small bowl, combine the mayonnaise and butter. Arrange the bread in a single layer on a work surface. Spread the mayonnaise mixture onto the top side of each slice. Flip two slices of the bread so it's mayonnaise mixture side down. Top each bread with a slice of American cheese, half the Monterey jack cheese, and half the cheddar cheese. Sandwich with the remaining slice of bread, mayonnaise side up.
2. Step 2 Heat a waffle iron over medium heat. Grease the waffle iron with cooking spray. Carefully, add one sandwich to the waffle iron. Close the waffle iron, and cook until the cheese is melted and the bread is golden about 3 minutes. Remove carefully and repeat with the remaining sandwich.

Please click on the link below for the recipe:

<https://www.delish.com/cooking/recipe-ideas/a32238506/waffle-iron-grilled-cheese-recipe/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

Protect Your Child from Lead in Dirt

Lead can harm your child. Dirt around your home could have lead in it. Keep your child safe from lead in dirt:



Wash your child's hands and toys often.
Always wash hands before eating or sleeping.



Take off shoes or wipe them on a doormat
before going into your home.



Cover bare dirt outside where your child plays.
Use grass or other plants, bark, gravel, or concrete.

Fruit and vegetable gardens should be planted as far away as possible from busy streets and older buildings.
Store-bought soil is best for growing food. Always wash all fruits and vegetables before eating.

Call your local lead poisoning prevention program to find out about testing the dirt around your home for lead.



Lead poisoning can make it hard for your child to learn, pay attention, and behave. Talk to your child's doctor about testing your child for lead.

Most children who have lead poisoning **do not look or act sick**. The only way to know if your child has lead poisoning is for your child to get a blood test for lead.

For more information, call your local Childhood Lead Poisoning Prevention Program:



10/08 www.cdph.ca.gov/programs/clppb

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

OSP 10-117462



A New Summer Food Program Coming in 2024

Learn how SUN Bucks can help you!



SUN Bucks, also known as Summer EBT (S-EBT), is a new program to help families buy food for their school-aged children during the summer. Families will get \$120 for each eligible child to buy groceries during the summer. Families must use SUN Bucks within 122 days of funds being loaded to their card. Children who get **SUN Bucks** can still participate in other summer meal programs. **SUN Bucks** will not affect immigration status.

Will my child get SUN Bucks?

Your child will automatically get **SUN Bucks** if:

- They are age 6 - 18 years and get CalFresh, CalWORKs, or Medi-Cal; **OR**
- They are age 0 - 22 years, attending schools that are part of National School Lunch and/or School Breakfast Programs, **AND** are approved for free or reduced price meals. Check with your child's school to make sure your free or reduced-price meal application or Alternative Income Form is on file.

Children who are attending Head Start, experiencing homelessness, living in foster care or part of a migrant family are also automatically eligible.

How do SUN Bucks work?

Eligible families will get **SUN Bucks** on an S-EBT card mailed to their home. You do not need to fill out an application. You will get one new **SUN Bucks** card for each eligible child. You can use **SUN Bucks** just like a debit card to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept CalFresh EBT benefits.

Have You Moved?

Make sure your mailing address is current, so your **SUN Bucks** are sent to the right place! Update your address by April 1, 2024.

- If you get CalWORKs, CalFresh, or Medi-Cal, change your address online at BenefitsCal.com, or call or visit your local county office.
- If you qualify for free or reduced-price meals, change your address at your child's school of attendance. Not sure? Check with your child's school.



USDA is an equal opportunity provider, employer, and lender. • January 2024 • For more information, visit: www.fns.usda.gov/summer
The SUN Bucks program in California is made possible with funding from the U.S. Department of Agriculture, Food and Nutrition Service and is brought to you by the California Department of Social Services (CDSS) in partnership with the California Department of Education (CDE).





Un nuevo programa de alimentos de verano llega en 2024

¡Conozca cómo SUN Bucks puede ayudarle!



SUN Bucks, también conocido como Summer EBT (S-EBT), es un nuevo programa para ayudar a familias comprar alimentos para sus hijos de edad escolar durante el verano. Familias recibirán \$120 por cada niño elegible para comprar alimentos durante el verano. Familias deben usar sus SUN Bucks dentro de los 122 días después de haberse depositado a su tarjeta. Los niños que reciben **SUN Bucks** aún pueden participar en otros programas de alimentos de verano. **SUN Bucks** no afecta el estatus migratorio.

¿Van a recibir SUN Bucks mis hijos?

Sus hijos van a recibir **SUN Bucks** automáticamente si:

- Tienen entre 6 a 18 años y reciben CalFresh, CalWORKs o Medi-Cal; **O**
- Tienen entre 0 a 22 años y asisten a escuelas que forman parte de los Programas Nacionales de Almuerzos Escolares y/o Desayunos Escolares, **Y** están aprobados para comidas gratuitas o a precio reducido. Consulte con la escuela de su hijo para asegurarse que su solicitud de comida gratuita o a precio reducido o que el Formulario de Ingreso Alternativo esté en el archivo.

Los niños que van a Head Start, que no tienen hogar, que reciben cuidado de crianza o que son parte de una familia migrante, también son elegibles automáticamente.

¿Cómo funcionan SUN Bucks?

Familias elegibles recibirán SUN Bucks en una tarjeta enviada por correo a su hogar. No es necesario que llene una solicitud. Recibirá una tarjeta nueva de SUN Bucks por cada niño elegible. Puede usar SUN Bucks como una tarjeta de débito para comprar alimentos como frutas, verduras, carne, granos integrales y productos lácteos en supermercados, mercados de agricultores y otros lugares que aceptan beneficios de CalFresh EBT.

¿Se han mudado?

¡Asegúrese que su dirección postal esté actualizada, para que sus SUN Bucks se envíen al lugar correcto! Actualice su dirección antes del 1 de abril del 2024.

- Si sus hijos reciben CalWORKs, CalFresh o Medi-Cal, cambie su dirección en línea en BenefitsCal.com, o llame o visite la oficina local de su condado.
- Si sus hijos califican para comidas gratuitas o a precio reducido, cambie su dirección en la escuela de asistencia de sus hijos. ¿No están seguros? Consulte con la escuela de sus hijos.



USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades. • Enero 2024 • Para obtener más información, visite: www.fns.usda.gov/summer
El programa SUN Bucks en California es posible en parte gracias a la financiación de los Servicios de Alimentos y Nutrición del Departamento de Agricultura de EE. UU. y es facilitado por el Departamento de Servicios Sociales de California (CDSS) en asociación con el Departamento de Educación de California (CDE).



Trauma-Informed Care

Feeling Safe
Feeling Grounded
Finding Resources



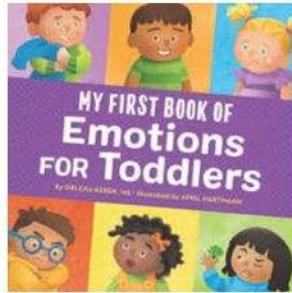
Book Review

By: Sierra Stackpole



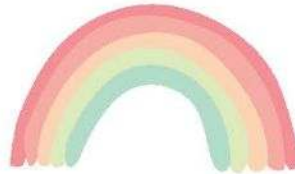
My First Book of Emotions for Toddlers

By: Orlena Herck



Emotions can pose challenges even for adults, let alone for children who are in the process of developing their language skills. You can ask a grown adult how they are feeling and get a response similar to, “I don’t know”. As children get older, it may become more difficult to distinguish; which is why encouraging the conversation early is so important. When a child experiences emotion, especially one that we know may have a history of trauma, we want to begin our approach of trauma informed care

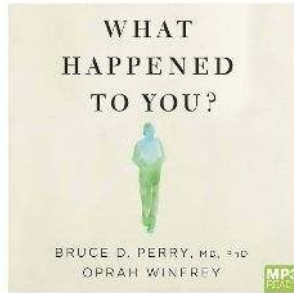
beginning with helpful conversation. The more comfortable a child is with explaining how they feel, the more open they may be to accepting care and beginning the healthy connections that they need for their development. My First Book of Emotions for Toddlers is a great tool to bridge feelings and language, as well as create room for discussion. Once explaining each emotion, readers then ask the open-ended question of how that emotion relates to their audience. Starting off with possibly one of the easier to understand “What makes you happy?” and delving into more difficult emotions such as fear and anger. The book also includes helpful tips for resolving some of the more complicated feelings and also has tips for adults to create an environment that aids in the message of emotional knowledge. This is definitely a should read for providers, especially those participating in the Foster Bridge Program.





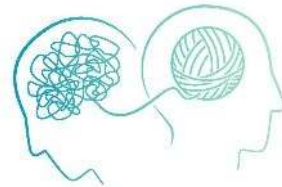
What Happened to You

By: Bruce D. Perry MD & Oprah Winfrey



Trauma-informed care places significant emphasis on the question, "What happened to you?" rather than the traditional inquiry, "What is wrong with you?" This insightful book is so cleverly written and delivered, that everyone who reads it can come away with having learned something. The book is authored by renowned child psychologist and neuroscientist, Dr. Bruce Perry and beloved television host Oprah Winfrey to balance the intriguing science with real stories to keep readers vigilant and never bored. Perry's perspective on how trauma influences the development of children's brains proves to be truly eye opening, especially for those who wish to learn more about Trauma Informed Care. One of the most crucial steps in caring for children who were exposed to trauma is analyzing the behaviors that they portray and understanding that it may be a response to trauma or triggers in the environment. Utilizing Dr. Perry's "brain aware" methodology will allow for caregivers to care for these children in productive ways. Not only is this book a must read for the practical aspect of caring for children, it also allows readers to understand themselves in a unique way. For those who find they do not have the time in their schedules to read a book, I recommend listening to the 40 minute dialogue between the authors on Oprah's podcast, Super Soul, titled: "Bruce Perry" while performing other tasks or while in the car. The information is too critical to go without.

★ **Both of these books can be found at the Resource and Referral Office in the [lending library](#). For more information, contact the office at (209) 754-1075.**



AMADOR COUNTY



CALIFORNIA

Join First 5 Amador for an exciting

Dad & Me

**FREE
Event!**



**Free
take-home
book!**

Fire Station Visit

for children 0-5 years old and their dads, uncles, grandpas etc...

Meet the Firefighters and see their gear

Explore engines 5141 & 5146, and Squad 5115

Learn the STOP, DROP and ROLL technique

**Drop in anytime between 10:00-11:30 am
Saturday, May 4**

**PINE GROVE FIRE STATION 114
19840 HIGHWAY 88, PINE GROVE, CA 95665**

**Stay and play
at Pine Grove
park after
the station visit.**

Pack a picnic lunch!



Free for Amador County
children aged 0-5.
For more information
please call 209-257-1092.



Mom-Me Time



WOW

May 2nd

5:30 p.m.

Repeating with a new topic on the first Thursday of each month!

Screen Time and Self-Care

There will be a short presentation on screen time. Learn how gardening can support your mental & physical well-being.



Take home a
gift certificate for you
and a screen free
activity for your child.*

*while supplies last

Light meal for Moms.
Childcare available
for 0-7.

Light snack for children.

Please call ahead if you need
childcare.

209-257-1092



Meet Sara Rader, MS, NCC, LPCC

First 5 Amador
975 Broadway
Jackson



Sponsored in part by the Mental Health Services Act

MUSIC & Movement

Mondays
9:30 to 10:30 AM
Ages 0-5

April 8, 15, 22, 29
May 6, 13, 20
June 3, 10, 17, 24
July 1, 8, 15, 22, 29
August 5, 12, 19, 26

First 5 Amador, 975 Broadway, Jackson

FREE



209-256-8166

info@amadorarts.org

this activity is funded in-part by the California Arts Council, a state agency, arts.ca.gov



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:

- October 20th; November 10th & 24th; December 22nd & 29th;

March 15th & March 29th; and July 5th

**For more
information, call
209-257-1092**





TK & Kindergarten Family Bootcamp



**Wondering how to best prepare your student for
school in August? We can help!**

Come to the ultimate TK & Kindergarten Family Bootcamp!
Get the scoop on fun summer activities to prep your little one for a
stellar start in TK or Kindergarten in August!
Let the summer fun and learning begin!

When & Where:

6:00 - 7:00 pm

Monday, May 6 - Jackson Elementary

Tuesday, May 14 - Lone Elementary

Thursday, May 16 - Pine Grove Elementary

Monday, May 20 - Plymouth Elementary

Thursday, May 23 - Sutter Creek Primary

Tuesday, May 28 - Pioneer Elementary



Grandparent Café

SUPPORT & RESOURCES FOR
GRANDPARENTS RAISING
GRANDCHILDREN

Free Respite Program

Quarterly Meet Ups

Monthly Zoom Meetings

**For more info call (209) 754-1075
or email dbohall@trcac.org**

The Resource Connection
Engaging Families • Empowering Communities • Enriching Lives



Green Waste Voucher Program 2024

- ♦ **200 Vouchers** distributed each month on a first come, first serve basis (*months of April, May, June, July, August, and September*)
- ♦ 1 per household. Four (4) cubic yards of green waste disposal at no charge**
- ♦ Valid only at ACES Pine Grove Transfer Station

**Loads exceeding 4 cubic yards is at the owners expense

Vouchers will be handed out on the days below:

- March 26-28
- April 23-25
- May 28-30
- June 25-27
- July 23-25
- August 27-30

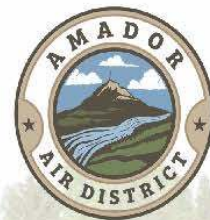
Location: Pioneer Veterans Hall

Time: 10am to 2pm or until they are gone

These events are sponsored by the Amador Air District

"Protecting Air Quality"

Questions: (209) 257-0112



2024 HOUSEHOLD HAZARDOUS WASTE COLLECTION

WHEN: AS SCHEDULED BELOW

WHERE: BUENA VISTA WASTE TRANSFER STATION
6500 BUENA VISTA ROAD, IONE,

TEL: 209.274.2237

TIME: 9:00AM TO 1:00PM

**FREE TO
COUNTY
RESIDENTS!**

NO BUSINESS WASTE ACCEPTED

Call Waste Management Department at
223-6429

SCHEDULED COLLECTION EVENT DATES FOR 2024:

JANUARY 6, 20

MAY 4, 18

SEPTEMBER 7, 21

FEBRUARY 3, 17

JUNE 1, 15

OCTOBER 5, 19

MARCH 2, 16

JULY 6, 20

NOVEMBER 2, 16

APRIL 6, 20

AUGUST 3, 17

DECEMBER 7, 21

COMMON HOUSEHOLD HAZARDOUS WASTE PRODUCTS

ACCEPTED: *WASTE LIMIT: 15 GALLONS OR 125 POUNDS PER TRIP*

GASOLINE

HOUSEHOLD CLEANERS

NON-EMPTY AEROSOL CANS

HYDRAULIC FLUIDS

AUTOMOTIVE BATTERIES

PESTICIDES & INSECTICIDES

POOL CHEMICALS

COOKING OIL

PAINTS & THINNERS

MERCURY PRODUCTS (THERMOSTATS & SWITCHES)

MATTRESSES

HOME-USE SHARPS (INJECTION NEEDLES)

CARPETING

OLD/EXPIRED MEDICATIONS (RX) - TAKE TO LOCATIONS: JACKSON PD, IONE PD,

IONE PHARMACY, WALGREENS

Fluorescent Tubes & Bulbs
Household Batteries

Take to:

Meeks Lumber
Ione Ace Hardware
Pine Grove Hardware
Pioneer Hardware

Electronic Devices
Cell Phones
Computers & Televisions
Used Motor Oil

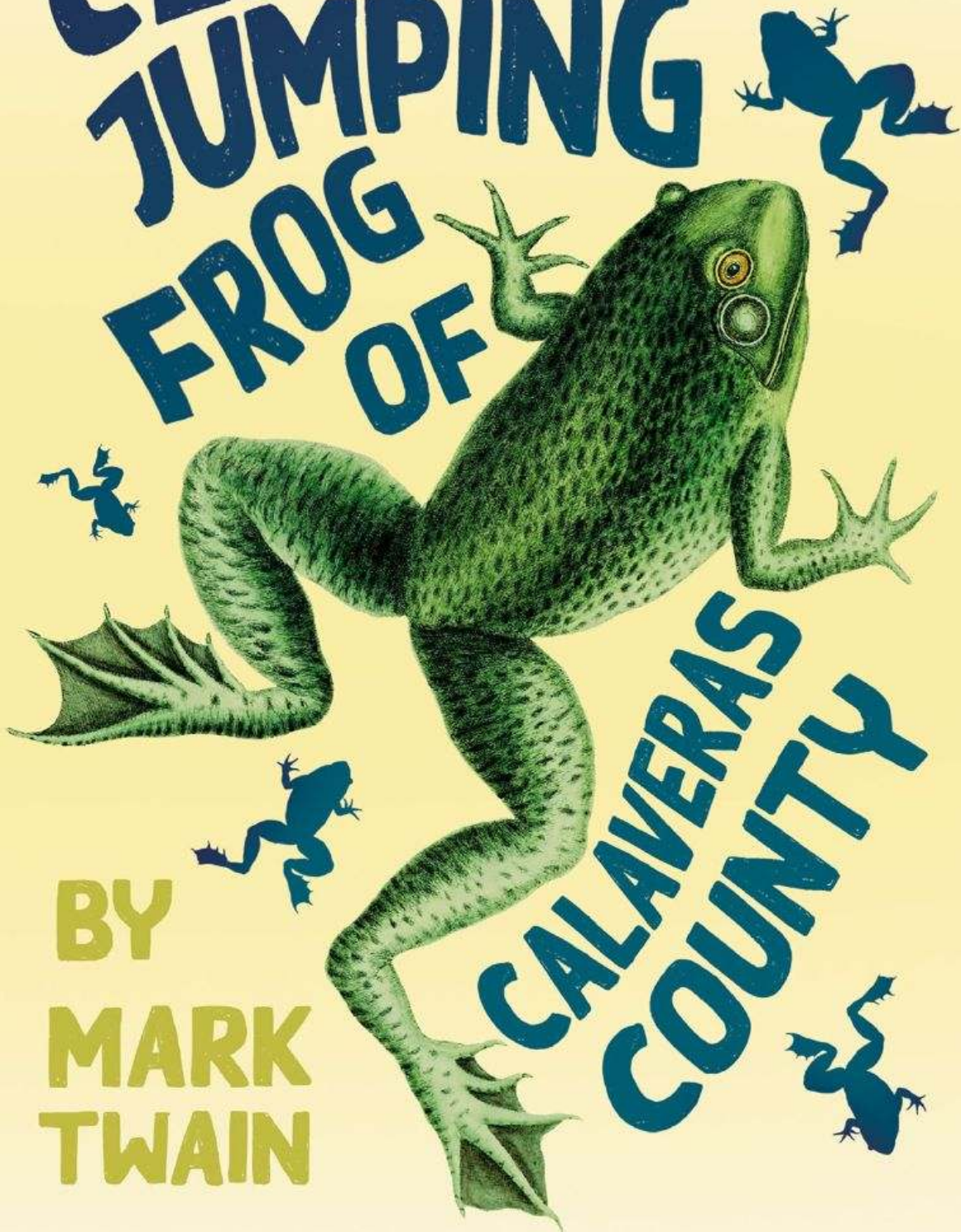
Accepted at ACES Buena Vista
and Pine Grove Stations during
Normal Business Hours

NOT ACCEPTED:

Explosives, ammunition, narcotics, radioactive waste.

For more information please call Amador County Waste Management Department at 223-6429 or visit
www.amadorgov.org/departments/waste-management-recycling

**THE
CELEBRATED
JUMPING
FROG
OF**



**BY
MARK
TWIN**

**CALAVERAS
COUNTY**

STAR WARS

Celebration

Saturday May the 4th
1-3 p.m.

Arnold Branch Library
1065 Blagen Rd

S.T.E.M.

Art

A Galaxy of fun
for all ages!

Earn prizes

Special appearance
by Darth Vader

Sponsored by the Arnold Friends of the Library



Food Distributions

Calaveras County Food Distribution Hours and Locations

The Resource Connection Food Bank

Hours of Operation: Monday, Tuesday, Wednesday
& Friday 09:00 am to 4:30 pm
Closed for lunch 12 :00 p.m. to 12 :30 p.m.

CLOSED – Thursdays

PLEASE ARRIVE AT LEAST 15 MINUTES BEFORE CLOSING
206 George Reed Drive, San Andreas, CA
(209) 754-1257

The Resource Connection Food Bank Mobile Pantries :

Copperopolis : Armory - 1st Thursday of every month - 9 :00 - 11 :00am

Rail Road Flat: Rail Road Flat School - last Thursday of every month - 10 :00am - 12:00pm

West Point: West Point Community Hall - 2nd Wednesday of every month - 10:00 am - 12:00 pm (WIC Site)

| Community Pantries | Community Pantries |
|--|--|
| Community Food Pantry 785-4302 3586 Spangler Lane #3, Copperopolis 3 rd Thursday of the month 1:00 pm – 4:00 pm | Mountain Ranch Resource Center 7889 Whiskey Slide Rd, Mountain Ranch; 754-4073 3 rd Thursday 9:00 am – 11:00 am |
| Chapel in the Pines 2286 Cedar Lane, Arnold; 795-1064 Tuesdays 10:00 am - 12:00 pm | Community United Methodist Church 135 Laurel Street, Valley Springs; 772-2429 1 st Friday 9:00 am - 11:00 am |
| St. Patrick's Helping Hands Across from St. Patrick's Church, Angels Camp; 736-4575 Mondays 1:00 pm - 3:00 pm | Good Samaritan Church 4684 Baldwin Street, Valley Springs; 772-9548 2 nd & 4 th Saturdays 9:00 am - 11:00 am |
| Sierra Hope Food Pantry 1168 Booster Way, Angels Camp; 736-8792 Wednesdays 1:00 - 3:00 pm | Stone Corral Community Church 9441 Hwy 26, Valley Springs; 786-2448 3 rd Wednesday of the month 9:00 am - 12:00 pm |
| Seventh Day Adventist Church 140 N. Main/Highway 49, Angels Camp; 736-6806 Tuesdays 10:00 am – 12:00 pm | |
| | |

The Resource Connection
 Engaging Families
 Empowering Communities
 Enriching Lives

Revised 1/19/2024



Valley Springs

Tuesday, April 9, 2024 at 10AM - 12PM

Jenny Lind Memorial District

300 Daphne Street
Valley Springs, CA 95252



Angels Camp

Thursday, April 25, 2024 at 10AM - 12PM

Angels Camp Library

358 North Main Street
Angels Camp, CA 95222



Arnold

Tuesday, May 7, 2024 at 11AM - 1PM

Arnold Branch Library

1065 Blagen Road
Arnold, CA 95223



West Point

Wednesday, May 22, 2024 at 11AM - 1PM

Blue Mountain Coalition for Youth and Families

364 Main Street
West Point, CA 95255



Contact Silver Streak Transport at (209) 498-2246 for transportation support.

This series is the pilot of a community-based social gathering initiative to address social isolation amongst rural older adults.

Sign up for the Healthy Aging Program Newsletter to stay up-to-date about future dates, events and information by scanning the QR code or visit:

form.jotform.com/ccph/healthyagingnews





17th ANNUAL KIDS DAY IN THE GARDEN

**Free
Event!**

SATURDAY, MAY 11th 2024
10AM- 12PM

Music, Painting
and Games



Worms and
Bees!



Books and
Book Bags



Planting and
Digging



Scavenger Hunt...
and Many More
Activities!



891 Mountain Ranch Road, San Andreas, CA

←---RSVP with our QR code (registration preferred)





CALAVERAS

**COUNTY FAIR &
JUMPING FROG JUBILEE
MAY 18-21, 2023**



Sponsored by
Cal-Waste
Mark Twain Dignity Health
Medical Center
Black Oak Casino
Sender's Market





SOME LIKE IT HOT!



CHILI COOK-OFF



**May
4th**

14TH ANNUAL!

**11am
to
2pm**

**MURPHYS HISTORIC HOTEL
MURPHYS, CA**

**Music By
Plan B**

**COME JOIN US FOR
CHILI TASTING & FUN!!!**

Raffle Prizes



Vote for Best Chili!



**Interested in being
a Chili cooker?**

**Please call (209) 770-4303 or email
kelli@sicalavcerascounty.org for more information!**

Sponsored by Soroptimist International of Calaveras County



Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.



May 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|--|--------------------------------------|---|--------------------------------------|-----|-------------------------------|
| | | | 1 | 2 | 3 | 4 |
| 5 Cinco De Mayo! | 6 | 7 ACCC Mtg. 1:00 PM @ ACOE | 8 Grandparent Café Via Zoom 9:30 am | 9 | 10 | 11 |
| 12 Mothers Day! | 13 | 14 | 15 | 16 Provider Night 4:30-7 PM | 17 | 18 Armed Forces Day! |
| 19 | 20 | 21 CCCC Mtg. 9:00 AM @ CCOE | 22 | 23 | 24 | 25 |
| 26 | 27 Memorial Day! Office Closed | 28 | 29 | 30 | 31 | |

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



Grandparent Café

SUPPORT & RESOURCES FOR
GRANDPARENTS RAISING
GRANDCHILDREN

Online meetings held on Zoom
2nd Wednesdays at 9:30am

Click: <https://us02web.zoom.us/j/82613983166>
Call: 1-669-900-6833 ID# 826 1398 3166

For more info about the meetings:
call (209) 754-1075 or email dbohalla@trcc.org

The Resource Connection
Engaging Families • Empowering Communities • Enriching Lives

2024

Jan 10

Feb 14

Mar 13

Apr 10

May 8

Jul 10

Aug 14

Sep 11

Oct 9

Nov 13

PROVIDER WORK NIGHT

EVERY 3RD THURSDAY OF THE MONTH 4:30PM-7:00PM



Learning Resources

Open to all Providers

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.



Lending Library

Over 4000 children's books and educational items available for loan. All developmental areas available. Large selection of teaching books.

Adult, Child & Pediatric
First aid/ AED &

CPR



This 8-hour course is CPR – Adult, Child & Infant and Pediatric First Aid training designed specifically for California State Licensed Child Care Providers and people seeking Child Care licensing in the State of California to satisfy the State requirement for 8 hours of special training in CPR & pediatric first aid that includes extra topics required by the State of California EMS Authority. Satisfies Title 22 requirements for CPR & First Aid Training's requirements for Child Care Providers.

**The Resource Connection Child Care Resource & Referral
will be offering In - Person Adult/Pediatric CPR & AED
with Rhonda Burrow- Rhonda's Safety Training- HSI
8085 Suite G Hwy 26. Mokelumne Hill 95245**

**Sunday, July 28th 2024
8:30 am - 5:00 pm**

**Space is limited to 12 per class. Registration &
\$100 payment must be received by
7/26/24 to reserve your spot.**

For Registration information call Karen Frazier (209) 754-1075

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives





Amador & Calaveras Counties need you!

Work from home & make a difference. Become a child care provider today!

- Earn income while staying home with your own kids.
- Technical assistance to start and strengthen your program. Free education for providers!
- Claim tax deductions for the business use of your home.
- Equipment lending library & consumable closet.

Contact The Resource Connection today for more details!

209-754-1075 or email kfrazier@trcac.org

rr.trcac.org



The Resource Connection Child Care Resource & Referral - rr.trcac.org

Our mailing and physical address is:

8085 Highway 26, Suite G

Mokelumne Hill, CA 95245

Hours: 8:00 a.m. – 4:30 p.m. / Monday–Thursday

Friday – 8:00 a.m. – 4:30 p.m. – By Appointment – Remote Workday

CLOSED DAILY: 12:00 p.m.-12:30 p.m.

(209) 754-1075 / rinfo@trcac.org / Facebook

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