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:
Noel O’Neill, Chair
Child Abuse Prevention Council
530-623-8293

Debra Chapman,
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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A listing of crisis resources and programs in Trinity County.

FYI!

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

Crisis — 24 Hour Numbers

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

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

Human Response
Network's Crisis Line
530-623-HELP (4357)
Collect Calls OK
www.humanresponsenetwork.org
A listing of Trinity County child care resources and programs to help your family find the care and support you need!

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

FYI!

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.

Child and Family Activities

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**FYI!**

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

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**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

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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

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

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
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

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**Coffee Creek/Trinity Center**

- **Coffee Creek Community Church**
  - Phone: 530-266-3880
- **Mountain Faith Christian Fellowship**
  - Phone: 530-266-3785
- **Trinity Center Community Church**
  - Phone: 530-266-3415

**Hayfork**

- **Church of Jesus Christ of Latter Day Saints**
  - Phone: 530-628-4486
- **Faith Assembly of God**
  - Phone: 530-628-5705
- **Hayfork Community Church**
  - Phone: 530-628-5760
- **St Patrick Parish**
  - Phone: 530-623-4383
- **Kingdom Hall of Jehovah’s Witnesses**
  - Phone: 530-628-5396
- **Seventh Day Adventist Church**
  - Phone: 530-628-5593
- **Solid Rock Christian Fellowship**
  - Phone: 530-628-5518

**Hyampom**

- **Hyampom Community Church**
  - Phone: 530-628-5102

**Lewiston**

- **Lewiston Community Church**
  - Phone: 530-778-3148
- **St. Gilbert Catholic Church**
  - Phone: 530-623-4383

**Salyer**

- **Wayside Chapel**
  - No phone

**Southern Trinity**

- **Lamb Creek Christian Center**
  - Phone: 707-574-6345
- **Ruth Community Church**
  - Phone: 707-574-6229
- **Solid Rock Foundation Ministries (no meetings on Wednesdays)**
  - Phone: 707-574-6483
  - Meetings: Friday, 7:00 pm
  - Meetings: Sunday Morning, 9:30 am

**Weaverville**

- **Church of Jesus Christ of Latter Day Saints**
  - Phone: 530-623-5226
- **Church of the Nazarene**
  - Phone: 530-623-6154
- **First Baptist Church**
  - Phone: 530-623-4191
- **Holy Trinity Lutheran Church**
  - Phone: 530-623-3311
- **Kingdom Hall of Jehovah’s Witnesses**
  - Phone: 530-623-4316
- **Landmark Missionary Baptist Church**
  - Phone: 530-623-9933
- **Mountain Chapel Assembly of God**
  - Phone: 530-623-3933
- **New Apostolic Church**
  - Phone: 530-623-5799
- **Seventh Day Adventist Church**
  - Phone: 530-623-4243
- **St. Patrick Catholic Church**
  - Phone: 530-623-4383
- **Trinity Congregational Church**
  - Phone: 530-623-3101

**Ministerial Association**

- Phone: Contact Pastor Brehms
  - Phone: 530-623-4243
Domestic Violence Assistance

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

FYI!
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.
### 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!

### 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

- **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

### Southern Trinity Joint Unified School District

- **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

- **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**
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

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

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

**FYI!**

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 hairbrushes, 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.

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### Emergency and Disaster Services

#### 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

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- Never share hairbrushes, 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.
## Employment and Training Programs

### 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

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**FYI!**

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

**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 resources to help you provide for your family.

### 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

#### 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

#### 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

---

### 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
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!**

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

**Governmental, Private and Nonprofit Agencies**

**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
530-628-5227
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
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<th>AT&amp;T</th>
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<td>SBC</td>
<td>800-310-2355</td>
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<td>TDS Telecom</td>
<td>530-266-3411</td>
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<td>Verizon</td>
<td>800-483-4000</td>
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<td>Weaverville</td>
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<td>Trinity PUD</td>
<td>530-623-5536</td>
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<td></td>
<td>Animal Rescue</td>
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<td>University of California</td>
<td>Co-op Extension</td>
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<td></td>
<td>Food Stamp Nutrition Program</td>
<td>530-628-5495</td>
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<td>530-623-3746</td>
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<td>US Fish and Wildlife</td>
<td>530-623-3931</td>
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<td>US Postal Service</td>
<td><a href="http://www.usps.com">www.usps.com</a></td>
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<td>800-275-8777</td>
<td>TTY-hearing impaired only 877-889-2457</td>
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<td></td>
<td>Big Bar</td>
<td>530-623-6697</td>
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<td></td>
<td>Burnt Ranch</td>
<td>530-629-2847</td>
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<td></td>
<td>Douglas City</td>
<td>530-623-5149</td>
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<td>Hayfork</td>
<td>530-628-5515</td>
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<td>Hyampom</td>
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<td>530-623-2011</td>
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**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

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

- Helen Keller
A listing of Trinity County health resources and programs to help your family find care you need!

### 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](http://cdc.gov/nceh/lead)
- CA Poison Control
  - [leadinmexicancandy.com](http://leadinmexicancandy.com)
- Easter Seals, Northern California
  - 877-263-3994
  - 707-263-3949
  - [easterseals.com](http://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

**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

---

**FYI!**

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- Center for Disease Control  
  - [cdc.gov/nceh/lead](http://cdc.gov/nceh/lead)
- CA Poison Control  
  - [leadinmexicancandy.com](http://leadinmexicancandy.com)
- Easter Seals, Northern California  
  - 877-263-3994  
  - 707-263-3949  
  - [easterseals.com](http://easterseals.com)
Health
Continued

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
530-628-3693

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

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

An adult should actively watch children at all times. Use “touch supervision”. 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

He who has health, has hope.
And he who has hope, has everything.
-Proverb
A listing of Trinity County legal services.

**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

---

**FYI!**

**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
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

A listing of Trinity County mental health resources.

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 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!

**Parks and Recreation**

**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

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**FYI!**

**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.
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**

**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

**F Y I !**

**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!

Self-Help Groups

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

FYI!

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.

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• A child may drown silently in a minute or two. Most drownings take place at the homes of parents, relatives or neighbors.
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• 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.
Alcoholics Anonymous and Narcotics Anonymous Meeting Schedule

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

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

**Seniors**

### 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

### 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

Skilled Nursing Facility
530-623-5541

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**FYI! 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.

**Golden Umbrella**

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

530-223-6034
Seniors
Continued

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

F.Y.I!

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.

Age is an issue of mind over matter.
If you don’t mind, it doesn’t matter.

-Mark Twain
# A listing of Trinity County Social Services, Public Assistance and Transportation

## FYI!
### 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!

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## Social Services and Public Assistance Transportation

### 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**
- **530-623-1233**
  - TDD# for speech and hearing impaired only

- **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 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

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

FYI!

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

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

The Environment
- Is the home or facility clean and safe?
- Is the home or facility cheerful and interesting but not over-stimulating?
- Are there separate areas for diapering, sleeping, resting, and exploring?
- 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:
- Are firearms kept in the house? If so, are they kept in a safe place away from children?
- Are cleaning supplies and medications locked in a high cupboard?
- 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:
- Ask your child about his or her day. Is he or she happy and adjusting well?
- Does your child look forward to being with the provider?
- Are you visiting at different times throughout the day, and do you feel comfortable with the routines?
- 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.

**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.

**Child Care Centers**
Licensed care is offered at sites designed exclusively for children.

**STATE AND FEDERALLY FUNDED PROGRAMS**

**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.

**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