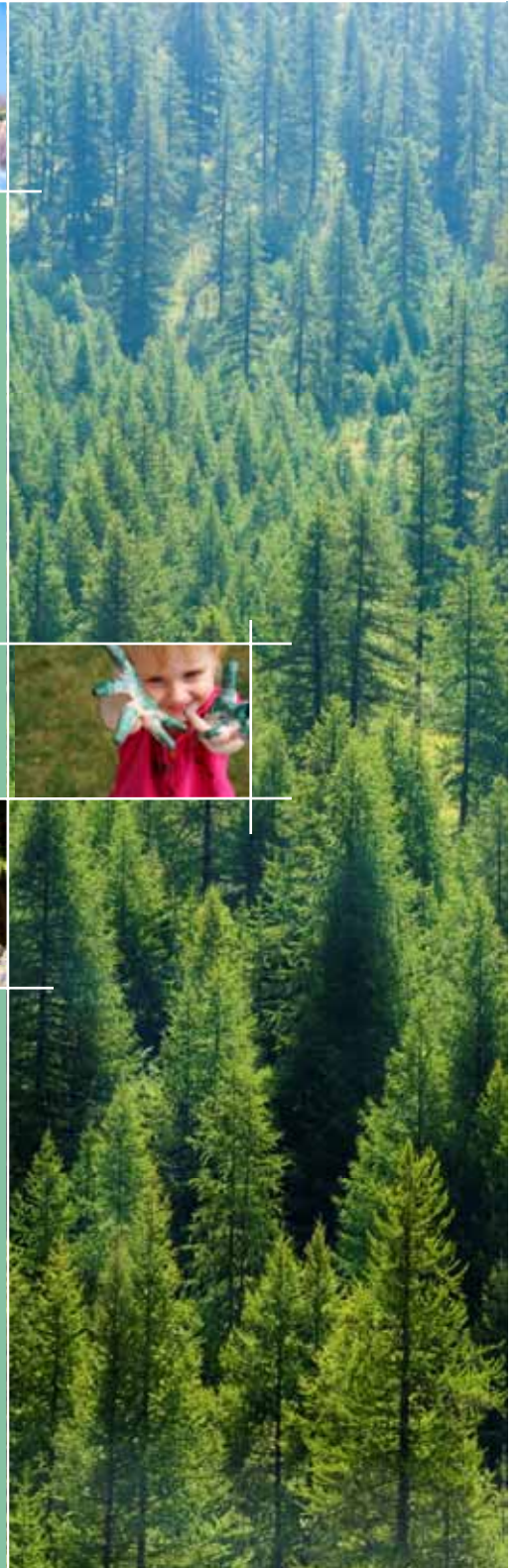


# Trinity County Resource Directory

- 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 Local Child Care Planning Council (LPC). 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 Local Child Care Planning Council (LPC).

**Contacts:**

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Local Coordinating  
Council Coordinator  
530-623-2861 ext. 226

Debra Chapman,  
First 5 Executive Director  
530-739-3159

## Trinity County's Child Care Planning Council

The mission of the Trinity County Child Care Planning Council is to lead countywide collaborative planning, with action and advocacy; to make affordable quality child care available to each family in Trinity County; to support quality education for providers; and to advocate for inclusion of child care into community plans.

## 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](http://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](http://www.humanresponsenetwork.org)

### Mental Health

Behavioral Health Services  
530-623-5708

### National Center for Missing and Exploited Children

[www.missingkids.com](http://www.missingkids.com)  
800-843-5678  
TTY # 800-826-7653

### Poison Control

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

A listing of Trinity County child care resources and programs to help your family find the care and support you need!

## Child Care



# FYI!

**Child Care Planning Council**  
Trinity County Office of  
Education  
[www.tcoek12.org/ece.html](http://www.tcoek12.org/ece.html)  
530-623-2861 ext. 226

**Far Northern Regional  
Center — Respite Care**  
[www.farnorthernrc.org](http://www.farnorthernrc.org)  
530-222-4791

**Head Start Centers and  
Early Head Start**  
[www.shastaheadstart.org](http://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](http://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](http://www.trinitymuseum.org)  
530-623-5211

**Joss House**  
[www.parks.ca.gov](http://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

**White Tiger Studio**  
530-623-2900

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!

### 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

### 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

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!

### 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



## Churches

### 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

**Holy Trinity Catholic Church**  
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**  
707-574-6483

### 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



Find support and answers from these Trinity County organizations.

## 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!

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!



## Education

### 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

Teachers open the door, but you must enter by yourself.  
-Chinese Proverb

## 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](http://www.cancer.org)

#### American Heart Association

[www.americanheart.org](http://www.americanheart.org)

#### American Legacy Foundation

[www.americanlegacy.org](http://www.americanlegacy.org)

#### Campaign for Tobacco Free Kids

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

#### National Cancer Institute

[www.cancer.org](http://www.cancer.org)

#### National Spit Tobacco Education

[www.nstep.org](http://www.nstep.org)

#### Office of Smoking and Health

[www.dcd.gov/tobacco](http://www.dcd.gov/tobacco)

#### Partnership for Smokefree Families

[www.smokefreefamilies.org](http://www.smokefreefamilies.org)

#### QuitNet

[www.quitnet.org](http://www.quitnet.org)

#### Quit Smoking Support

[www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)

#### Secondhand Smoke

[www.epa.gov/smokefree](http://www.epa.gov/smokefree)

#### Surgeon General

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

#### Human Response Network

[www.humanresponsenetwork.org](http://www.humanresponsenetwork.org)  
800-358-5251

A listing of Trinity County child care resources and programs to help your family find care you need!

# 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

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

Learning is a lifelong process.  
Get inspired by these Trinity County Resources!

## Employment and Training Programs



# FYI!

### 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

### Micro-Enterprise Development Program (SCEDD)

530-623-2764

### 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

### Child Seats are Life Savers!

Auto accidents are the  
number one killer and  
crippler 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](http://www.aap.org/family/Carseatguide.htm)

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



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!

## 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**



## Food and Nutrition Resources

### 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

### Food Stamps

**Trinity County Health and Human Services**  
#1 Industrial Park Way  
800-851-5658 ext. 1  
TDD # for hearing impaired only  
530-623-1233

**Food Stamp 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

#1 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

**Shasta Head Start**  
530-623-5980

**Fire Halls**  
**Douglas City**  
530-623-5110  
**Hayfork**  
530-628-5126  
**Hoopa**  
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**  
530-628-227  
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

**Superior California  
Economic Development  
District**  
530-623-2764

**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!

**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**  
530-623-3931  
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](http://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

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

# FYI!

## 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



## Health

### 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  
**Robert Davis, DDS**  
530-623-4312  
**John Kizziar, DDS, Inc.**  
530-628-4271  
**Scott Schalo, DDS, MS**  
(orthodontics)  
530-623-3385  
**Southern Trinity Health Services**  
707-574-6621  
**Trinity Community Dental Clinic**  
530-623-5541

### Doctors

**Edward Dolci, MD**  
530-623-4471  
**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



He who has health, has hope.  
And he who has hope, has everything.  
-Proverb

## Health Continued



# FYI!

### Indian Health Services Redding Rancheria, Redding

530-224-2700  
800-378-2700

### United Indian Health Services 707-825-5000

**Potawot 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

### Trinity County Resource Conservation District

Community Garden and  
Children's Gardens

530-623-2009

### 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](http://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

530-628-5678

#### 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

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!

### Childbirth Education Classes

530-623-4652  
Information  
530-623-5541 ext. 3248

### 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  
**Mother/Baby Clinic, Red Bluff**  
530-527-4780  
List of private OB providers in adjacent counties available from Planned Parenthood; on Thursdays, call 530-623-2386

### 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**  
530-623-2386  
**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

### 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.



A listing of Trinity County self-help resources.  
Find the support you need!

# 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:

**Douglas City**  
 Roy W.  
 530-623-4178

**Hayfork NA & AA**  
 Eddie M.  
 530-628-4285

#### Lewiston

Steve R.  
 530-778-0432

#### Trinity Center

Todd H.  
 530-266-3209

#### 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

### Sunday:

**Lewiston**, 3pm, Trinity River Recovery Lodge, **NA** basic study

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

### Monday:

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

**Lewiston**, 6pm, Trinity River Recovery Lodge, **NA** speaker

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

**Burnt Ranch**, 6:30pm, Indian Hall, **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, **AI-Anon** open Discussion

**Weaverville**, 6pm, Trinity PUD, **AA** open discussion

**Lewiston**, 7pm, Trinity River Recovery Lodge, **AA** 12x12

**Lewiston**, 7pm, Community Center, **AA** big book study

**Salyer**, 7pm, Wayside Chapel, **AA** open discussion

### Wednesday:

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

**Trinity Center**, 6pm, Old Fire House, **AA** women's meeting

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

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

**Lewiston**, 7pm, Trinity River Recovery Lodge, **AA** 12-step

### Thursday:

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

**Lewiston**, 7pm, Trinity River Recovery Lodge, **NA** book study

### Friday:

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

**Trinity Center**, 6pm, Old Fire House, **NA** open discussion

**Lewiston**, 7pm, Trinity River Recovery Lodge, **NA** topic

**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

**Lewiston**, 10pm, Trinity River Recovery Lodge, **NA** open

- 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

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

### Clubs

**Six Rivers Senior Club**  
707-574-6547

**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, Hayfork**  
530-628-5770  
**Weaver Creek Apartments**  
530-623-3443  
**Skilled Nursing Trinity Hospital**  
Skilled Nursing Facility  
530-623-5541

### Legal

Senior Advocacy Center of Northern California  
530-223-6979

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

## Seniors Continued



# FYI!

### 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

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.

**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](http://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.

## 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.



# 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?



**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