

January  
2008

Sierra Nevada Children's Services  
Family Resource Center

## Parent Newsletter

Be Informed  
Get Involved

Know your  
resources

*The  
Best  
Thing  
To Spend  
On your  
Children  
Is  
Time*



*The  
Highest  
Form  
Of  
Wisdom  
Is  
Kindness*

## What's Going On In Nevada County

### *Play and Learn Class*

Free Class for children 2-5 years of age and their caregivers (parents, grandparents, nannies, babysitters etc.) Come make new friends and join us for story time, fun activities and more.

For more information  
call 272-8866.

Classes are held at Sierra Nevada Children's Services every third Friday of the month from 9-11am.

### *The Growing Learning and Caring Program*

(AKA The License Exempt Project)

Did you know that we have a wonderful program that helps out family friends and neighbors who look after your children? The Growing, Learning and Caring Project offers support to informal childcare providers through fun workshops, play groups, home visits, reimbursements for CPR/First Aid, and Health & Safety Training as well as free resources and supplies while funding is available. To find out more about this program, contact Ada Miyakawa at 272-8866.

### *Preschool Play Days at the Imaginarium*

January 21, February 6 and  
March 20, 2008

Preschool play days are a chance to explore science in a stimulating and fun environment. Make new friends, play with bubbles, magnets, sound, shadows and more.

Bring a lunch or snack and eat it inside or have a picnic outside and enjoy the outdoor solar exhibit pond and bridge. Cost is \$3.00 for children and \$5.00 for adults. The Imaginarium is on the corner of Ridge Rd and Nevada City Hwy. For more information you can call 478-6415.

### *Nevada City Youth Center*

The Camp Fire Club is an after-school program for youth ages 10-15 who want to have fun, be safe, learn new skills, and participate in activities that interest them. Classes are 6 weeks long on Mondays (Game Days \$29.), Wednesdays (Beginning Art \$49.) and Thursdays (Digital Photography \$59.)

This program is provided by Camp Fire USA in partnership with the Nevada City Parks and Recreation Dept. For more information call 470-0590.

## More Parent Resources and Activities

### *Childhood and Adult Immunizations*

#### *Low Cost*

Mobile Services Van  
Every Thursday 1-4:30pm (Rain or Shine)  
Located in the parking lot behind the  
Grass Valley Veterans  
Building  
255 S. Auburn, GV

For more information call 265-1450  
Nevada County Public  
Health Department

### *4th Annual Family Fun Nights*

Presented by the School  
Readiness Program, Family Fun Nights are for  
parents of  
preschoolers  
planning to attend the Grass  
Valley School District..  
Refreshments and Childcare  
Provided.

These evenings will take place at Hennessy  
School Multi-Purpose Room from 6-7:30pm on  
January 24, February 21, and  
March 20, 2008.

### *Free Evening Parenting Series*

“Parenting the Pre-School Age Child”  
Starting on January 16, 2008  
12 week series on Wednesday evenings from  
5:30pm to 7:00pm  
Held at “Our Kids Place” next door to Grass  
Valley Superintendents office  
This class is  
Sponsored by the Nevada County Children’s  
Mental Health and First 5 Nevada County  
Children and Families First Commission

Improve the “harmony” in your home through  
self-exploration and learn proven parenting  
strategies. Meet others who have similar par-  
enting concerns. Hear stories from parents  
who have successfully learned to harmonize  
their homes. Your 3-5 year olds will meet as a  
group at the same time, to help them learn  
about their feelings and how to manage them.  
For more information and sign up call  
Keith Malley at 265-1783.



### ***Dial211.com-Community Resource Directory***

www.Dial211.com is a collaborative effort between Nevada County Department of Social Services,  
First 5 Nevada County and Area 4 Agency on Aging Helpline.

The Community Resource Directory was developed to provide information for CalWorks Employ-  
ment Services’ clients and residents of Nevada County. Dial211.com is an informational listing of  
over 1,000 agencies and non-profits that service the needs of individuals and families.

Information included focuses on cities, county, state, federal, non-profit and essential for profit re-  
sources. All agencies and non-profits listed are in Nevada County or provide services to Nevada  
County and or Truckee/Tahoe residents.

If you do not have access to a computer, you are welcome to come by our  
Resource Center and use our computer.

# Topic of Interest



## Resource Links for Families

### ***Children's Advocate* articles for parents**

(Early care and education teachers and providers may also be interested)

*Links are to the English version of the article in MS Word, which in turn has links to the article in Spanish and Chinese, if available, and to a pdf version with layout and photos suitable for reproducing and distributing. If you reproduce an article, either as a handout or in your newsletter, please credit the Children's Advocate and let us know.*

#### **AD/HD**

Helping kids with AD/HD, July-Aug 2000

<http://www.4children.org/news/700adhd.htm>

#### **Anger**

What to do when you're angry at your kid, July-Aug 2005 (in English and Spanish)

<http://www.4children.org/news/705hoe.htm>

Helping kids manage anger, Sept-Oct 2004 (in English and Spanish)

<http://www.4children.org/news/904made.htm>

#### **Asthma and environmental health**

Dealing with allergies, May-Jun 2006 (in English, Spanish, and Chinese)

<http://www.4children.org/news/506rke.htm>

Asthma tips, Nov-Dec 2004 (in English and Spanish)

<http://www.4children.org/news/1104asme.htm>

Protecting kids from toxic chemicals in plastic, Nov-Dec 2005 (in English and Spanish)

<http://www.4children.org/news/1105hoe.htm>

Protect your family from environmental hazards, Sept-Oct 2001

<http://www.4children.org/news/901haz.htm>

#### **Autism**

Helping kids with autism, Jan-Feb 2003 (in English and Spanish)

<http://www.4children.org/news/103aute.htm>

#### **Behavior and discipline**

Finding solutions to problem behavior, Mar-Apr 2004.

<http://www.4children.org/news/304solve.htm>

Discipline success stories, Jan-Feb 2000.

<http://www.4children.org/news/100disci.htm>

Nurturing spirited children, Mar-Apr 2005 (in English and Spanish)

<http://www.4children.org/news/305intse.htm>

### **SNCS Statement of Non-Discrimination or Sexual Harassment**

Sierra Nevada Children's Services is proud of its tradition of a collegial work environment in which all individuals are treated with respect and dignity. Each individual has a right to work in a professional atmosphere, which promotes equal employment opportunities and prohibits discriminatory practices. Thus, Sierra Nevada Children's Services is committed to providing a work environment free of unlawful harassment. The organization expressly prohibits sexual harassment and any other harassment or discrimination protected by federal, state or local law or ordinance. Unlawful harassment is a form of employee misconduct, which undermines the integrity of the employment relationship. It is the policy of this organization that sexual harassment, or any unlawful harassment, will not be tolerated. Violators of this policy are subject to disciplinary action up to and including discharge.

