

Trinity County Resource Directory

- Child Care
- Health & Social Services
- Fun things to do with your kids
- And More!



The publication of this document was made possible by funding from the Trinity County Children and Families First Commission (First 5 Trinity) and Trinity County's Child Abuse Prevention Council (CAPC). This guide is intended as a quick reference guide. It does not seek to promote or endorse the organizations or services mentioned.



We hope this guide is helpful to the families of Trinity County! The publication of this guide was made possible by funding from the Trinity County Children and Families First Commission (First 5 Trinity) and Trinity County’s Abuse Prevention Council (CAPC).

Contacts:

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Prevention Council
530-623-8293

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First 5 Executive Director
530-739-3159



Trinity County’s Child Abuse Prevention Council

The Trinity County Child Abuse Prevention Council is proud to have been a part of the production of this resource guide. The mission of our Council is to support and assist families in the care and good health of Trinity County Children and to educate the public about child abuse. We appreciate the assistance from our partners, the Department of Health and Human Services, Human Response Network, the Trinity County Office of Education, First Five Commission and the many other persons who have contributed to this effort.

First 5 Guiding Principles

The overarching goal of First 5 California is to promote children’s healthy development and school readiness.

Support families as children’s primary caregivers and first teachers.

Respond to the voices and views of parents, caregivers, and children.

Ensure that families from all of California’s culturally, linguistically, and geographically diverse populations, including those with special needs, can connect to a system of services that is easy to access, use, and understand, and that meets their individual needs to support their children’s healthy development and school readiness.

Maximize the use of all available local, state, federal, and private resources to target and improve services for young children and their families.

Incorporate the highest quality research-based program standards.

Build on the foundation of existing state and local expertise and capacity and work to increase it.

Provide a laboratory for exploring promising practices and a forum for exchanging information about practices that could be effective statewide.

Focus on results, using results-based assessment and evaluation of local and state programs and strategies.

Promote policy and system improvement.

What we are teaches the child far more than what we say,
so we must be what we want our children to become.

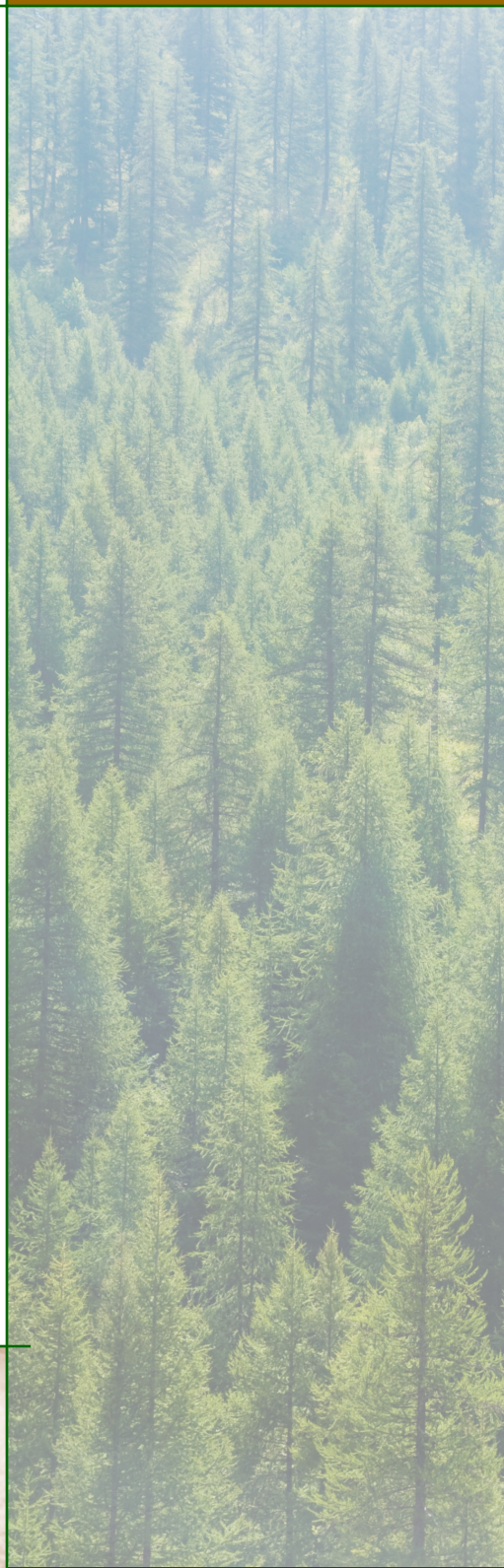
–Joseph Chilton Pearce

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FYI!**Crisis — 24 Hour Numbers**

Shasta College —
Your Community
Training Source

Shasta Community
College offers several
options for students
interested in a career in
Early Childhood
Education:

Early Childhood
Education-A.S. Degree

Certificate Programs

Child Development
Teacher

Child Development
Associate Teacher

Infant and Toddler

School Age Children

Now is a great time to
take the next step in
your career!

Call Today and
Register!

530-623-2231

30 Arbuckle Court
Weaverville, CA

www.shastacollege.edu

All Emergency Services

Fire, Ambulance, Sheriff
e911@trinitycounty.org
Dial 911

Alcohol and Other Drugs

Behavioral Health Services
530-623-5708

Child Abuse/Elder Abuse

Health and Human Services
530-623-1314

**Human Response
Network's Crisis Line**

530-623-HELP (4357)
Collect Calls OK
www.humanresponsenetwork.org

Mental Health

Behavioral Health Services
530-623-5708

**National Center for Missing
and Exploited Children**

www.missingkids.com
800-843-5678
TTY # 800-826-7653

Poison Control

1-800-876-4766
TTY # 800-972-3323

Child Care



FYI!

Child Care Planning Council Trinity County Office of Education

www.tcoek12.org/ece.html
530-623-2861 ext. 226

Far Northern Regional Center — Respite Care

www.farnorthernrc.org
530-222-4791

Head Start Centers and Early Head Start

www.shastaheadstart.org
530-623-5980

Human Response Network Resource and Referral Agency for Child Care Referrals

Services Provided: Child care referrals and resources, family child care homes, subsidized care, respite care, State preschools
800-358-5251
530-623-2024
530-623-KIDS (5437)

Trinity County Office of Education

530-623-2861

School Readiness Playgroups

Burnt Ranch
530-629-3999

Coffee Creek
530-266-3344

Cox Bar
530-623-6316

Hayfork
530-628-5878

Hyampom
530-628-5912

Hoaglin-Zenia
707-923-9604

Van Duzen
707-574-6237

Weaverville Parent Co-Op Nursery School

530-623-5332

How to Help Your Child Transition into Kindergarten

Enthusiasm is Contagious. If you convey confidence and anticipation, your child is more likely to be comfortable with beginning kindergarten.

Survey New Territory. Visit the school with your child before the first official day and try to arrange a meeting with the new teacher.

Create Continuity. Start a daily routine a few weeks before school begins and involve your child in the process of packing his/her lunch or choosing his/her clothes.

Help Your Child Ease In. If the teacher encourages parents to spend some time in the classroom the first day, you can look around with your child. But remember to back off and let him/her get involved.

Always Say Goodbye. Be loving but firm as you leave, and never make a child feel foolish about being upset to see you go.

There is no shortage of great things to do in Trinity County!
Read on to find some great activities for your family.

FYI!



Child and Family Activities

California Childcare Healthline

Are you a child care provider? Did you know there is a toll-free telephone consultation service for the California child care community?

Find answers to questions about:

- Prevention & Control of Infectious Disease
- Safety Promotion & Injury Prevention
- Infant & Toddler Needs
- Health & Safety Training Resources
- Caring for Children with Special Needs
- Child Growth, Development & Behavior
- Disaster Preparedness
- Child Abuse & Violence Prevention

**California
Childcare
Healthline**
800-333-3212
www.childcarehealth.org

**Club Live /
Friday Night Live**
530-623-5678

**Hayfork
Chamber of Commerce**
530-628-5610

Hayfork Pool
530-628-5000

Hayfork Youth Center
530-628-5210

Human Response Network
800-358-5251
530-623-2024

J. J. Museum
www.trinitymuseum.org
530-623-5211

Joss House
www.parks.ca.gov
530-623-5284

Parks and Recreation
Hayfork
530-628-4183
Weaverville/Douglas City
530-623-5925

The Trinity Players
530-623-8695

Trinity Arts Council
530-623-2760

**Trinity County
Chamber of Commerce**
530-623-6101

Trinity County Fair
530-628-5223

**Trinity County Office of
Education**
530-623-2861

Trinity Lanes
530-623-6250

Trinity Theater
530-623-3555

**Weaverville
Lapidary School
Gem and Mineral Society**
530-623-1183

Healthy children lead to healthy families and communities. Read on to find many sources of health information and social services in Trinity County, where you can find the support you need for your children.

Children with Special Needs



FYI!

About First 5 California

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.

Based on this research, First 5 California, also known as the California Children and Families Commission, was established after voters passed Proposition 10 in November 1998, adding a 50 cents-per-pack tax on cigarettes to fund education, health, child care and other programs for expectant parents and children ages 0 to 5.

To find out more about local First 5 initiatives, contact Debra Chapman, 530-739-3159

California Children's Services (CCS)

Case management for medically-eligible children
530-623-8209

Child Care Law Center

Info on parent rights regarding inclusion and services
415-394-7144

Child Health and Disability Prevention Program (CHDP)

Well-child care for low income children
530-623-8209

Far Northern Regional Center

Coordinates community resources for individuals with developmental disabilities; services for infants and toddlers birth-3 years old
530-222-4791

Shasta Head Start/ Early Head Start

Federally-funded program free to income-eligible families
530-623-5980

Rowell Family Empowerment

Support, education and advocacy to families of children with special needs
800-442-2333

Trinity County Office of Education

SELPA services provided: early intervention; school health, psychologists and counselors; Special Education; speech and language; transportation
530-623-2861

Trinity Infant People

Occupational, physical and developmental therapy for babies and toddlers from birth to age three
530-623-4902

Churches and youth groups can be a rewarding support system for your family. Trinity County has a variety of churches and religious groups where you can find a place to belong.

FYI!



Churches

Never Shake a Baby. Ever.

Infants and young children up to age five are susceptible to head trauma because their neck muscles are weak and can't always support the size of their heads.

Sudden shaking motion causes the baby's fragile brain to slam against the skull wall — causing damage or death. It's so deadly, in fact, almost 25 percent of its victims die.

Damage to a child's brain from shaking can affect many different parts of the child's body. And these effects can be devastating. They include:

- Death
- Cerebral Palsy
- Severe Motor Dysfunction
- Communication Impairment
- Dyslexia
- Attention Deficit Disorder
- Mental Disabilities

Coffee Creek/Trinity Center

Coffee Creek Community Church

530-266-3880

Mountain Faith Christian Fellowship

530-266-3785

Trinity Center Community Church

530-266-3415

Hayfork

Church of Jesus Christ of Latter Day Saints

530-628-4486

Faith Assembly of God

530-628-5705

Hayfork Community Church

530-628-5760

St Patrick Parish

530-623-4383

Kingdom Hall of Jehovah's Witnesses

530-628-5396

Seventh Day Adventist Church

530-628-5593

Solid Rock Christian Fellowship

530-628-5518

Hyampom

Hyampom Community Church

530-628-5102

Lewiston

Lewiston Community Church

530-778-3148

St. Gilbert Catholic Church

530-623-4383

Salyer

Wayside Chapel
No phone

Southern Trinity

Lamb Creek Christian Center

707-574-6345

Ruth Community Church

707-574-6229

Solid Rock Foundation Ministries (no meetings on Wednesdays)

707-574-6483

Friday, 7:00 pm

Sunday Morning, 9:30 am

Weaverville

Church of Jesus Christ of Latter Day Saints

530-623-5226

Church of the Nazarene

530-623-6154

First Baptist Church

530-623-4191

Holy Trinity Lutheran Church

530-623-3311

Kingdom Hall of Jehovah's Witnesses

530-623-4316

Landmark Missionary Baptist Church

530-623-9933

Mountain Chapel Assembly of God

530-623-3933

New Apostolic Church

530-623-5799

Seventh Day Adventist Church

530-623-4243

St. Patrick Catholic Church

530-623-4383

Trinity Congregational Church

530-623-3101

Ministerial Association

Contact Pastor Brehms
530-623-4243

Domestic Violence Assistance



FYI!

Help Line

(24 hour) Collect calls accepted
530-623-HELP (4357)

Human Response Network

Services provided (all without charge except as noted): Accompaniment to court, law enforcement interviews, social service appointments; clinical counseling services (possible sliding fee); crisis intervention; emergency services; shelter, food vouchers; legal assistance: protective orders, family law; lending library; peer counseling; resource and referral; self-help groups; children's self-esteem.

800-358-5251

Hayfork

530-628-4565

Weaverville

530-623-2024

Victim Witness

Services provided: justice system orientation; court escort and support; restitution information; victim impact statement assistance.

Expenses: funeral/burial; medical/hospital; mental health.
530-623-1205 ext. 130

Women's Support Group

For survivors of domestic violence
800-358-5251
530-623-2024

Tips on how to Poison Proof Your Home

- Keep all medicines and hazardous products locked and out of reach.
 - If you are interrupted when using a hazardous material, take it with you.
- Call medicine by its proper name. Never suggest it is "candy". Avoid taking medications in the presence of children since they like to imitate adults, especially their parents.
- Dispose properly of old and unused medications.
 - Do not transfer hazardous substances into food or beverage containers.
- Use child-resistant containers for all medications.

A mind once stretched by a new idea, never regains its original dimensions.

-anonymous

FYI!



Education

When to put the plug on the juice jug.

Did you know that water is the best fluid for your children when they are thirsty?

Juice and sweet drinks are NOT needed every time children are thirsty.

Children need five servings of fruit and vegetables everyday to get vitamins, minerals, and fiber for good health. One small serving (4-6 oz.) of 100% juice can count as one of the five servings of fruits and vegetables per day.

Drinking too much juice or sweet drinks can make your child overweight. It can also slow down growth because they fill up on juice and may have less room for the other healthy foods that can help them grow.

Remember, never put your baby to bed with a bottle of juice. It can decay your baby's teeth!

Trinity County Office of Education

Services provided: Home School, instructional media, Special Education services, speech and language, school health, school psychologists and counselors, Teacher credentials, technology, and transportation
530-623-2861

Elementary School Districts

Burnt Ranch School
530-629-2543

Coffee Creek School
530-266-3344

Cox Bar School
530-623-6316

Douglas City School
530-623-6350

Junction City School
530-623-6381

Lewiston School
530-778-3984

Trinity Center School
530-266-3342

Mountain Valley Unified School District

530-628-5265

Adult Education
530-628-5265

Hayfork Valley Elementary School
530-628-5294

Hayfork High School
530-628-5261

Hyampom Arts Magnet School
530-628-5912

Mountain Valley Community Day School
530-628-9225

Valley High School
530-628-4690

Southern Trinity Joint Unified School District

707-574-6237

Adult Education
707-574-6237

Hoaglin-Zenia School
707-923-9670

Mt. Lassic High School
707-574-6237

Southern Trinity High School
707-574-6239

Van Duzen Elementary School
707-574-6237

Trinity Alps Unified School District

530-623-6104

Alps View High School
530-623-2541

Trinity Adult School
530-623-5256

Trinity High School
530-623-6127

Trinity River Community Day School
530-623-8605

Weaverville Elementary School
530-623-5533

Shasta—Tehama—Trinity Community College District

Shasta College at Weaverville
530-623-2231

University of California Cooperative Extension

530-628-5495

Education Continued



FYI!

Preschools

Head Start

Center-based programs serving three and four year olds, with comprehensive services including transportation

Weaverville Office

530-623-5980

Hayfork Center

530-628-4291

Office

530-628-4038

Weaverville Center

530-623-4110

State Preschool

Human Response Network
State preschools in Lewiston, Southern Trinity, and Weaverville
800-358-5251
530-623-2024

School Readiness PreK Playgroups

Funded by First 5

Trinity County Office of Education

530-623-2861

Burnt Ranch

530-629-3999

Coffee Creek

530-266-3344

Cox Bar

530-623-6316

Hayfork

530-628-5878

Hyampom

530-628-5912

Hoaglin-Zenia Play and Learn

707-923-9604

Van Duzen Totally Tots

707-574-6237

Weaverville Parent Nursery School

530-623-5332

Online Tobacco Cessation Resources

American Cancer Society

www.cancer.org

American Heart Association

www.americanheart.org

American Legacy Foundation

www.americanlegacy.org

Campaign for Tobacco Free Kids

www.tobaccofreekids.org

National Cancer Institute

www.cancer.org

National Spit Tobacco Education

www.nstep.org

Office of Smoking and Health

www.dcd.gov/tobacco

Partnership for Smokefree Families

www.smokefreefamilies.org

QuitNet

www.quitnet.org

Quit Smoking Support

www.quitsmokingsupport.com

Secondhand Smoke

www.epa.gov/smokefree

Surgeon General

www.surgeongeneral.gov/tobacco

Human Response Network

www.humanresponsenetwork.org
800-358-5251

FYI!



Emergency and Disaster Services

Head Lice — Help for this common problem!

Pediculosis (or lice) represents one of the most common communicable childhood diseases.

Having head lice does not mean that you, your child, or your house are dirty. If your child is exposed to someone with head lice, there is a chance for transmission.

Simple Rules:

- Never share hair-brushes, combs, hats, bicycle helmets, coats or other personal items.
- Store coats and hats in backpacks or individual cubbies if possible.
- Have your child take his/her own pillow and sleeping bag to sleepovers.
- Keep long hair tied back while at school.

All Emergencies Dial 911

Fire, Medical, Police

Ambulance

Trinity Life Support
Hayfork

530-628-4704

Weaverville

530-623-2500

California Highway Patrol- CHP

530-623-3832

Sheriff

Trinity County Sheriff

800-331-0115

Hayfork Substation

530-628-5634

Jail

530-623-1348

Weaverville

530-623-2611

Office of Emergency Services-OES

530-623-2611

Poison Control

800-876-4766

Emergency Assistance

Firewood

Glenn-Colusa-Trinity E.C.I.P.

Tuesdays

800-287-8711

Human Response Network

800-358-5251

Weaverville Lions Club

530-623-6600

Heaters

Glenn County Human

Resource Agency—

Community Action Division

800-287-8711

530-934-6510

Housing—Emergency Human Response Network

800-358-5251

530-623-2024

Homeless Services

Human Response Network

530-623-2024

800-358-5251

Transient Ministry

Monday-Thursday (no Friday)

530-623-6154

530-623-3933

Homeless Children's Education—
TCOE

530-623-2861

Trinity County Health and Human

Services-Temporary Assistance

for Needy Families (TANF)

800-851-5658

Tribal TANF

Native American only with child

under age 18

530-623-5006

Transportation Assistance

Human Response Network

800-358-5251

530-623-2024

Utility Bill Assistance

Human Response Network

800-358-5251

530-623-2024

Trinity Public Utility District

530-623-5536

Pacific Gas and Electric

800-743-5000

Employment and Training Programs



FYI!

Child Seats are
Life Savers!

Auto accidents are the number one killer andcrippler of children under the age of 4.

The best way to protect your child is to use an approved car safety seat EVERY TIME you travel with your child!

Facts you should know:

- Holding your child in your arms will not protect your child. A 15-pound infant will suddenly weigh 450 pounds because of the forces unleashed in just a 30 mph collision.
 - An unrestrained adult can crush a child held in their arms during an accident.
 - The safest seating location for a child's car seat is in the center position of the rear seat.

For more information:
www.aap.org/family/Carseatguide.htm

**Human Response
Network
800-358-5251**

Americorps

Child Abuse Prevention Coordinating
Council of Shasta County
530-242-2031 ext. 207

California Conservation Corps

Training for youth ages 18-24
800-952-JOBS (5627)
530-222-0513

Employment Development Department—EDD

Services: unemployment insurance,
job referrals and placement; tax
credit information; disability
insurance
800-300-5616
Disability insurance
800-480-3287

Job Corps

Training for youth ages 16-24
800-698-3769

Shasta College at Weaverville

530-623-2231

Shasta-Trinity Regional Occupational Program

High school students and adults
530-246-3302

Smart Business Resource Center

Job search and training for youth,
adults and dislocated workers
Hayfork
530-628-5172
Weaverville
530-623-5538

Trinity Disability Services

Training and day program for
developmentally disabled adults
530-623-6881

Healthy habits and good nutrition make a big difference in your family's health and happiness.
Trinity County has many resource to help you provide for your family.

FYI!



Food and Nutrition Resources

Use your head... Use your helmet.

Here are five helpful tips to encourage your child to develop a helmet habit.

1. Have your child help pick out the helmet. He or she will be more likely to wear it.
2. Never allow your child to ride without wearing a helmet. The majority of serious bicycle accidents occur close to home.
3. Praise and reward your child every time he or she wears the helmet.
4. Begin the helmet habit early. Insist that your child wear a helmet beginning with the very first ride.
5. Always set a good example by wearing your own helmet when you ride.

Bicycling is healthy and enjoyable for the entire family. Make it a sport to last a lifetime by developing a healthy habit today!

**Human Response
Network
800-358-5251**

Community Gardens

Free or low cost garden plots available to grow your own vegetables.
Hayfork Children's Garden, Trinity County Fairgrounds, Weaverville
Children's Garden, Lowden Park
530-623-2009 ext. 3

Food Pantries

Burnt Ranch Indian Hall
(emergencies only)
530-629-3998

Lewiston Old Schoolhouse Library
530-778-0001
Sundays, contact Michelle
530-778-3701

Hayfork Community Center-HRN
M, W, F 9am—3pm
530-628-4565

Southern Trinity Health
(emergencies only)
707-574-6616 ext. 110

Weaverville-Trinity Congregational Church
Wednesdays 10am-12noon
530-623-3101

**CalFresh
(formerly Food Stamps)
Trinity County Health and Human
Services**
#51 Industrial Park Way
800-851-5658 ext. 1
TDD # for hearing impaired only
530-623-1233

**CalFresh Nutrition Program—
UC Cooperative**
530-623-3746

Good News Rescue Mission

Eureka
707-443-4551
Redding
530-241-5754

School Meals

Free breakfast and/or lunch for low-income school-aged children; apply at your local school office.

Senior Lunch Programs

Hot lunches for seniors aged 60+, meals on wheels, transportation

Hayfork
Roderick Senior Center
\$4 meal donation
530-628-4692

Weaverville
Golden Age Center
\$5 meal donation
530-623-5979
(Note: Others are welcome for lunch, but the donation is \$6/meal)

Soup Kitchens

Hayfork
Solid Rock Church
Mondays 11am-1pm
Mary Jo
530-410-2258
530-628-1125

Douglas City
Fire Hall
Tuesdays 11:30am-1:30pm
Carol Arthur
530-623-3927

Food and Nutrition Resources

Continued



FYI!

USDA Food Commodities

Trinity County Food Bank

Distributes USDA Food Commodities to low-income families who 1) receive commodities in the area in which they live, and 2) sign a statement that they meet low-income guidelines

David Beans, Director

530-623-5409

530-623-3558

WIC

Trinity County Health and Human Services

#51 Industrial Park Way, M, T, W

Nutrition education and food vouchers for pregnant and breast-feeding women, and children under age 5 who meet income qualifications. Call for appointment.

800-851-5658 ext. 6

530-623-3238

Trinity County Food Bank Distribution Schedule:

Coffee Creek

1st Thursday
11am-12 noon
Community Church

Hawkins Bar

1st Monday
9am-10am
Community Hall

Hayfork

1st Tuesday
9am-10am
Fairgrounds Dining Hall

Junction City

1st Monday
10am-11:30am
Grange Hall

Lewiston

1st Monday
9:30am-10:30am
Community Hall

Mad River

Wednesday
(following 1st Tuesday of month)
10am-1pm

South Trinity Health Services

Ruth

Wednesday
(following 1st Tuesday of month)
3pm-5pm

Ruth Store

Weaverville

1st Monday
12:30pm-1:30pm
Behind Veteran's Hall at the Food Bank Warehouse

Zenia/Kettenpom

1st Tuesday
2pm-4pm
Kettenpom Fire Hall

WIC Works Wonders for You and Your Child

What is WIC?

WIC, the Women, Infants and Children program, is a nutrition program that helps pregnant women, new mothers and young children eat well and stay healthy.

What Can You Get at WIC?

- Special checks called vouchers to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter.
- Information about nutrition and health to help you and your family eat well and be healthy.
 - Support and information about breastfeeding your baby.
 - Help in finding health care and other community services.

If you are pregnant, breastfeed or just had a baby, or if you have children under 5 years old, you may qualify!

Call today!

888-WIC-WORKS
800-851-5658, ext. 6
530-623-3238

The richness I achieve comes from nature,
the source of my inspiration.
-Claude Monet

FYI!



Governmental, Private and Nonprofit Agencies

Wildlife Rescue

Wild animals and birds are just that: wild! They are by no means safe to touch, handle or play with. But sometimes animals need our help, such as when they are sick or injured. If you should find a critter in trouble, follow these guidelines:

Find an adult willing to help and call one of the agencies below. Follow their directions.

Only if it is safe to do so, put the animal in a large cardboard box cushioned with some old towels at the bottom. Wash hands thoroughly with soap and water after touching the animal.

Put the box in a warm, dark, quiet place out of direct sunlight.

Handle the animal as little as possible to prevent upsetting it or injuring it further.

**Trinity Wildlife
Survival Center**
530-778-3393

**US Fish and Wildlife
Services**
530-623-3931

**California Department of
Forestry—Cal Fire**
Hayfork Station
530-628-4755
Weaverville Station
530-623-4201
Resource Management
530-623-5681

California Fish and Game
530-623-4016

**California Highway Patrol-
CHP**
530-623-3832

**California Department
of Justice**
530-224-4825

Cal Trans-Road Conditions
800-427-7623

Chamber of Commerce
530-623-6101

**Department of Motor
Vehicles**
530-623-3192

Fire — all emergencies
Dial 911

Human Response Network
530-623-2024
800-358-5251

**Northern Valley Catholic
Social Services**
530-241-0522
800-846-1451

Shasta Head Start
530-623-5980

Fire Halls
Douglas City
530-623-5110
Hayfork
530-628-5126
Hoopla
530-625-4615
Salyer
530-629-2073

Trinity Center
530-266-3420
Weaverville
530-623-6156
Willow Creek
530-629-2229

Forest Service
Big Bar Station
530-623-6106
Coffee Creek Station
530-266-3211
Hayfork Station
530-628-5227
TTY-TDD hearing impaired only
530-628-5222
Mad River Station
530-574-6511
Weaverville Station
530-623-2121

Soil Conservation Service
530-623-3991

Trinity County Food Bank
530-623-5409

Veterans Service Officer
530-623-3975

To me a lush carpet of pine needles or spongy grass is more welcome
than the most luxurious Persian rug.

-Helen Keller

Governmental, Private and Nonprofit Agencies Continued



FYI!

Help your child
eat well and be
active!

- Eat meals together as a family; it is a great time to connect with your child.
- Offer a variety of healthy foods. It may take repeated exposures before your child accepts new food.
- Remember that you decide when and where to serve meals and which foods to serve. Let your child decide whether or not to eat and how much to eat.
- Provide a healthy breakfast every day to get your child off to a good start.
- Make family times active times; go for family walks or bike rides.
 - Set a good example with your eating and physical activity habits. Be a positive role model.

**Trinity CAN
Coalition for
Activity
and Nutrition
530-623-4164**

Telephone

AT&T

800-222-0300

SBC

800-310-2355

TDS Telecom

530-266-3411

Verizon

800-483-4000

Trinity County Library

Hayfork

530-628-5427

Trinity Center

530-266-3242

Weaverville

530-623-1373

Trinity County Probation Department

530-623-1204

Trinity County Resource Conservation District

530-623-6004

Trinity PUD

530-623-5536

800-968-7783

Trinity River Restoration Program

US Bureau of Reclamation

530-623-1800

Trinity Trust - A Community Fund

530-623-2011

Trinity Wildlife Survival Center

Animal Rescue

530-778-3393

University of California Co-op Extension

Food Stamp Nutrition Program

530-628-5495

530-623-3746

US Fish and Wildlife

530-623-3931

US Postal Service

www.usps.com

800-275-8777

TTY-hearing impaired only

877-889-2457

Big Bar

530-623-6697

Burnt Ranch

530-629-2847

Douglas City

530-623-5149

Hayfork

530-628-5515

Hyampom

530-628-5955

Junction City

530-623-5254

Lewiston

530-778-3939

Salyer

530-629-2380

Trinity Center

530-266-3455

Weaverville

530-623-6144

Zenia

707-923-9687

FYI!



Health

Let's Be Lead Free!

Lead is a highly toxic metal that at one time was an ingredient in many household products, including lead-based paints manufactured before 1978.

Lead poisoning is the most preventable environmental disease of young children, yet an estimated 310,000 U.S. children have elevated blood lead levels. A simple blood test can prevent a lifetime spoiled by the irreversible damage caused by lead poisoning.

Find out more about lead poisoning:

Center for Disease Control
cdc.gov/nceh/lead

CA Poison Control
leadinmexicancandy.com

Easter Seals,
 Northern California
 877-263-3994
 707-263-3949
easterseals.com

Acupuncture

Ann Elias
 530-623-2668

Ambulance

Trinity County Life Support
Emergencies: Dial 911
 530-623-2500

Chiropractors

Bonnie Travis, DC and Herbalist
 530-739-5516

Mountain Chiropractic
 530-623-4466

Trinity Alps Chiropractic
 (Dr. Heston)
 530-623-2225

Clinics

Hayfork Health Center
 530-628-5517

Six Rivers Planned Parenthood
 530-623-2386

Southern Trinity Health Services
 707-574-6616

Trinity Community Health Clinic
 530-623-4186

Dentists/Dental Clinics

Rockne Brookshier, DDS
 530-623-4003

Fredrick Carlin, DDS
 530-623-8888

John Kizziar, DDS, Inc.
 530-628-4271

Scott Schalo, DDS, MS
 (orthodontics)
 530-623-3385

Southern Trinity Health Services
 707-574-6621

Trinity Dental Clinic
 530-623-5541 ext. 3290

Doctors

Daniel Harwood, MD
 530-623-3600

Donald Krouse, MD
 530-623-3735

Randall Meredith, MD
 530-623-1157

Dale Stemple, MD, FACC
 530-623-6777

Environmental Health Services

530-623-1459

Eye Doctors

Robert Fox, MD
 530-623-2382

Manfred Hoffman, OD
 800-499-0831

Home Health

Trinity Home Health Services
 530-623-6700

Hospice

Dawn Hospice
 530-623-4692

Hospital

Trinity Hospital
Emergencies, Dial 911
 530-623-5541

Health Continued



FYI!

Indian Health Services Redding Rancheria, Redding

530-224-2700
800-378-2700

United Indian Health Services 707-825-5000

Potawat Health Village, Arcata
800-675-3693

Massage and Yoga

Julia Baldwin Massage Therapy
530-623-9245

Fine Living Massage and Yoga,
Fran Steevensz
530-623-4780

Golden Touch Massage,
Claudia Taylor
530-778-3921

Karen Louise Stewart
530-623-5118

Yoga Balance
530-628-1190

Physical Therapy

**Mountain Valley Physical Therapy
and Fitness**
530-623-2570

Public Health

Trinity County Health Services
800-766-6147
530-623-8209
TDD# for hearing impaired only
530-623-1233

Tobacco Education Program

Cessation Support
530-623-2024
800-NO-BUTTS

Trinity County Human Services

Medi-Cal, Health Families, CMSP
530-623-1265
800-851-5658
TDD# for hearing impaired only
530-623-1233

NWC Resource Conservation & Development Council

Community Garden and
Children's Gardens
530-623-6240

UC Cooperative Extension Agriculture and 4-H

530-628-5495
**Food Stamp Nutrition
Education**
530-623-3746

Water Safety:
How to keep your
child safe around
swimming pools.

An adult should
actively watch
children at all times.
Use "touch supervi-
sion". This means an
adult is never more
than an arm's
length away.

Pool Rules:

- Keep toys away from the pool when not in use.
- Empty blow-up pools after each use.
- No tricycles or other riding toys at poolside.
- No electrical appliances near the pool.
- No diving in a pool that is not deep enough.
- No running on the pool deck.
- Pool fences should completely surround the pool.
 - Pool fences should be at least 4 feet high.
 - Teach children to swim.

Hayfork Pool
530-628-5000

Weaverville Pool
530-623-3640

FYI!



Legal Services

Children's Garden Project

The Children's Garden Project offers hands on lessons to young children about where food comes from, healthy snacks and physical activity. Children gain valuable skills as gardeners and enjoy growing, and harvesting their own nutritious food while learning and having fun.

Sites in Hayfork and Weaverville served 650+ adults and 950 children last year.

For more information, contact the Northwest California Resource Conservation and Development Council.
530-623-2009

Access to Justice and Family Law Center

Services offered: Self-help center for those representing themselves in court

241 Washington Street, Unit E
Weaverville

www.trinity.courts.ca.gov

530-623-5461

530-623-9205 (fax)

Court Services

530-623-1208

Court Mediator

530-623-1404

District Attorney

530-623-1304

Family Law Facilitator

530-623-1208

Human Response Network

530-623-2024

Domestic Violence and
Sexual Assault

800-358-5251

Legal Services of Northern California

800-822-9687

Probation Department

530-623-1204

Public Defender

Derrick Riske

530-623-2781

Senior Legal Services

530-223-6979

Mental Health



FYI!

Children and Firearm Safety Facts

- Each year, more than 200 children die from unintentional shootings.
 - Nearly all childhood unintentional shooting deaths occur in or around the home.
- Most children are killed or kill other children while playing with handguns found in their homes or the homes of family and friends.
 - When asked, nearly 80 percent of children knew where the gun was kept in their home.

Trinity County Behavioral Health

Services provided: Assessment and referral to other services*; crisis emergency services; family counseling*; group counseling*; individual counseling for adults, teens and children*; and medication services* (*=Medi-Cal only)

888-624-5820

Hayfork

530-628-4111

Weaverville

530-623-1362

Alcohol and Other Drug Services

Services provided: perinatal program*; adult and adolescent outpatient treatment

888-624-5820

Hayfork

530-628-4111

Weaverville

530-623-1362

24-hour crisis line

530-623-5708

Human Response Network (HRN)

800-358-5251

Hayfork

530-628-4565

Weaverville

530-623-2024

24-hour domestic violence help line

530-623-HELP (4357)

collect call ok

Private Counselors

Jil Chipman, MFT

530-355-3081

Scott LaFein, MFT

530-623-2695

Shirley Schaden, MFT

530-623-4497

Cheryl Wilkerson, MFT

530-623-2892

Loren Cronk, MFT

530-949-9989

Trinity County is home to much of the most beautiful country in California! Exploring our local geography is a fun and educational way for your family to have some fun!

FYI!



Parks and Recreation

Children and Firearms Prevention Tips

- Unintentional shootings can be prevented by using a gun safety trigger lock and loading indicators.
- Few children can reliably distinguish between real and toy guns, yet children as young as 3 are strong enough to pull the trigger.
- Store firearms unloaded, locked up and out of children's reach. Store ammunition in a separate, locked location.
- Use quality gun locks, lock boxes and gun safes. Store combination or keys in a safe location.
- Talk to your children about the potential dangers of guns.
- Teach children to never touch or play with a firearm.
- Teach children to tell an adult if they find a gun, or to call 9-1-1 if no adult is present.
- Check with neighbors, friends and relatives or any other homes where children visit to ensure they follow safe storage practices if firearms are in their home.

Greater Hayfork Valley Park and Recreation

530-628-4183

Hayfork Pool

530-628-5000

Parent-Run Sports Programs

Hayfork Little League

Trinity Little League,

Weaverville

Trinity Youth Soccer League,

Weaverville

The Waves Swim Team,

Weaverville

Weaverville-Douglas City Parks and Recreation

530-623-5925

Lee Fong Park

Lowden Park Pool

530-623-3640

The Waves Swim Team,

Weaverville

530-623-3476

If you are pregnant, your baby is depending on you to take care of yourself! Trinity County has many resources to help you take care of yourself and your baby!

Pregnancy Services



FYI!

Alcohol and Pregnancy: A Bad Mix

Drinking alcohol during pregnancy can cause physical and mental birth defects. Each year, up to 40,000 babies are born with some degree of alcohol-related damage.

What are the hazards of drinking alcohol during pregnancy?

- Mental disability
- Learning, emotional and behavioral problems
- Defects involving the heart, face and other organs
 - Miscarriage
 - Low birthweight
 - Stillbirth
 - Lifelong psychological and behavioral problems

If you're pregnant, you owe it to your baby — stop drinking. The organizations listed on this page are ready to help, if you need it.

Childbirth Education Classes

Information
530-246-3729 or
redding.mercy.org

Hospitals

Mercy Hospital, Redding
530-225-6000
St. Elizabeth's Hospital, Red Bluff
530-529-8000

Perinatal Care Providers

Hayfork Health Center
530-628-5517
Donald Krouse, MD
530-623-3735
Mercy Maternity Clinic, Redding
530-225-7488
TC HHS, Public Health MCAH Program
530-623-8224

Pregnancy Nutrition

WIC—Women, Infants and Children

Services provided: nutrition education, food vouchers, and breastfeeding education and support.
530-623-3238
Hayfork on Thursdays
530-628-5622

Pregnancy Testing

Hayfork Community Center,
Tule Creek Road
Public Health, 1st Thursday
530-628-4571
Hayfork Health Center
530-628-5517
Planned Parenthood
530-351-7100
Primary Medical Providers
(See Perinatal Providers above;
and/or Health: Doctors)
Southern Trinity Health Services
707-574-6616
Trinity Community Health Clinic
530-623-4186
Trinity County Health Services
530-623-8209
Public Health
800-766-6147

Substance Abuse

Alcohol and Other Drugs Services

888-624-5820
Perinatal Program
530-623-5658
Hayfork
530-628-4111
24-hour crisis line
530-623-5708

FYI!



Self-Help Groups

Children and Water Safety

- Drowning takes the lives of more California toddlers than any other accident.
- Children 1-4 years of age are at the greatest risk of drowning. They are very active and curious.
- A child may drown silently in a minute or two. Most drownings take place at the homes of parents, relatives or neighbors.
- Always actively supervise children in and around water. Keep them in direct sight. Don't leave even for a moment.
- Stay where you can see, hear and reach kids in the water. Avoid distractions. No talking on the phone, preparing meals or reading.
- Teach children to swim.

Trinity County Behavioral Health

530-623-1362

Mental Health Services

888-624-5820

Hayfork

530-628-4111

Alcohol and Other Drugs Services

530-623-5678

Women's Support Group

For survivors of domestic violence

530-623-2024

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) Meetings

Contacts:

Weaverville

Todd A.

530-623-7160

Weaverville

Diane C.

530-623-5093

Alcoholics Anonymous and Narcotics Anonymous Meeting Schedule



FYI!

Children and
Water Safety
continued

- Use barriers to keep children away from water.
- Never leave toys in or around pools that could attract children.
- Empty buckets, wading pools and other containers immediately after use and store upside down.
- Learn CPR, seconds count.
- Teach children to swim.

Hayfork Pool
530-628-5000

Weaverville Pool
530-623-3640

Sunday:

Douglas City, 7pm, Fire Hall,
AA big book discussion

Weaverville, 7pm, New
Apostolic Church, **NA** discussion

Monday:

Weaverville, 12 noon, Lutheran
Church, **NA** open discussion

Trinity Center, 6pm, Old Fire
House, **AA**

Weaverville, 7pm, Trinity PUD,
NA topic cup

Hayfork, 7pm, Solid Rock
Church, **NA** book study

Tuesday:

Weaverville, 12 noon, Lutheran
Church, **NA**, open discussion

Hayfork, 6pm, Solid Rock
Church, **Al-Anon** open
Discussion

Weaverville, 6pm, Trinity PUD,
AA open discussion

Wednesday:

Weaverville, 12 noon, Lutheran
Church, **NA** open discussion

Weaverville, 6pm, Golden Age
Center, **AA** open discussion

Hayfork, 7pm, Solid Rock
Church, **AA** open discussion

Thursday:

Weaverville, 12 noon, Lutheran
Church, **NA** open discussion

Weaverville, 7 pm, New
Apostolic Church, Women's
Group

Lewiston, 7pm, Community
Center, **NA** book study

Friday:

Weaverville, 12 noon, Lutheran
Church, **NA**, open discussion

Hayfork, 7pm, Solid Rock
Church, **AA** open 12x12 study

Lewiston, 7pm, Community
Center, **AA** CCC group

Weaverville, 7pm, Trinity PUD,
AA open discussion

Saturday:

Lewiston, 10am, Community
Center, **AA** women's meeting

Weaverville, 7pm, Lutheran
Church, **AA** speaker/discussion

Senior citizens are important, vital members of our communities. Trinity County has many resources to support our senior citizens!

FYI!



Seniors

Sun Safety Facts

- Reduce exposure to sunlight between the hours of 10 am to 4 pm.
- Seek shade when outside in the sun.
- Cover up when outside in sunlight by wearing a wide-brimmed hat, long-sleeved shirt, and full-length pants (weather permitting).
- Use sunglasses that state they protect from 100 percent of UVA and UVB (broad-spectrum). Most sunglasses now offer 100 percent protection. UV-protective coatings should be added to prescription glasses.
- Fifteen minutes before going outside, apply broad-spectrum (UVA and UVB) sunscreen (SPF 30 or greater) to exposed skin.
- Use lip balm that has a SPF rating of at least 30.

Centers

Services provided: Hot lunches for seniors aged 60+, meals on wheels, transportation

Hayfork

Roderick Senior Center
\$4 meal donation
530-628-4692

Weaverville

Golden Age Center
530-623-2324

(Note: Others are welcome for lunch, but the donation is \$6/meal)

Employment Experience Works

530-225-2257

Golden Umbrella

Services provided: Senior information and assistance, multi-services senior program, rep. payee program, foster grandparents, senior companion
530-223-6034

Health Insurance Counseling and Advocacy Program-HICAP

Golden Age Center, Weaverville
530-623-2324
Roderick Center, Hayfork
530-628-4692

Housing

Independent Living

Mountain Valley Elder Care,
Hayfork
530-628-0061

Mountain Valley Haven, AKA

Eskaton Hayfork Manner
Hayfork
530-628-5770

Weaver Creek Apartments

530-623-3443

Skilled Nursing

Trinity Hospital

Skilled Nursing Facility
530-623-5541

Age is an issue of mind over matter.
If you don't mind, it doesn't matter.
-Mark Twain

Seniors Continued



FYI!

**Make A Splash!
Wash your hands!**

Research shows, the best way for your family to avoid becoming ill this flu season is simple — wash your hands! Children's immune systems aren't fully developed, so germs can easily lead to illness. Scrubbing with soap and warm water removes up to 90 percent of germs!

Teach children how to properly wash their hands so they are more likely to stay healthy!

1. Wet hands with warm water.
2. Apply soap.
3. Scrub hands (front and back), wrists, between fingers and under nails.
4. After scrubbing for 20 seconds, rinse thoroughly.
5. Dry with a clean dry towel.

Other Senior Services

Adult Protective Services

800-851-5658
530-623-1265
TDD# for hearing impaired only
530-623-1233

Elder Abuse Hotline

24 hours
530-623-1314

Dawn Hospice

530-623-4692

Elder Care Locator

800-677-1116

Elder Companion Services

Operated by
Human Response Services
530-623-2024
800-358-5251

In-Home Support Services- IHSS

800-851-5658
530-623-1265
TDD# for hearing impaired only
530-623-1233

Mountain Caregiver Resource Center

530-229-0878

Passages Adult Resource Center

800-822-0109

Public Guardian

800-851-5658
530-623-1265
TDD# for hearing impaired only
530-623-1233

Social Security

800-772-1213

Trinity Home Health

530-623-6700

FYI!

Social Services and Public Assistance Transportation

Children and Physical Activity

Get moving! You are
your child's best role
model.

Try some new
exercises together.

Dance to your favorite
music.

Play hide and seek.

Take a nature walk.

Play hopscotch.

Tumble in the grass.

Have fun!

Helping your child
adopt an active
lifestyle when they
are very small will
have a big impact on
their future!

Child Support Services

Services provided: Obtain/enforce
orders for paternity, support, and
medical insurance; collect and
distribute child support payments
888-331-2033
530-623-1306

Early Head Start

Services provided: Comprehensive
home-visiting services for families
with children ages 0-3

Hayfork

530-628-5008

Weaverville

530-623-5980

Health and Human Services

800-851-5658

530-623-1265

TDD# for speech and hearing
impaired only

530-623-1233

Adult Protective Services

Cash Aid-Temporary Aid to Needy
Families (TANF)

County Medical Services Program
(CMSP)

Child Protective Services

24 hour line 530-623-1314

Food Stamps

General Assistance

In-Home Support Services (IHSS)

Medi-Cal/Healthy Families

Public Guardian

Veteran's Services

Tribal TANF

Services provided: cash aid and
supportive social services for Native
American families
530-623-5006

CABS

Trinity Cab Services

530-623-5400

Public Transportation

Trinity Transit

530-623-LIFT (5438)

School Transportation

Contact your local school district

Seniors

Golden Age Center, Weaverville

530-623-2324

Roderick Senior Center, Hayfork

530-628-4692

Transportation Vouchers

Human Response Network

For verifiable medical and social
services appointments

800-358-5251

530-623-2024

Youth Services and After School Activities



FYI!

4-H Youth Development
530-628-5495

Behavioral Health Services
530-623-5678
Youth Development Activities Club
Live and Friday Night Live
www.fridaynightlive.org
530-623-1823

Burnt Ranch School
530-629-2543

Cox Bar School
530-623-6316

Douglas City School
530-623-6350

Hayfork Elementary School
530-628-5294

Hayfork Youth Center
Operated by Human
Response Network
530-628-5210
530-623-2024
800-358-5251

Junction City School
530-623-6381

Lewiston Elementary School
530-778-3984

Van Duzen Elementary School
707-574-6237

Weaverville All Summer Program (WASP)
Operated by Human
Response Network
530-623-2024
800-358-5251

Weaverville Elementary School
530-623-5533

Weaverville Youth Center
Operated by Human
Response Network
530-628-3984
530-623-2024
800-358-5251

Summer Safety Facts

Hot Cars

Never leave a child alone in the car –not even for a moment.
HOT CARS KILL!

Dehydration

Little ones forget to drink or tell you they are thirsty. Some symptoms are: crankiness, headache, weariness. Insist they drink water every 30 minutes.

Sunburn

Children's skin and eyes are more sensitive. Babies should be kept out of the sun entirely. Sunscreen should be applied 30 minutes before exposure. Reapply 30+ SPF every hour or so. Hats and sunglasses are cool!

Water

Never leave children unattended near water. Life vests can give non-swimmers a false sense of security.

Fire

Keep children from playing near barbecues and bonfires. Always have water present.

Insects

Reduce risk of bee and insect stings. Have children wear shoes and light colored clothing. Use insect repellent sparingly and never on infants.

Quality Child Care Checklist

Take this checklist with you when you interview prospective caregivers and programs for your child!. The importance of quality care in your child's development cannot be overstated.

The Provider

- 0 Can the provider supply references? (Be sure to check them.)
- 0 Is the provider licensed?
- 0 Are providers patient with parents who find it difficult to separate from their children?
- 0 Does the provider enjoy being with children? Does he or she hug, rock, cradle, talk and sing to the children?
- 0 Is the provider knowledgeable about child development stages and trained in early childhood education?
- 0 Does the provider regularly inform you about how your child is doing?
- 0 Are you comfortable communicating with the provider about your child's needs?

The Program

- 0 What is the adult-to-child ratio?
- 0 Does the center have a high staff turnover?
- 0 Are there opportunities for staff to learn more about early childhood education?
- 0 Are there opportunities for parents to get involved?
- 0 Is information shared about how you can support your child's learning at home?
- 0 Are the rates affordable and the hours convenient?
- 0 Is transportation to and from school provided?
- 0 Do the provider's discipline methods match yours?
- 0 What is the daily routine? Is it too strict? Too relaxed?
- 0 Are the activities and toys right for your child's age?
- 0 Are there plenty of materials and a variety of items for your child to play with?
- 0 When applicable, how does the provider accommodate children with special needs?



The Environment

- 0 Is the home or facility clean and safe?
- 0 Is the home or facility cheerful and interesting but not over-stimulating?
- 0 Are there separate areas for diapering, sleeping, resting, and exploring?
- 0 Is there adequate indoor and outdoor play space for children?

Ask the following questions if your child is or will be in a family child care home:

- 0 Are firearms kept in the house? If so, are they kept in a safe place away from children?
- 0 Are cleaning supplies and medications locked in a high cupboard?
- 0 If the provider has a swimming pool, is there a four-sided fence with a locking gate?

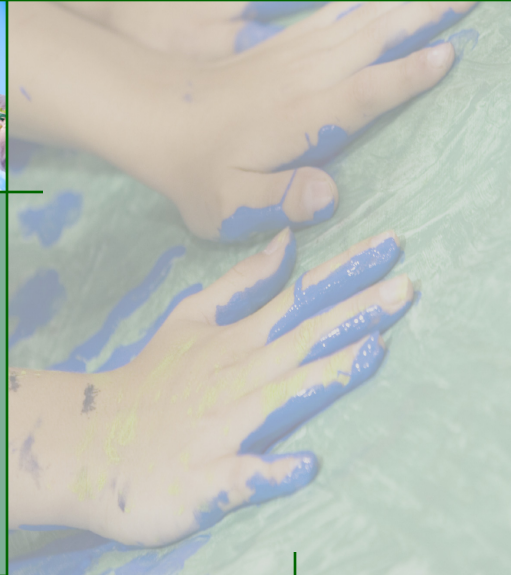
About Your Child's Progress

After you select a provider, drop in unannounced or call to find out how things are going. Consider the following:

- 0 Ask your child about his or her day. Is he or she happy and adjusting well?
- 0 Does your child look forward to being with the provider?
- 0 Are you visiting at different times throughout the day, and do you feel comfortable with the routines?
- 0 Is your child learning anything new?

What types of child care are available to my family in Trinity County?

You have many choices in selecting the very best care for your child. Do your homework, and find the program that best suits your child and your family!



Remember to always use the Quality Child Care List at the back of this Resource Guide when interviewing any prospective provider.

LICENSED

Does not insure quality but does set minimum health, safety, and training requirements. All child care homes are required to be licensed.



Family Child Care Homes

Licensed care is offered in the provider's home. There are small and large family child care homes.



STATE AND FEDERALLY FUNDED PROGRAMS

Exempt Providers

Exempt providers are not required to be licensed. This category may include relatives, friends, neighbors, in-home care, cooperative arrangements or those who care for children from only one family besides their own.

Early Head Start/Head Start

An inclusive, comprehensive child development program, which is center based. These federally funded programs are free to income eligible families.

Child Care Centers

Licensed care is offered at sites designed exclusively for children.

State Preschool

These nurturing and educational programs provide developmentally appropriate curriculum that supports cognitive, physical, creative, and social/emotional development and encourages parent participation. Follows state-mandated Learning Guidelines. Funded through CDE. Free to income qualified families.



Superhero Dreams.

Every child has them.

**Every child deserves the
chance to follow them.**

**Quality early care and education
gives them that chance.**

**For more information, contact
Trinity County's
Local Child Care Planning Council.
530-623-2861 ext. 226
First 5 Trinity
530-739-3159**