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Parent

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FAMILY RESOURCE GUIDE

We Build Community!

SPRING/SUMMER EDITION 2026

FOR BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES

DEAR READERS



Since I was five years old, I have believed in community. In those very early years, I organized a pony club and an animal effort to end cruelty to pets held in captivity who were being abused in my neighborhood.

For the last 32 years, with my dedicated and wonderful team, I have continued this community work by publishing North State Parent magazine.

The mission of the magazine is to nurture families and help build strong communities where they can thrive. But it takes all of us to create a community in which to raise healthy, happy families. It takes mega doses of neighborliness. It takes a moment to share a smile, to let someone go first in line, to help an elder cross the street. It takes care and the desire to help.

That's why we fill our pages with ways you can engage in your local community. When you support our advertisers that support us in this important work, you help create a healthy, strong community life for children and families. From attending local and regional field trips to volunteering at an animal shelter, we have all sorts of ideas for building community listed in our pages. Please share us with others. We are not AI. We are local caring parents trying to make a better world.

As Phetsamone Jenny Varsnoh says in the article on page 29 regarding the Lao community in Weed, "You just must start with you. A little change, a kindness, a little humanity, goes a long way."

For decades we have published monthly magazines and updated a family-friendly calendar of enriching and educational events (you can find this on our website). We show up at family-friendly events and often offer free art projects for children to help engage families. We even circulate a weekly e-news reminder about fun things to do with children. (Subscribe to this invaluable newsletter at northstateparent.com/newsletter.)

We invite you to join us in being agents for good in our North State communities.

Here are ideas to help our North State community, including our own individual neighborhoods, to flourish. Let's work together to promote good.

- Hire young people for odd jobs
- Share your garden tools
- Organize a block party
- Grow flowers and share with elderly neighbors
- Ride a bike through your neighborhood
- Share your own skills readily
- Support Farm Markets in our region
- Support libraries and children's programming
- Volunteer for a youth sports team
- Play four square or catch on quiet neighborhood streets with kids; invite your neighbors!
- Barter with friends and neighbors
- Bake extra and share with neighbors
- Support local swim centers
- Support community gardens
- Attend local school group fundraisers
- Pay for a neighbor child's swim lessons
- Read to children – your own and others!
- Volunteer at an animal shelter

North State Parent

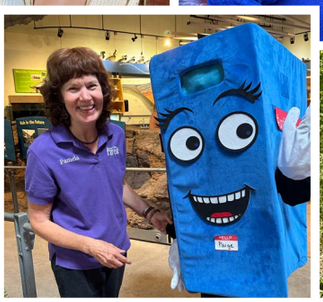
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NORTH STATE PARENT TEAM OUTING DAY

ON THE COVER



North State Parent is delighted to feature this illustration by renowned artist Alli Arnold. We think it really captures the magic of being a child and exploring the joys in the North State with friends. Alli is also an accomplished pet portrait artist. See more of her charming work at alliarnold.com and AlliArnoldPortraits.Etsy.com. *Photo by Chris Zuppa for The Penny Hoarder.*

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Section line drawings by Juanita Crooks, an illustrator living and working in the Bay Area. A Tehama County native, she grew up in Red Bluff and has had a lifelong passion for art. She can be reached by email at juanitajcrooks@gmail.com. Follow her on instagram @yakisobababy.





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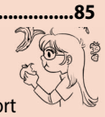
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EXPLORE CALIFORNIA OUTDOORS

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Explore California Outdoors is a family-run adventure company in Northern California offering family focused camping, rafting, hiking, and custom outdoor excursions. We are headed by Mark Reiser, a California native with 40 years of professional outdoor trip guiding experience. For almost 25 years he owned and operated an adventure tour company in Alaska which was named "One of the Best Adventure Tour Companies on Earth" by National Geographic Adventure. Mark is now excited to bring his friendly service to the North State, sharing the same level of care and adventure that has made his trips memorable for decades.

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What are custom trips all about?
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SUMMER CAMP-OUTS 2026

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HOW TO SHARE THE EMOTIONAL LABOR OF PARENTING

BY SHANNON DEAN

Many modern families share domestic duties in a way that would have been foreign to previous generations. Dads today will often willingly do a load of laundry, change a diaper or cook a meal. Many moms can complete home repairs, handle vehicle maintenance and throw a ball. These shifts are healthy because they allow children to see both parents contributing to household and parenting tasks regardless of gender. Unfortunately, the invisible, emotional labor needed to support a modern family often remains somewhat gender specific. A report from the United Nations found that women do 2.6 times more unpaid work than men, including unseen tasks like school carpooling, caring for elderly relatives, holiday planning and supporting family harmony. These unbalanced family responsibilities mean mothers risk burnout.

The Mental Load of Emotional Labor

Although many tasks classified as emotional labor address a family's emotional and physical well-being, any administrative effort that contributes to a well-run household fall into this category, which is sometimes called "mental load." Because many moms are the emotional center of the home, they are expected to be fully available when family members are sick, troubled or stressed. Mom is also the invisible elf who ensures that everyone has clothing that fits, food to eat and a schedule that works. Emotional labor often extends far beyond the immediate family. Moms not only remember issues and occasions important to those residing under her roof, but she is also responsible for people who are important to her family, like her in-laws, her children's teachers and her spouse's co-workers.

The Potential for Burnout from Invisible Tasks

When you add these invisible tasks to a full schedule, it's no surprise that many mothers feel exhausted even before the second shift of emotional labor begins. Understandably, this fatigue can lead to resentment and frustration. No one notices invisible labor until it goes undone, at which time moms can be criticized or made to feel guilty. Even worse, many parents feel uncomfortable outsourcing these unrelenting tasks since they are so closely related to the family. The unappreciated nature of emotional labor can cause a mother to withdraw when her family needs her the most. According to Dr. Amelia Nagoski, author of *Burnout: The Secret to Unlocking the Stress Cycle*, parental burnout can lead to a decrease in empathy and a dwindling sense of accomplishment. Eventually, an overwhelmed parent may shut down due to a belief that "nothing you do makes any difference," she explains.

The Benefits of Shared Responsibility

Mom is an obvious beneficiary of shared responsibility, but all family members win in a home that values equality. Data published in the Journal of Marriage and Family suggests that men who take on more emotional labor enjoy increased physical intimacy in their marriages. Fathers who share the mental load set an important example for their children, particularly their daughters. Research conducted by the Association for Psychological Science found that fathers who embraced household responsibilities raised daughters who were more likely to pursue higher-paying careers. “How fathers treat their domestic duties appears to play a unique gatekeeper role," explains researcher Alyssa Croft.

How To Approach a Partner About Sharing the Load

Don't assume that negotiating emotional labor is just another form of work, making it easier to do these tasks yourself. Although it's tempting to believe that mothers are naturally better at soothing school dramas, buying gifts and making sure that the house is well-stocked, these assumptions are untrue. Women have more practice opportunities, but any family member can learn by doing. Most spouses want an equal partnership but are either unaware of this inequality or are unsure of how to do their fair share. Because these misunderstandings contribute to imbalance, approach your partner to make them aware that you're swamped. Be clear that you are asking for shared responsibility, not help (which implies that the task in question is solely your job).

Don't wait until a full-blown crisis and acknowledge the contributions they already make so that they are not too defensive to hear your message. It may help to explain that this arrangement will benefit your entire family. After all, you're modeling the skills that your children will one day use to run their own households. Once you calmly ask them what they're willing to take on, know that they may have their own way of completing the task, which means that you will have to relinquish control. Hovering over a partner who is trying to share responsibility is continuing the cycle of imbalance. It is very common to assume that mom has a firm lock on emotional labor, while her partner is only a helpmate. We must change this outlook, says Gemma Harley, the author of *Fed Up: Emotional Labor, Women, and the Way Forward*, because it "sets up women for an overwhelming dive into the deep waters of emotional labor but also inhibits men from growing and stepping fully into the role of parent."

Clarifying Essential Tasks

The value of emotional labor is immeasurable because it ensures that those we love feel secure and cared for. However, not every task is essential. Lightening your load may mean dropping obligations that no longer serve you or your family. Ask yourself what you do out of obligation rather than out of necessity or joy. Keeping only joyful and essential tasks means that you can lovingly offer emotional labor because you don't feel undervalued, overwhelmed and used.

Harley reassures families that sharing invisible labor "gives all of us a chance to live fuller and more authentic lives." Even better, when we share these responsibilities, we allow our loved ones to create their own systems, their own sets of priorities and their own deep connections. ■

Five Tips for Sharing Emotional Labor

1. Don't Expect Your Partner To "Just Know." There's an expectation that tasks related to love and parenting should come naturally, but your partner may be unaware rather than neglectful.

2. Make Emotional Labor Visible: Put a list of the week's tasks in a high-traffic area. Ask each participating family member to place his name beside each task he plans to complete. Cross out completed items and encourage your family to do the same.

3. Don't Get Pulled Into Someone Else's Responsibility: It is common for a family member to feel uncomfortable when attempting something that you've always handled. It's fine to offer advice but resist the urge to jump in. Allow your loved one to figure it out.

4. Sometimes Done Is Better Than Perfect: Accepting shared responsibility means relinquishing control. Sometimes, you must lower your standards and know that done is good enough.

5. Acknowledge A Job Well Done: You know firsthand how frustrating it is when no one notices or acknowledges your constant efforts. Positive reinforcement is a great way to ensure that your partner willingly and lovingly continues to share responsibility.

BY SHELLY ROGERS

Bidwell Wildlife Rehabilitation: Keeping North State Wildlife Healthy and Wild

We are lucky to live in a community that loves animals of all types. In addition to the love and care we have for our pets, North State residents also care about wildlife like squirrels, owls, opossums and songbirds. We know to take our beloved pet to the vet when it becomes injured or ill, but what do we do when we encounter an injured, apparently ill or abandoned wild animal or bird?

Bidwell Wildlife Rehabilitation (BWR) in Butte County, a volunteer-run organization, has been dedicated to rehabilitating orphaned and injured small mammals, raptors, reptiles and more in the Butte, Colusa and Glenn Counties since 1973. If someone finds a baby squirrel that has fallen from a tree or a red-tailed hawk that's unable to fly, BWR can step in and help. BWR volunteers spend hours training in how to help all species of wildlife in our area.

How to Seek Help for a Wild Animal

Community members who find wildlife in need of help can contact BWR via an online intake form at bidwellwildliferehab.org, and an intake volunteer will contact the finder. In short order, the animal in need of help will be taken to a trained BWR volunteer who will raise, feed, care for and medicate the animal until it is able to be released. BWR's goal is always to rerelease the animal - not to raise it as a pet or to be kept in captivity. They want wildlife to remain wild!

Not All "Lone" Baby Animals are Abandoned

BWR rehabilitates many different species and each has its own special requirements. During baby season (February through September), BWR volunteers work especially hard, taking in abandoned baby animals and fielding questions from concerned North State residents. Public understanding of some wildlife habits can go a long way to help with the volunteers' workload. For instance, not all fawns found without their mothers nearby are abandoned. Mama deer start having their babies around May of each year and will have one to three babies at a time. Sometimes the mama deer will leave her babies alone for hours at a time. Fawns are masters of camouflage and their mamas are good at leaving them in locations where they are safe from predators. Additionally, fawns have almost no smell when they are babies, so predators have a very hard time locating them.

Each year, well-meaning humans taking a hike will find fawns on their own and be worried the fawn has been abandoned and concerned it may need help from humans. The answer almost always is no. If you find a fawn or two by themselves, take a few moments to observe. Is the fawn crying out for help? Is it covered in ants or insects? Does it look thin or unhealthy? If the answer to these questions is no, then that fawn is doing fine and does not need intervention from humans. If the answer to any of these questions is yes, then it's time to contact BWR to help.

Another group of babies that we will start to see soon are fledglings. Fledglings are teenage birds – not quite babies anymore, but also not quite adults. Mama birds start to encourage fledglings to leave the nest once they are almost fully feathered and their encouragement consists of pushing the fledglings out of the nest. With this encouragement, and under the supervision of their bird parents, fledglings learn to fly and become independent in the world. Like most fawns, fledglings are doing fine on their own and don't need any help from humans.

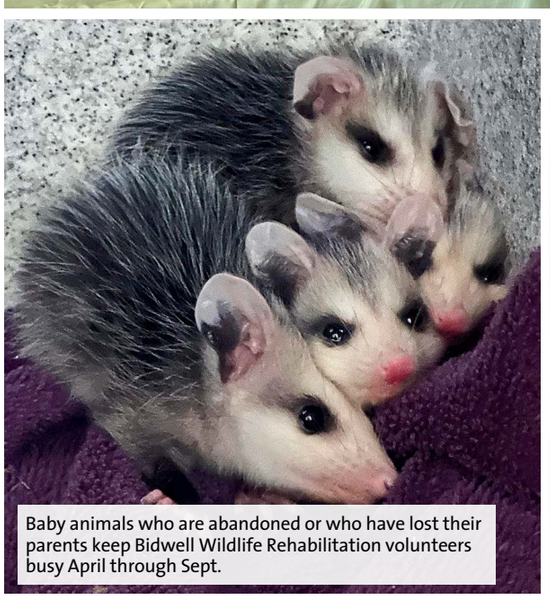
For more information about what BWR does and how best to help wildlife, visit bidwellwildliferehab.org. ■



BWR board member Crystal Jaeger (left), recently Hometown Hero in the ER for her work with hawks and other raptors, joins board member Laurie Bradshaw in the BWR booth at this year's Annual Snow Goose Festival to spread the word about BWR's essential work. *Photo by Pamela Newman.*





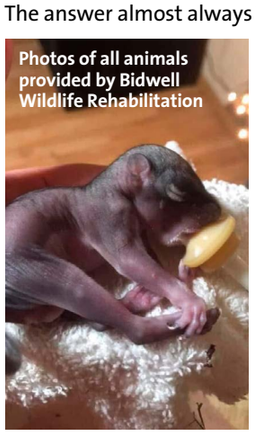


Baby animals who are abandoned or who have lost their parents keep Bidwell Wildlife Rehabilitation volunteers busy April through Sept.



Volunteers are vital to the success of BWR's rescue and conservation work and communicating the importance of preserving our region's wildlife. *Photo by P. Newman.*

Photos of all animals provided by Bidwell Wildlife Rehabilitation





- Animal Shelters, Sanctuaries & Farms
- Equine Assisted Learning & Psychotherapy
- Equine: Clubs, Lessons & Camps for Youth
- Pets



ANIMAL SHELTERS, RESCUES AND FARMS

BUTTE COUNTY

Butte County Humane Society; Chico. Adoption center, veterinary center, pet food and supply pantry. 13391 Garner Lane. buttehumane.org. info@buttehumane.org. (530) 343-7917.
Chico Animal Shelter; Houses and cares for all stray dogs found within Chico city limits. Takes in unwanted dogs on a space-available basis. Find pets that have been found on their website. Adoption walk-throughs M-Th 2-4pm. Open daily by appointment. chicoanimalshelter.org.
2579 Fair St. (530)894-5630.
Nor Cal Reptiles Adventures; Chico. All ages can check out reptiles galore. Turtles/tortoises, snakes/lizards, feeder rodents, insects and pet accessories for sale. Programs for birthday parties and school events held onsite where kids and adults can have a personal encounter with a variety of reptiles. Snake rescue/surrender and rattlesnake wrangling. facebook.com/norcalreptileadventures. 43 Dacy Ave. (530)228-5011.
Wags and Whiskers Pet Rescue; Chico. Provides compassionate care, safe shelter and seeks loving homes for every animal that comes into their care. Raises awareness of the importance of responsible pet ownership. Works to reduce the number of animals in shelters through adoption, spay & neuter, education and community outreach. Pet boarding. Pet food bank. wwprca.com. info@wwprca.com.
Wild Things. A fun-filled and energetic experience for your school, library or private event. Brings rescued exotic and native wildlife to you and utilizes the animals' personal stories to teach natural history, unique adaptations and a conservation message. Topics include the Amazing Amazon and Beasts of the Backyard, among others. Enjoy meeting and making connections with the animals! wildthingsoutreach. org. programs@wildthingsoutreach.org. (530)878-2618

SHASTA COUNTY

Redding Reptiles; All ages can check out reptiles from around the world on display in the Reptile Exhibit Room, a sanctuary/home to 50+ reptiles that have been surrendered ($2 admission). Birthday Parties. Pets, supplies and feeders available. Store: Tue-Sat 11am-6pm. Exhibit Room: Wed-Sat 12-5:30pm. ReddingReptiles.com. 74 Lake Blvd. (530)338-2446.
Saving Shasta Cats; Saving Shasta Cats; Dunsmuir. Serves low income and disabled residents of Siskiyou County by providing their pets and feral cats with healthy food, emergency and routine veterinary care. Operates a food bank with healthy cat and dog food. Delivers food in Dunsmuir, Mount Shasta and Weed, to the pet cats and dogs of families in need. Rescues abandoned cats, provides excellent foster care and places them in loving, forever homes. Funds the altering (spay and neuter) of feral cats. savingshastacats.com.
Stillwater Haven Feral and Abandoned Cat Rescue; Anderson. Rescue and adoption services. Works with local animal control agencies, pet adoption groups and other caring individuals to keep unwanted pets from being mistreated, injured, euthanized, or struggling to survive. Adoption fees are minimal and do not cover the expenses used to rehabilitate rescued cats. Please consider donating to help the homeless cats and contribute to solving the abandoned and feral cat problem. stillwatercathaven.blogspot.com or facebook.com/StillwaterCatHaven. stillwatercathaven@gmail.com. (530)365-4861.
Wild Horse Sanctuary; Shingletown. 5,000-acre preserve dedicated to protecting and preserving America's wild horses as a living national treasure. Provides sanctuary in an ecologically balanced environment. Wild horse walks/tours by appointment only. wildhorsesanctuary.org. 5796 Wilson Hill Rd. info@wildhorsesanctuary.org. (530)474-5770.

SISKIYOU COUNTY

Humanity For Horses; Mount Shasta. Private nonprofit sanctuary, devoted to rescuing horses and animals from slaughter, abuse, neglect and abandonment, providing them sanctuary for the rest of their lives. Large specialized Thoroughbred program. humanityforhorses.org. (530)435-0151.
Siskiyou Spay/Neuter Incentive Program (SNIP); Yreka. Nonprofit volunteer-only organization helps end dog and cat overpopulation in Siskiyou County through education, support and need-based financial assistance to pet owners. Provides a better life for adoptable companion animals without homes and supports efforts to limit the overpopulation of these animals through low-cost spay and neuter options. Offers coupons toward dog spay/neuter at select veterinary clinics, low-cost cat spay/neuter clinics, animal adoption and foster opportunities. siskiyousnip.org. 218 Executive Court. (541)531-1086.
Maagic Mountain Farm; Mount Shasta. Come experience how some grandparents lived on a working homestead with milk goats, ducks, chickens, honeybees, a garden & more. Year-round, hands-on, interactive animal field trips, homestead classes, group or individual tours, guest farm stays and birthday parties. maagicmtnfarm.com. maagicmtnherd@gmail.com. (530)925-6752.

OTHER AREAS

Great Cats World Park; Cave Junction, OR. Exciting, interactive amd educational 10-acre park home to lions, tigers, leopards, jaguars, ocelots, lynx, a fishing cat and more. Fully guided tours both educate and entertain. Guided school and private group tours, birthday parties and private events. greatcatsworldpark.com. 27919 Redwood Hwy. (541)592-2957.
Sanctuary One; Jacksonville, OR. A nonprofit care farm where people, animals and the earth work together for mutual healing. Farm tours and field trips available with online booking; volunteer opportunities and animal adoptions available. sanctuaryone.org. 13195 Upper Applegate Rd. (541)899-8627.
Sequoia Park Zoo; Eureka. Explore the natural world and cultivate a passion for wildlife at the Sequoia Park Zoo. Visit with rare and endangered red pandas, interact with sheep and goats in the Contact Corral or take a walk in the "free-flight zone." 7 days a week, 10am-6pm, with last entry at 5:30pm. Cafe & gift shop onsite. sequoiaparkzoo.net. 3414 W Street. (707)441-4263.

EQUINE ASSISTED LEARNING & PSYCHOTHERAPY

DLB Ranch; Multiple counties. Non-profit organization uses horses to help people gain insight into themselves, and move past trauma, depression, anxiety, PTSD and other emotional challenges. It is an on-the-ground program. Works with adults, children, families and corporate groups for team building and decompression. dlbranch.org. 17596 Southlake Rd., Cottonwood. (530)347-9902.
Horse Encounters; Redding. Equine assisted activity for special needs. An approach to learning life skills where participants and certified equine specialists team up with a horse to reach meaningful goals. roughoutranch.org. 21449 Roughout Road.
Major's Place; McCloud. Non-profit organization offers equine-assisted therapy to help individuals heal from trauma, anxiety, PTSD, and other emotional challenges. Ground-based program supports children, adults, veterans, first responders and families. Offers Horse Powered Reading® and provides team building and wellness experiences for groups. Scholarships available. majorsplace.org. Willow Creek Ranch, McCloud. welcome@majorsplace.org. (530)853-1028.
Serene Ranch; Cottonwood. We have a decade of experience working with individuals with special needs, mental health challenges, at risk individuals or those recovering from trauma. Horses are all rescues with their own stories to tell. Enjoy equine lessons and fun with the horses. Everyone gets to ride. Certified in Equine Assisted Learning and Therapy. Group and individual lessons. Learning horsemanship and riding skills translates into life skills. Safety and fun come first. facebook.com/Serene-Ranch-100049022756839. 3871 Rancho Estates Rd. sereneranchnorcal@gmail.com. (530)440-1808.
Stable Hands; Yreka. Improves the physical, mental, emotional and social health of people living with disabilities through equine assisted activities and therapy. Ages 2 and up. Horses Helping Heroes veterans program (free). Scholarship program available. Find them on Facebook for updated news. stablehands.org. (530)842-3082.
Triple Creek Ranch; Red Bluff. Therapeutic horseback riding for individuals of all ages with physical, mental, emotional and learning disabilities. The unique relationship developed with a horse can lead to increased confidence, patience, self-esteem and more. We also offer youth horsemanship activities, including birthday parties & family classes. Triplecreekhorses.orgtriplecrkranch@yahoo.com. (530)527-9394.

EQUINE: CLUBS, LESSONS & CAMPS FOR YOUTH

MULTIPLE COUNTIES

4H Equine Education. Youth program offers a wide variety of equine projects including horsemanship, breeding, draft, drill, driving, English & Western, gymkhana, judging, miniature, trail riding and ponies. ucanr.edu/program/university-california-4-h-youth-development-program/equine-science
Butte County: (530)538-7201.
Glenn County: (530)865-1100.
Shasta County: (530)224-4900.
Siskiyou County: (530)842-2711.
Tehama County: (530)949-9366.
United States Pony Clubs, Inc. Educational organization builds the foundations of teamwork and sportsmanship through riding, mounted sports, and care of horses and ponies, while developing and enhancing leadership, confidence, responsibility and a sense of community in our youth and adult members. Call to start a Pony Club or join an existing club or center. ponyclub.org. (859)254-7669.

BUTTE COUNTY

Stanley Stables; Chico. Deepen your connection with horses to grow in confidence, mentally, emotionally and spiritually. Private horsemanship lessons, therapeutic equine sessions and private events. All paid programs go to support our Christ Based Equine Mentorship program. stanleystableschico.com. 1342 Stanley Avenue, Chico. stanleystableschico@gmail.com (831)214-8960.

SISKIYOU COUNTY

Mt. Hermon Kidder Creek; Etna. High adventure and horse experiences for the outdoor enthusiast; a variety of group adventures available. Two different camps, one near Santa Cruz and one near Yreka. kiddercreek.mounthermon.org. 2700 S. Kidder Creek Rd. kcadmin@mounthermon.org. (530)467-3265. Main office (831)335-4466.
R-Ranch POA; Hornbrook. Located at the base of the Siskiyou mountains, our fully-equipped stables include ranch string horses, barn and tack rooms, outdoor arena, round pen and miles and miles of horse trails. Ride one of the ranch string horses on our trail rides at no additional cost for members or bring your own horse to board during your stay. Our stables offer

Gymkhanas, fun events for the whole family, arena riding, riding lessons, horse camp and more! R-Ranch POA is a recreational ranch open exclusively for subscribed owners and sponsored guests to enjoy lodges, 2 campgrounds, shooting facility, off-road trails, swimming pool, hiking, hunting, fishing, and the stables. www.r-ranchca.com. 225 Ditch Creek Road, Hornbrook. (530)475-3495.
VS Equine; Mount Shasta. Comprehensive training program which emphasizes safe and enjoyable trail riding and sound horsemanship from the ground up. VS Equine works with sensory and trail obstacles and frequently rides out on the trail and in the wilderness. vsequine.com. 138 Big Canyon Dr. vsequine@gmail.com. (530)925-2608.



PETS

BUTTE COUNTY

Butte Humane Society/Spay & Neuter Clinic; Chico. Animal adoptions, spay & neuters, assistance foster program and volunteer opportunities for ages 12 & up. buttehumane.org. 13391 Garner Ln. (530)343-7917.
Chico Cat Cafe; Come hang out in a comfortable setting and meet your new best friend! Save a rescue cat from the uncertainties of a life in a shelter or just come and visit them and see how wonderful these cats can be when taken out of cages where their personalities shine! chicocatcafe.com. 1725 Esplanade. (530)855-0542.
Northern Star Mills; Chico. One-stop shop for pet, farm, and garden supplies. From premium pet foods to garden essentials and livestock feed, we carry everything your family and animals need. northernstarmills.com. 510 Esplanade. (530)342-7661.
Paradise Animal Control & Shelter. Offering animal adoptions, volunteer opportunities and education programs for schools. Also partners with the police department for investigations into animal abuse, neglect, rescue and more. townofparadise.com/animal/page/animal-shelter. 925 American Way. (530)872-6275.
PAWS Of Oroville Clinic. Low-cost spay/neuter procedures & vaccines. Dental work & small medical procedures on dogs and cats. Walk-in clinic. pawsoforoville.org. 3557 Oro Dam Blvd., E. pawsspayandneuterclinic@gmail.com. (530)534-0900.
TrailBlazer Pet Supply; Chico. Mission is to help improve the health, wellness and longevity of dogs and cats. Provides ongoing support to clients by offering excellent, healthy foods and grooming for dogs and cats. Three locations. Voted a CNR Living Legend! trailblazerpetsupply.com. 752 Mangrove Ave. (530)892-1848. 1354 East Ave. Suite. S (530)774-2332. 2275 Springfield Dr. (530)855-0092.
Walker Street Veterinary Clinic; Orland. Treats all animal pets and exotics. Also offers monthly low-cost vaccination clinics. walkerstreetvet.com. 512 Walker St. (530)865-3630.

SHASTA COUNTY

Another Chance Animal Welfare League; Palo Cedro. Animal adoptions, educational programs and volunteer opportunities. Offers resources to obtain spay/neuter vouchers to assist with payment. Thrift store located at shelter. acawl.org. 9384-D Deschutes Rd, #D. (530)547-7387(PETS).
Happy Tails; Redding. Quality dry and canned foods for dogs and cats. Delectable treats like birthday cakes, cookies and ice cream. Freeze dried, dehydrated and frozen raw diets. Herbal remedies plus a wide variety of other pet needs including collars & leashes, toys, clothing, grooming supplies and more. Order online for curbside pickup or local delivery. happytailsfamily.com. 202 Hartnell Ave. (530)226-9955.
Haven Humane Society; Redding. Supports the Redding & Anderson community by promoting humane treatment of animals through shelter, spay/neuter, adoption, community education, outreach, rescue and animal regulations. Low-cost spay/neuter program. havenhumane.org. 7449 Eastside Rd. adoptions@havenhumane.org. (530)241-1653.
Pet Town Self-Serve Pet Wash; Redding. Allows you to use a variety of different soaps & shampoos to pamper your pet. Large tubs for the largest of dogs make washing easy. Pamper your dog, get your accessories & treats in one location. pettownwash.com. 455 Lake Blvd. (530)605-3795.
Raining Cats 'n' Dogs Animal Rescue; Redding. A nonprofit animal rescue organization dedicated to finding adoptive homes for companion animals. Schedule an appt. to meet adoptable animals. rainingcatsndogs.rescuegroups.org. itsrainingcatsndogs@yahoo.com. (530)232-6299.

SISKIYOU COUNTY

Goliath Mountain Rescue; Yreka. Brings in huskies and shepherds from high-kill shelters and unfit homes. With the help of special volunteer foster homes, GMR provides 4-legged friends the time to heal and find new loving homes. Foster homes and supplies are always needed. goliathmountainrescue.com. goliathmountainrescue@gmail.com. (530)598-0227.
PURR-ANGELS; Yreka. Provides compassionate care and population control of feral/homeless felines through colony management programs, abandoned or abused cat & kitten foster/adoption programs and spay/neuter/vaccinate clinics. purr-angels.org. 106 E. Oberlin. jan@purr-angels.org. (530)905-3646. To donate cat food, (530)643-2507
Rescue Ranch, Inc.; Yreka. Nonprofit, no-kill dog rescue. Rescue dogs of all breeds, care for them, prepare them for adoption and place them with loving families. Donation-funded community programs, such as Kitu's Fund, cover high-cost medical expenses of Rescue Ranch dogs; no-interest loans to community dog owners; spay/neuter assistance through RRAAP (Rescue Ranch Alter Assistance Program); low-cost vaccinations and microchipping; community pet food bank; and free Sunday dog socialization classes. Volunteer opportunities. Thurs-Tues, 12-4 pm. rrdog.org. 2216 Oberlin Rd. (530)842-0829.
Siskiyou County Animal Care Shelter; Yreka. Animal adoptions, fostering opportunities. By appointment only. Call for current hours. co.siskiyou.ca.us/animalcontrol. 550 S Foothill Dr. (530)841-4028.
Siskiyou Humane Society; Mount Shasta. Exists to improve the lives of companion animals by sheltering and rehabilitating animals, reducing pet overpopulation, and finding permanent homes. Animal adoptions, volunteer opportunities, classroom visits and educational opportunities. siskiyouhumane.org. 1208 N. Mt. Shasta Blvd. (530)926-4052.
Siskiyou Spay/Neuter Incentive Program (SNIP); Yreka. Financial assistance with pet spay and neuter for qualifying low-income families. Feral cat spay and neuter program. siskiyousnip.org. (541)531-1086.

TEHAMA COUNTY

Animal Care Center; Red Bluff. Animal sheltering services for Tehama County; housing and caring for stray dogs, horses, farm animals and pocket pets. Pet adoptions, lost and found animals, dog licensing, microchipping, pet food pantry, volunteer opportunities. tehama.gov/government/departments/animal-services. 1830 Walnut St. (530)527-3439.
Aquarium & Pets; Red Bluff. Quality supplies, knowledgeable customer service and a variety of pet care products for dogs, cats, reptiles, fish, birds and small animals. Live animals are also available for sale, from scaly & underwater creatures to feathered friends & furry critters. aquariumandpets.godaddysites.com. 345 S. Main St. (530)527-4588.

Wild Horse Sanctuary
Shingletown, California
Walk the trails, see the horses and learn their stories...
MEET THE SPIRIT OF THE WILD...UP CLOSE!
5796 Wilson Hill Road, Shingletown, CA
530-474-5770 • info@wildhorsesanctuary.org
wildhorsesanctuary.org
• FREE guided Wild Horse Viewing by appointment
• Field Trips & Special Events
• Overnight Accommodations available for reunions, team building, etc.
Check our website and visit our Open House in September!

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Serving the North State since 1898, our family-owned business is proud to be your one-stop shop for pet, farm, and garden supplies. From premium pet foods to garden essentials and livestock feed, we carry everything your family and animals need.
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The Museum of Northern California Art: A Butte County Educational Treasure

BY PAT MACIAS, EXECUTIVE DIRECTOR OF MONCA

The Chico area community is fortunate to have a variety of experiences for families in the outdoors and within the walls of cultural institutions. One of the most remarkable is the Museum of Northern California Art (monca), housed in a beautiful 1927 Classical Revival building situated on the tree-lined Esplanade. A place to view art of Northern California artists, reflect on the creative process and become a link to the past and future, monca beckons families to enter its doors and discover what lies within.

monca Exhibits Educate, Promote Health and Healing

The museum is dedicated to education – whether it is for students, adults or families - understanding and promoting art as both an exciting discovery and a place for health and healing. Exhibition themes have ranged from veterans, graffiti and tattoo art to quilts and art about bikes. Host to the annual Snow Goose Festival, monca's accompanying art show "Perch, Flutter, Soar" is on exhibit for approximately two months in January and February each year and gives art viewers the time to truly become involved with not only "looking" but also being engaged and inspired by the creativity of the exhibit.

Art Students Enhance monca Gallery Experiences

The museum has been the recipient of the talented CSU art education student creation of Family Gallery Guides for many of its recent exhibitions. Thanks to a grant and connection with Dr. Sangmin Lee, CSU assistant professor of Art Education, visitors can not only look at artwork but also delve deeper into thinking about the "whys" and "hows" behind the exhibitions. For the past four years monca has worked with Kit Kelly, a special education teacher at Chico High School. His 9th through 12th grade ESN students meet daily and work on functional academics and communication while also doing community service with monca and on the CUSD campus. The monca galleries sparkle because of their dedication and hard work!

Investing in the Next Generation

The Museum is filled with events and field trips, with schools coming from as far away as Camptonville, Orland and Oroville. It also offers a Roger Steel Legacy Fund to schools who need bus or admission fee funding. Museum events are geared to all age levels and are often built around health and healing connections with art. From Foot Foundation classes and tea blending to swing dancing, monca continues building audiences as it follows its mission to promote awareness of Northern California artists through collections, exhibitions and educational programs. This mission also acknowledges the future is in the hands of the next generation. To nurture these young minds, monca created a junior board consisting of both college and high school students. Student board members learn the ins and outs of running a museum, creating exhibitions and programs and ensuring their generation is involved in various aspects of the museum.



The monca bus brings art and art experiences beyond the museum walls to area events.

Expanding monca's Educational and Creative Reach

The annual Butte County Museum Weekend brings large numbers of families to monca not only to see the creativity within its walls but to also participate in artmaking projects together. Beyond the museum walls, the monca bus travels to various events in the community. Watch for them at CARD events in Chico parks, the Paradise Chocolate Festival and more. The bus opens a space to create, read about art or do puzzles together with friends and family.

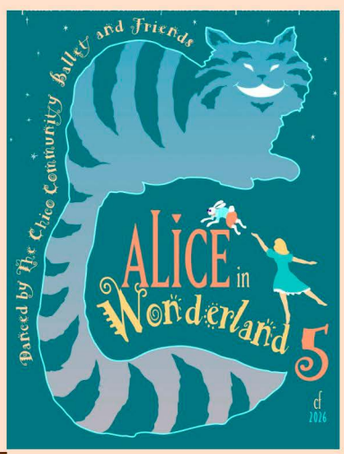
The museum not only exhibits art from Northern California artists but also has an art library filled with over 700 books donated by museum members that include artists, art movements and cultures. Come spend time reading and talking about what makes you want to create! Are you a writer? Try using the vintage typewriter, slow down and put into words your thoughts and desires. Do you play the piano? monca has one that is begging for fingers to create beautiful sounds to accompany the artwork. The friendly and knowledgeable monca staff hope to see you and your family on your next visit! ■



monca welcomes young artists to proudly display their work.

Volunteers help make monca a North State treasure. If you would like to volunteer at the museum, you can sign up at monca.org.

CCB CHICO COMMUNITY BALLET
Presents: Alice In Wonderland
At Chico Performing Arts Center
"Keeping Dance Alive"
Repertory Concert 2026"
April 17- 6pm
(full repertory concert plus "Alice")
April 18- 1pm
(Alice In Wonderland ONLY)
April 18-6pm
(full repertory concert plus "Alice")
Tickets: $10-$20 Purchase tickets at:
www.chicocommunityballet.org





CHICO CREEK DANCE
Summer Camps
Ballet
Pre-Dance
Musical Theater
Tap
Hip-Hop
Contemporary

- Arts Businesses and Organizations
- Dance & Musical Theatre
- Hands-On Art Instruction
- Music Instruction & Groups
- Music Schools
- Sewing & Needle Arts Classes
- Theater Companies & Theater Groups For Youth
- Youth Music



ARTS BUSINESSES AND ORGANIZATIONS

Chico Visual Arts Alliance (ChiVAA); An umbrella art organization dedicated to supporting artists and building community. Hosts the Chico ART Festival Mother's Day weekend and publishes an artists map & directory. chivaa.org.
City of Chico Arts Commission; Works to maintain Chico as an arts and culture destination through a public art program, arts funding, arts promotion and marketing. Provides Mini-Arts grants to artists, sponsors Artoberfest; a month long celebration of arts and culture. chico.ca.us/Our-Community/Arts--Culture. 411 Main St., 3rd Floor. (530)896-7251.
Museum of Northern California Art (monca); Chico. Housed in the former Veterans Memorial Hall, displays rotating exhibits to make art accessible and promote awareness of Northern California artists. $5/adults; children free. monca.org. 900 Esplanade. (530)487-7272.
Shasta County Arts Council (SCAC); Redding. Supports arts education and events for all ages in Shasta County. Projects include the SCAC Gallery & Art Center, SCACtv, First Fridays with live music, art-related workshops, children's art classes & events and more. shastaartscouncil.org. Old City Hall, 1313 Market St. (530)241-7320.
Siskiyou County Arts Council; Mount Shasta. Cultivates strong and creative communities in Siskiyou County through programming such as the SCRAPS Art Cart, Poetry Out Loud, Emergency Preparedness in the Arts, Art RADIO, Art Drop which drops art supplies in remote communities, USPS Collaborative Arts Project, California Creative Corp and supporting grassroots community initiatives through fiscal sponsorship. siskiyouarts.org. contact@siskiyouarts.org. (530)918-8380.
The Tehama County Arts Council (TCAC); Red Bluff. Supports and promotes the arts in Tehama County, networks with artists and art organizations and sponsors events to inspire artists of all ages. Offers children's performances with the Missoula Children's Theatre, Poetry Out Loud and a Student Art Contest. Sponsors free memberships for young artists. Community events include the annual Art Walk, Cowboy Poetry Recitations and Holiday Art Show. Variety of art classes offered in the art studio. Monthly art exhibits and receptions held in the Tehama Arts Gallery. tehamaarts.org. 328 Oak St., Red Bluff. tcacarts@gmail.com. (530)278-5691.
Velvet Elephant Art Center and Fair Trade Emporium; Mt. Shasta. Full line of fine art supplies, Fair Trade handcrafts, award-winning board games, puzzles, coloring books and creative activity kits. Ethically produced, handcrafted merchandise from around the world. Fair Trade items are beautiful, high-quality and affordable, and allow the conscious consumer to promote greater economic justice and dignity for artisans and producers in small communities worldwide. velvetelephant.com. 207 North Mt. Shasta Blvd. (530)926-2297.

HANDS-ON ART INSTRUCTION

BUTTE COUNTY

Ama Posey Studios; Chico. All ages and abilities. Weekly kids' classes and art camps. Progressive visual arts program for kids TK-18, all abilities. Adult art events, Paint + Sips and art workshops. amaposey.com. 325 Main Street. hello@amaposey.com. (530)736-3673.
Chico Art Center; All ages. Weekly art classes offered year-round. Students learn the basics of drawing and painting using different mediums, with an emphasis on fun. School year classes in figure-drawing and portraiture. Drop-ins welcome. chicoartcenter.com. 450 Orange St., Suite 6. (530)895-8726.
Chico Art School & Gallery; Enjoy creating art in a fun and supportive environment. Students learn the basics of drawing and painting, working with various mediums, including charcoal, watercolor, tempera, acrylic, oil or pastel. Summer camps, birthday parties. Teacher, Janet Lombardi Blixt, voted Best Local Artist for over ten years. Age 7+. All levels. Weekly art lessons offered year-round. chicoartschool.com. facebook.com/ChicoArtSchoolandGallery. 261 E. 3rd St. janet@chicoartschool.com. (530)570-3895
Paint Parties by Dawn; Paradise. Dawn will help you and your friends/family "blend" your way to a masterpiece. Both in-studio and mobile paint parties. All types of surfaces; canvas, wood, porch leaners, door hangers, tumblers, screens, make and take ceramics, wood cuts and more. Something different for a girls' night out, birthday party, school or work event. paintpartiesbydawn.com. 5923 Clark Road Suite 1. (530)570-8372.

SHASTA COUNTY

Art Lab at Turtle Bay Exploration Park; Redding. Every person is a creative person! Join us for Art Lab, an exciting art-inspired program held on the 4th Saturday of every month at Turtle Bay Exploration Park,



hosted by the education department. Drop-in activities 11am-2pm in Zubie's Classroom. Free for members, included with paid Park admission. turtlebay.org 844 Sundial Bridge Dr. fieldtrips@turtlebay.org. (530)242-3108.
Redding Performing Arts Center Kids Art Classes; Students can explore and discover their own creativity in one of our all-inclusive kids' art classes. Classes for first through eighth grades. reddingpac.com
Shasta County Arts Council; Redding. All ages. Sponsors Artists on Market, a weekly arts & fine crafts street fair held April through October outside Old City Hall every Friday, 10am-2pm. shastaartscouncil.org. Old City Hall Arts Center, 1313 Market St. (530)241-7320

SISKIYOU COUNTY

Bella Art Works & Ice Cream Parlor; Yreka. Offers glass-fusing classes and ceramics painting (glaze your own premade ceramic pieces). Mosaics and canvas painting classes. Great for kids' parties or girls' night out. Ice cream parlor, gourmet grilled cheese, salads and soups. bellaartworks.net. 117 W. Miner St. (530)842-5411.
Liberty Arts Explorations Program; Yreka. Grades K-12. 90-minute educational arts program with gallery experience. Class begins in the art gallery for education, then moves to the studio where students create their own artwork using techniques seen in the gallery and finishes at the Liberty Arts Studio. libertyartsyreka.org. 108 W. Miner St. (530)842-0222.
Siskiyou Arts Museum; Dunsmuir. Art gallery and gift shop. Strives to enrich the lives of artists, residents and visitors to Siskiyou County through exhibition, sale and interpretation of the visual, literary and performing arts by presenting programs and events that will educate, strengthen, serve and sustain our community. siskiyouartsmuseum.org. 5824 Dunsmuir Ave. siskiyouartsmuseum@gmail.com. (530)235-4711.

TEHAMA COUNTY

Tehama County Department of Education Makerspace; Red Bluff. Built around the belief that learning can be meaningful and fun, provides hands-on activities to engage students while practicing their 21st century skills (focusing primarily on the engineering design process with emphasis on persisting, thinking flexibly, creating, imagining, innovating and thinking interdependently). Field trips for teachers throughout the school year and community workshops during school breaks. bit.ly/tcdemakers. 1135 Lincoln St. squigley@tehamaschools.org. (530)528-7310.
Red Bluff Art Gallery; Currently offering free and accessible online exhibitions, including local artists. redbluffartgallery.com. director@redbluffartgallery.com. (530)529-1332.

MUSIC INSTRUCTION & GROUPS

See northstateparent.com/music

MUSIC SCHOOLS

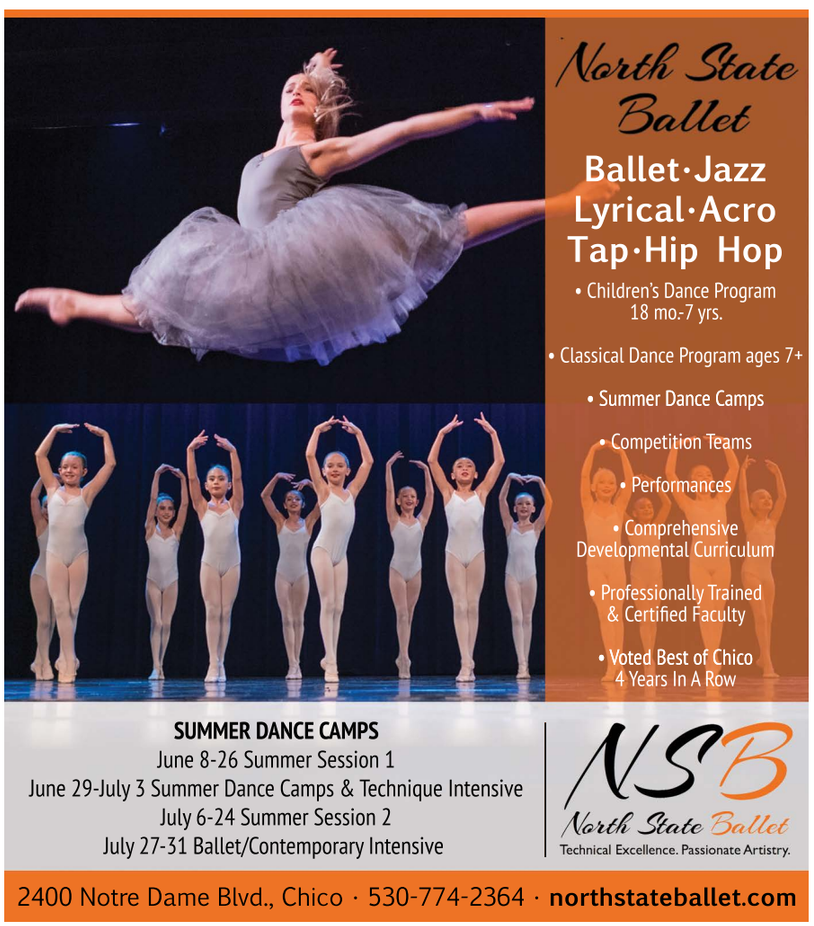
BUTTE COUNTY

Children's Choir of Chico; Learn to read and write music, sing in varied languages and learn songs from many genres, including great art music, Broadway tunes, spirituals, patriotic songs, traditional songs and folk music from around the world. Early Childhood Music Division: Music experiences for infants and parents, toddlers and parents and pre-school age children. Training Division: Beginning music fundamentals and choir experiences for children in kindergarten through third grade. Active classes and rehearsals of Ready, Set, Sing and the Preparatory Choir will have your child singing and moving to music at the end of the first rehearsal! Performance Division: A more formal choir experience for singers in grades 4 through high school (unchanged voices) and adult women in college through retirement. childrenschoirofchico.org. 850 Palmetto. (530)342-2775.
Kai Music & Arts; Chico. Quality affordable music instruction. Variety of programs including one-on-one lessons, group classes, rock band, early development classes and more. Dedicated to making sure programs are tailored to suit you and your child's needs. Instruction for all ages in guitar, ukulele, piano, drums, brass and woodwind, recording arts and vocals. kaimusicandarts.com. 525 Wall St. (530)717-5949.

SHASTA COUNTY

RPAC School of Music; Redding. Offers quality music education in both private and classroom settings. We offer beginning orchestral strings in our Strings I class. Advanced classes include Strings II and Chamber Ensemble. Full list of private offerings and music classes at reddingpac.com/music. 3274 Bechelli Lane. (530)276-8321





SHASTA COUNTY

Redding Fashion Alliance; Sewing classes from beginning (learn all the basics) to advanced (tailoring). They provide the materials, you provide the creativity. Students are also welcome to bring their own fabrics. reddingfashionalliance.org/classes--workshops.htm. 1698 Market Street. 530-276-0458.

SEWING & NEEDLE ARTS CLASSES

BUTTE COUNTY

Cathy's Sew & Vac; Chico. Lessons in machine sewing, quilting, machine embroidery and more. cathyssewandvac.com. 2418 Cohasset Rd. (530)895-8055.
SewClassy; Chico. Individual or group sewing lessons for children and adults. Start with the basics of pattern-reading, fabric cutting and construction or get more advanced coaching. facebook.com/SewClassyChico/about/?_rdr. (530)513-8412.

SHASTA COUNTY

Redding Fashion Alliance; Sewing classes from beginning (learn all the basics) to advanced (tailoring). They provide the materials, you provide the creativity. Students are also welcome to bring their own fabrics. reddingfashionalliance.org/classes--workshops.htm. 1698 Market Street. 530-276-0458.

THEATER COMPANIES & THEATER GROUPS FOR YOUTH

BUTTE COUNTY

Birdcage Theatre; Oroville. Training & education for young people and adults in the performing arts and theater tech. birdcagetheatre.org. 1740 Bird St. (530)282-5603.
Butte College Theatre; Oroville. Butte College's Drama program strives to offer as many opportunities for students to study and experience the theater arts as possible. The program is dedicated to providing a high-quality education with a safe and supportive center for artistic development. Diverse curriculum emphasizes the discipline of teamwork and prepares students for academic and professional transfer. butte.edu/drama. 3536 Butte Campus Dr. (530)893-7444.
CSU Chico Music and Theatre Dept; Provides students with opportunities to excel through disciplined study and practice in high-quality facilities, classes, performance ensembles and productions. csuchico.edu/academics/college/humanities-fine-arts/departments/music-theatre-dance. (530)898-5152.
Chico Theater Company. Community theater for youth & adults. Special children's plays. chicotheatercompany.com. 166 Eaton Rd., Suite F. (530)894-3282.
Not Your Garden Variety Theatre Company; Chico. Geared for children and teens with autism, a 6-wk summer program helping ages 4-17 learn new ways to express and interpret emotions, build friendships and strengthen group



Young Ignite Your Flare dancers love their teachers almost as much as they love dancing!

Photo provided by Ignite Your Flair

Dance & Musical Theatre Directory for Northern California

BUTTE COUNTY

Chico Creek Dance/Chico Community Ballet. For over 43 years we have been dedicated to nurturing and developing the next generation of dancers through our Pre-Professional Ballet Program with Chico Community Ballet. Our mission as a training school is to provide a safe, supportive and inspiring environment where young dancers can hone their technical skills and explore their artistic potential. We believe in fostering a strong foundation of discipline, creativity and passion, while encouraging personal growth, self-confidence and artistic expression. Our commitment to excellence has made us a trusted institution for aspiring dancers who seek to make their mark in the performing arts in our community. We offer professional and quality training in ballet, jazz, tap, hip-hop, contemporary,lyrical, musical theatre and much more. We offer classes for children ages 2-18 and a large adult training program as well. chicocreekdance.com. 1144W 1st Street. (530)829-1832.

Healthy Steps: The Lebed Method; Chico. Whether you are getting back into shape or just want a gentle exercise program, Healthy Steps is a safe and accessible way to reach your goals and gain strength and balance with exercises to meet your fitness level. Zoom classes available. Classes also offered at The Lakeside Pavillion and Enloe Regional Cancer Centre. healthysteps-maryjo.com. (530)228-4753.

Kinetics Academy of Dance & Gymnastics; Chico. Classes in gymnastics, aerial arts, adult classes and many styles of dance for all ages and all skill levels. At Kinetics, students are instructed by highly creative, skilled and innovative instructors in classes offering quality instruction and a caring, inclusive environment. Our goal is to create a comfortable and enjoyable classroom environment and community for all. Performance opportunities. Also offers birthday parties and summer camps. Ages 18 months & up to adults. kineticsacademyofdance.com. 627 Broadway St., Suite. 100, Chico. (530) 345-2505.

Northern California Ballet; Paradise. Classes include pre-ballet and classical ballet. Performance opportunities. Ages 4 & up. North California School and Ballet Company. northerncaliforniaballet.com 5794 Clark Rd. (530) 872-1719.

Northern California Ballet School; Oroville. This women-owned business offers a unique education experience that is focused on the individual student. We're dedicated to providing the best training possible in a fun and encouraging environment. Classicalballetdance.com. 2015 Challenger Ave., Suite B. wingturtl@mac.com. (530) 680-5308.

North State Ballet; Chico. Pre-professional training studio boasting a comprehensive developmental curriculum taught by professionally trained and certified faculty. Ballet, jazz, lyrical, contemporary, acro, tap and hip-hop programs deliver exceptional training in an environment catering to the developmental and physical needs of each student. Goal is to inspire growth, develop excellence and nurture the whole individual through professional instruction in the beauty and technique of classical ballet and beyond. Details about offerings for every grade level at northstateballet.com. (530)774-2364.

SHASTA COUNTY

Dance Depot; Redding. Dancing is the rhythm of the soul expressed in movement, beauty, art, and creativity. Come dance with us! Classes for 12 month-adult, beginner-advanced. Ballet, tap, Jazz, acrobatics, hip-hop, lyrical and Mommy or Daddy & ME. Performance & Competition opportunities. Join our Dance Family. Teaching dance is what we love doing best! 2225 Larkspur Ln. dancedepotfamily.com. (530)275-9618.

Redding City Ballet. Redding City Ballet was founded in 1997. Now a non-profit, the company mission is to present classical, contemporary and innovative concert dance to a broad audience and to increase accessibility to the arts for the schools of the North State area through educational outreach programs, lectures and performances. RCB began its Chance 2 Dance scholarship program in 2022, providing ballet training and performance opportunities for area children lacking the means to pursue quality training. In 2023, RCB opened its own School of Dance, offering classes in classical and contemporary ballet. reddingcityballet.org. 530-709-1205.

Redding Performing Arts Center Theatre Education; Redding. We offer semester-long theatre programs for a variety of age groups from kindergarten through high school. Our courses are designed for beginners and experienced young actors. We foster a nurturing and supportive classroom environment where students are asked to take risks and step outside their comfort zones. Improvisation, audition technique and beginning scene work are used to expand students' acting and character development skills. Through rehearsal and performance of plays and musicals, students establish their own work within the larger framework of storytelling and develop skills to tell stories that are meaningful, connected and worth telling. This experience and exposure is designed to foster a life-long appreciation for the arts and develop life skills that extend beyond the classroom. RPAC Kinder (5 and 6 year olds), RPAC Kids (1st - 4th Grades), Youth Theatre (5th - 8th Grades), Performance Theatre (9th - 12th Grade), Technical Theatre (8th - 12th Grade). Visit reddingpac.com.

The Redding Arts Project - School of Theatre and Dance. Established in 1993. Offers performing arts education in disciplines such as ballet, tap, contemporary, hip-hop, jazz, folk, and musical theatre. The RAP is the official training school of Redding Ballet Theatre, which produces the annual show, The Nutcracker, proudly directed by Diana Christensen. In collaboration with Redding Theatre Company, our summer theatre academy stages captivating shows such as Newsies, Mary Poppins, High School Musical, Peter Pan, and more! All ages and levels are invited to join our vibrant arts community, guided by a dedicated staff fostering passion in the performing arts. Visit our website for class offerings and information on auditions and shows! The Redding Arts Project – School of Theatre and Dance 1726 Market Street. www.thereddingartsproject.com. (530) 245-1019.

SISKIYOU COUNTY

Idance Studio; Fort Jones. Classes in hip-hop, acro dance, ballet, jazz, tap, contemporary, musical theater, yoga & more. All ages. idancestudio.co. 11921 North State Hwy 3, Fort Jones. (541)210-0082.

Mt. Shasta Dance; McCloud & Mount Shasta. Learn the smooth & Latin dances and how to lead or follow in a fun, supportive environment. All levels can develop techniques for stronger skills. Solo dancers are welcome. Regular dance events in McCloud & Mount Shasta. All ages. Mtshastadance.com. (530)853-4147 or (415)215-2652.

Shasta Studios School of Theatrical Dance; Mount Shasta. Offers dance for all ages, including tap, jazz, ballet & lyrical. Also offers voice lessons, children's theater classes, summer camp and performance opportunities. Shastastudios.net. Studio 1. 108 Old McCloud Rd. Studio 2. 629 Alder St. (530)235-6222.

TEHAMA COUNTY

Ignite Your Flare: Dance & Acrobatics; Red Bluff. Build confidence & character with Flare! We want to ignite your Flare for dance & acrobatics. Offers professional instruction in acro (Acrobatics Arts Certified), ballet, pointe, jazz, hip-hop, tap, lyrical, dance tech & conditioning, parent & child. We have a traveling competition team and dance camps & intensives. Ages are 1.5 (walking) – adult. igniteyourflare.com. 446 & 450 Walnut St. (530)225-4180.

Jubilee Performing Arts Co.; Red Bluff. A Christian musical theater program that offers tap, Broadway, hip-hop, ballet, predance, voice and theater classes. Jubileepac.square.site. 1325 Schwab Street. (530)366-4786.





Beloved Red Bluff music teacher Sean Wilson's love of music and his fun approach to teaching makes learning a musical instrument a joyful experience for his young students.

participation skills. littleredhen.org/pages/nygv-theater. 2418 Cohasset Rd, Suite 150. (530)897-0900.

StageCoach Youth Theater at Theatre on The Ridge; Paradise. Ages 7-14. Students explore the creative process in a theater arts program offered by Theatre on the Ridge, the oldest California community theater north of Sacramento. Basic and advanced classes build skills in acting, music and dance while promoting self-expression and collaboration. totr.org. 3735 Neal Rd. (530)877-5760.

SHASTA COUNTY

Axiom Repertory Theatre; Redding. Children's Summer Program. axreptheatre.com. 2613 Bechelli Lane. boxoffice@axreptheatre.com. (530)605-0500.

Redding Performing Arts Center; Semester-long theater programs for age groups, kindergarten through high school. Courses designed for beginners and experienced young actors. Fosters a nurturing and supportive environment where students are asked to take risks and step outside their comfort zones. Improvisation, audition technique and beginning scene work are used to expand students' acting and character development skills. Through rehearsal and performance of plays and musicals, students establish their own work within the larger framework of storytelling and develop skills to tell stories that are meaningful and connected. Foster a life-long appreciation for the art and develop life skills. reddingpac.com. 3274 & 3266 Bechelli Ln. (530)276-8283.

The Redding Arts Project - School of Theatre and Dance; Offers performing arts education in theater (including a summer theater academy) and dance disciplines, including musical theater, ballet, tap, modern, contemporary, hip-hop, jazz and folk. Official training school of Redding City Ballet and Redding Theatre Company. All levels and ages. TheReddingArtsProject.com. 1726 Market St., Redding. (530)245-1019.

SISKIYOU COUNTY

Kenneth W. Ford Theatre; Weed. The COS Theatre program is dedicated to the advancement of the theater arts, through traditional study and performance, and to the development of new theatrical ventures. We prepare students for further study and for an ever-changing profession. siskiyous.edu/theatre. College of the Siskiyous; 800 College Ave. theatre@siskiyous.edu. (530)938-5206.

Shasta Studios & Mount Shasta Children's Theatre; Mount Shasta and Yreka. All ages. A professional academy for music, dance and children's theater. Year-round voice lessons, children's theater classes, summer camp and performance opportunities. shastastudios.net. 108 Old McCloud Rd. and 1124 Pine Grove Drive in Mount Shasta; 321 Miner Street in Yreka. info@shastastudios.net.

YOUTH MUSIC

BUTTE COUNTY

Butte Music Teachers Association of California (MTAC) Youth Orchestra; Chico. Conducted by Yoshie Muratan. Meets for rehearsals weekly on Thursdays at Bidwell Presbyterian Church, 131 W. 1st Street, Chico, from 6-8pm. Registration open to all winds, brass and strings. buttemtac.org. yoshiecello@gmail.com. (530)774-7013.

SHASTA COUNTY

Shasta College Concert Orchestra; Redding. Students have opportunity to perform in a quality orchestral setting and may earn college credit prior to graduating from high school. Provides musical training and enriching musical experiences to intermediate and advanced level musicians of all ages. Audition required for placement. For information about joining, contact the music director, Dr. Jeff Specht (jspecht@shastacollege.edu). shastacollege.edu/academics/programs/music/concert-orchestra. (530)242-7500.










Ignite Your Flare
Dance & Acrobatics
Classes available for ages 1.5+
www.igniteyourflare.com
530-255-4180


DANCE · CHEER
GYMNASTICS
Kinetics Academy of Dance & Gymnastics
March: Register NOW to be in
The Jungle Book
April: Finalize Summer Camp Registrations.
May/June: Check out our summer programs, grab your show tickets, and watch for cheer, gymnastics, and dance tryouts!
July/Aug: Finalize fall class registration and join us in Disneyland!
Recreational Classes
Ballet Progression Program
Competition Teams
Performances
Birthday Parties
Camps & Events
Kinetics
ACADEMY OF DANCE & GYMNASTICS
Babies through Adults
530-345-2505 www.KineticsAcademyofDance.com
Downtown Chico next to Tin Roof Bakery


Looking for a private music teacher?
northstateparent.com/music
Brass • Drums/Percussion • Guitar • Piano • Strings • Voice
Woodwinds • Youth Orchestras, Choirs & Music Groups



BIRTHDAY DESTINATIONS

ANDERSON

Anderson River Park 2800 Rupert Road https://ci.anderson.ca.us/departments/parks.php (530)378-6626	Birthdays, family reunions and sports celebrations are perfect for hosting at Anderson parks. Park facilities can accommodate groups large and small and include picnic areas, acres of lawn, back country trails, recreational facilities for softball/soccer, boating, fishing, tennis, softball, basketball, disc golf, bocce ball, pickleball, picnic areas, wildlife viewing, hiking and equestrian trails. Kids will love the Kiddieland play area and the River Splash Pad. To secure a space or facility, deposit and fees must be paid in full. Bounce houses or water slides of any type are not allowed.
Hawes Farm 6465 Deschutes Rd historichawesfarm.com (530) 365-2332	Looking for the cutest way to celebrate your little one's big day? Come party with us at Hawes Farms. Pony rides for your mini cowboys and cow-girls. Visit and feed our sweet farm animals.
My Little Teepee Sleepovers @mylittleteepee530 (530)768-4367	My Little Teepee Sleepovers offers the most unique, special sleepover birthday celebrations and more. We offer extras to add to our sleepover packages such as Spa Day, snack carts and balloon garlands to make your party even more unique and special. You choose the date, colors and theme and we do the rest! We set up and clean up. We do our best to make your vision come to life for you and your guests to enjoy and cherish memories made with My Little Teepee.
US Airsoft World 4506 Panorama Point Rd. usairsoft.com (530)365-1000	Looking for a place to hold a birthday party, Nerf party or private party? Enjoy the entire arena to yourself. Ages 5 & up can enjoy an exciting Nerf party in a new arena. Guests will play a variety of game scenarios, all supervised by US Airsoft referees. Shaded picnic tables and concessions are available as well as 50,000 sq. ft. of indoor space. Book your party to play during regular open hours or rent the facility for a private event. Open 7 days a week. Call for pricing.

BURNEY

McArthur-Burney Falls Memorial State Park 24898 CA-89 parks.ca.gov (800)444-7275	Has five miles of hiking trails winding through evergreen forests, including a stretch of the Pacific Crest Trail. The park's centerpiece is the 129-foot Burney Falls. First come, first served or fill out a reservation application online.

CHICO

Athletic Horizons Gymnastics Center 415 Otterson Dr., Suite 70 athletichorizons.com (530)893-4967	Your party participants will have a bouncing good time enjoying a variety of energetic games and activities facilitated by a trained gymnastics instructor. Obstacle course, trampolines, music, tables and chairs provided. Parties available Sat & Sun.
Azad's Martial Arts 313 Walnut St #150 azadsmartialarts.com (530)892-2923	Parents, imagine a fun, action-packed birthday where your child feels like a superstar—and you don't have to lift a finger! At Azad 's Martial Arts Center, we take care of everything so you can just show up, relax, and watch your children have the time of their life! Three epic party levels for you to choose from packed with high-energy martial arts fun! We handle it all—setup, invitations, entertainment, and cleanup! Non-stop excitement with martial arts, games, and team challenges! Your child will feel like a champion while learning confidence, focus, and respect! Our parties sell out fast—don't miss your chance! Call now and lock in your date before it's gone!
Caper Acres in Bidwell Park 500 South Park Drive chico.ca.us/Our-Community/Parks-Recreation-and-Experience-the-Outdoors/Bidwell-Park/Caper-Acres (530)896-7200	Caper Acres is a fairy tale-themed playground located near Sycamore Pool. With its Crooked House play structure, pirate ship playground and Humpty Dumpty sandbox, kids of all ages will find fun here. Two fairy rings can be reserved free of charge in three-hour increments for birthday parties; two hours for the party, a half-hour for set up and a half-hour for cleanup. No bounce houses are allowed. Call to make reservations.

BIRTHDAY LOCATION IDEAS



Art by Alli Arnold

Chico Art School & Gallery
261 E. 3rd St.
chicoartschool.com
(530)570-3895

Throw the best birthday party ever with a lesson at Chico Art School. Children get to experience how much fun art can be with their friends. Partygoers will learn the basics of drawing or painting in a fun, supportive environment. Parties consist of a two-hour lesson. Children will create a finished watercolor painting. Party themes can be incorporated and are encouraged. Up to eight children & rates start at $150.

Chico Children's Museum
325 Main St
chicochildrensmuseum.org
(530)809-1492

We offer your party child a private space with more than 500 square feet to host the party the way you want it. Bring your own decorations, food and party props. We offer use of refrigerator, tables and chairs. You will have access to the museum for fun and games as well. Sat & Sun only 10am-noon, 2-4pm or after hours. Call ahead for reservations.

Chico Creatives
305 Wall St., Chico
Chico-Creative.com
530-213-3713

Create and celebrate on your special day with a splash of color. Choose from exciting projects like canvas painting, watercolor, beading or other fun crafts, where everyone can unleash their creativity. Each artist will leave with their own masterpiece, with plenty of time for snacks and cake in our vibrant, inspiring space—it's the perfect palette for an unforgettable birthday celebration!

Chico Creek Dance
1144 W. 1st St.
chicocreekdance.com
(530)893-9028

Birthday parties at Chico Creek Dance are so much fun! Has your little one dreamed of having a ballet themed party? Our parties include a 45-minute ballet class, a special visit from one of our ballerinas dressed in one of our beautiful tutus, story time, craft and a party room where you can bring your own food, decorations and supplies to complete your special event. Looking for another themed party? Our new and creative Art Room is perfect for those who would rather have an art themed party. We have lots of options for party sizes and budgets.

Chico Creek Nature Center
545 Vallombrosa Ave.
chicorec.com/birthday-parties
(530)891-4711

Our birthdays range from ages 3-11. For the Meet Our Animals portion of the birthday the instructor will have all kids sit inside our Living Animal Museum and have them meet 3 different animals. Kids will learn about each animal and be able to have an up-close look. Reserve online or call.

Chico Princess Parties
Chico Marketplace
chicoprincessparties.com
(530)809-5464

Servicing Butte and Tehama counties with professional character entertainment, event photography, face painting and princess hair stations. Call our fairy godmothers to book!

Chico Racquet Club
629 Manzanita Avenue, Chico
chicoracquetclub.com/party-rentals
kevincrc@att.net
(530)895-1881

Do you need a new birthday party idea? Come check out Chico's most affordable and best kept secret for private parties. Your party guests can enjoy the ultimate Country Club experience. Set up and decorate in our huge, outdoor, lighted covered party area and then spread everyone out to enjoy the amazing amenities at The Club. Your guests can relax and swim in our pool, lounge in our giant one-of-a-kind hot tub, try Bocce Ball, play some Beach Volleyball, play tennis on our brand-new resurfaced tennis courts or try the most popular sport in america, pickleball, on our beautiful dedicated Pickleball courts. Days/times limited, reserve today!

Design & Shine Studio
Chico
designandshinestudio
chico@gmail.com
@designandshine
studiochico

Invite Design and shine studio to your next birthday party! We create custom, theme-based shirts, totes, tumblers, vanity bags and more that kids can decorate. Share your party theme, and we'll design a custom black-outline creation ready for guests to color and personalize. Each package includes all the high-quality materials needed, along with extras to make the celebration special. Kids leave with a wearable keepsake they designed themselves, making it both the activity and the party favor in one!

Explore CA Outdoors
Chico
exploreCAoutdoors.com
(530)521-1883

Celebrate a birthday to remember with a river raft trip down the beautiful Sacramento River just outside Chico! Gather your friends and family for a fun-filled adventure – we'll take care of everything! Trips can last from 1 to 4 hours of festivities as we make your special day unforgettable.

Funland & Cal Skate of Chico
2465 Carmichael Dr.
funlandchico.com
(530)343-1602

Enjoy party packages for kids of all ages, complete with a party room, decorations and a party specialist. Options include roller skating, miniature golf, batting cages, arcade time, a glow/black light theme, bounce house, treat bags, Round Table pizza, Baskin-Robbins ice cream cake and more.

Kinetics Academy of Dance
627 Broadway St., Suite. 100
kineticsacademyofdance.com
(530)345-2505

Parties at Kinetics are magical, easy and fun! Sit back and relax while you enjoy watching your special one celebrate with friends. Each two-hour party includes a hostess, a take-home craft and guided activities. Choose from themes such as princess, fairy, Fancy Nancy and hip-hop. Exciting gymnastics parties include a short lesson, space for food and cake with tableware provided and some free play time.

Party on Wheels
Pedal@PartyOnWheels
Chico.com
partyonwheelschico.com

Let's put the Party to the Pedal! 15 passenger tour bike, pedaling down the Chico streets and into your hearts. Equipped with a local, knowledgeable, energetic host to captain the events. Individual seats available for our events or the entire bike for an exclusive party. Customized stops could include candy shops and ice cream stops. Just pedal, stop, snack, and make memories.

Rare Air Trampoline Park
1090 E. 20th Street
rareairpark.com
(530)433-5557

For an active party that all ages will love, book jumping fun in 10,000 sq. feet of trampoline space and access the rock wall, airbag pit Ninja course, and battle beam. Packages offered for any day of the week and any size party. Includes party room, supplies, drinks, setup and cleanup. Bring your own cake and for extra fun, choose extras like pizza, extra jump time, tokens and party favor goodie bags. Brand new arcade!

Terrain Park Climbing Center
931 W. 5th St. Suite 100
terrainparkclimbingcenter.com
(530)809-0796

Have your next birthday party at Terrain Park Adventure Center! Our party package includes 2 hours in a reserved party room, access to our giant indoor play structure, all of the necessary rental gear for our climbing walls, access to our upstairs game lounge, and a wonderful staff member to make sure you have the best party ever! We also have a dedicated toddler play area for the littlest climber in the family! Great for all ages!

COTTONWOOD

Serene Ranch
3871 Rancho Estates Road
Find us on Facebook or email
sereneranchnorcal@gmail.com
(530)440-1808

Time with horses is what birthday dreams are made of! Book a unicorn or a knightstead party with us for your cowgirls and cowboys or your princes and princesses. We can bring a horse to you or you can come to us. Everyone gets to ride.

CORNING

Corning City Parks
corning.org/parks
(530)824-7036

Corning City's nine city-maintained parks offer play structures for all ages; facilities for picnicking; walking trails; basketball, softball, baseball, volleyball, soccer, tennis, horseshoes and skateboarding facilities; and stationary fitness stations. See the website for a list of parks and amenities and call (530)824-7036 to reserve a spot for your party.

Tehama County River Park at Woodson Bridge
25340 South Avenue
co.tehama.ca.us/government/departments/parks/tehama-county-river-park
(530) 528-1111

The 14-acre park is situated along the eastern bank of the Sacramento River at Woodson Bridge with river access via a public boat ramp with ample daily vehicle and boat trailer parking. No overnight parking or camping allowed in the park. The two areas of the park, the North Side and the South Side, have ADA compliant restrooms, ADA parking and ADA accessible picnic tables, food prep areas, barbecue grills and playgrounds. Power and a barbecue wagon are available at all the picnic areas for additional fees. Call or visit the website to reserve picnic tables.

DUNSMUIR

Dunsmuir Botanical Gardens
4841 Dunsmuir Avenue
dunsmuirbotanicalgardens.org
(530)926-2494

Located in the Dunsmuir City Park, the gardens encompass 10 acres of hilly, wooded area with a meadow containing the various gardens. Playground area and picnic sites border the beautiful Upper Sacramento River. Free admission. Call to reserve a picnic site for birthday parties and special events.

DURHAM

Durham Community Park
1847 Durham-Dayton Hwy
durhamrecreation.recdesk.com
DurhamRecAdmin@Durhamrec.com
(530)345-1921

The park's 24 acres, shaded by the numerous valley oaks, contain picnic tables, a fully equipped playground, basketball courts, riding arena and two baseball fields. Picnic sites in the park can be reserved starting at $55 for 20-30 people. Sites include two picnic tables and small BBQ. First come, first served. Open daily, 7am-7pm.

MILL CREEK

Mill Creek Resort
40271 Highway 172, Mill Creek
millcreekresort.net
inquiries@millcreekresort.net
(530)595-4449

Celebrate your child's next birthday with a wild and wonderful adventure at Mill Creek Resort. Let the kids roam free, splash in the creek and enjoy the great outdoors while we handle the party details. With nature as the backdrop, we offer a variety of birthday packages to fit any group size—complete with outdoor activities, playful décor and planning support to make it all stress-free. Whether it's a small gathering or a big birthday bash, we've got you covered. Check out our options online or reach out. Let's make your child's birthday a magical adventure.

ORLAND

Lely Park
975 East South Street
orlandrec.recdesk.com/Community/Facility
(530)865-1630

Home of The Splash Pad and Recreation Center! There are three picnic areas to reserve for birthday parties and two covered picnic areas; one full size basketball court and two half-courts, four horseshoe pits, baseball field, two lighted softball fields, public restrooms and a children's playground. Reservations for picnic areas can be made on the website.

Lollipop Land Picnic Area
Shasta Street and A Street
orlandrec.recdesk.com/Community/Facility
(530)865-1630

Has four tables that may be reserved for parties. There are two barbecues, a playground and swing set nearby. There are restrooms located nearby in Vinsonhaler Park. Reservations can be made on the website; must be submitted five days before event.

Orland City Pool
120 Roosevelt Avenue
orlandrec.recdesk.com/Community/Facility
(530) 865-1630

Opening from June through August, this is one of the region's best swimming pools. The pool is available for private pool rentals Fri & Sat evenings 5:30-8:30pm and Sunday noon-8pm. Pool reservations can be made on the website.

OROVILLE

Explore CA Outdoors
Oroville
exploreCAoutdoors.com
(530)521-1883

Celebrate a birthday with a river raft float down the beautiful Feather River! Gather your friends and family for a fun-filled adventure – we'll take care of everything. We'll put in at the Feather River Fish Hatchery and float to Riverbend Park. We'll make your special day memorable.

Forebay Aquatics Center
North Forebay State Recreation Area, 930 Garden Drive, Oroville
forebayaquaticcenter.com
aqautics.education@gmail.com
(530)774-7934

An excellent destination for birthday events. We offer multiple package deals to fit your group's needs. Kayaks, hydro bikes, floating islands and a beach cart that has all the fundamental toys and games for the perfect beach party. We can help plan and provide ideas for your aquatic gathering at the beautiful North Forebay State Recreation Area.

Oroville YMCA
1684 Robinson St.
ymcasuperiorcal.org/OrovilleYMCA
(530)533-9622

The Y offers a fun-filled environment with a heated outdoor pool - rent just the pool or the indoor facility or both. A lifeguard is included with the pool rental and staff is always on site for assistance. Pool parties available on weekends only and the indoor facility is available Fridays after 5pm and weekends. Make reservations at 1200 Myers Street.

PARADISE

Paint Parties by Dawn
5923 Clark Road Suite I
paintpartiesbydawn.com
(530)570-8372

Dawn will help you and your friends/family "blend" your way to a masterpiece! Both in studio and mobile paint parties. All types of surfaces; canvas, wood, porch leaners, door hangers, tumblers, etc. Something different for a girls' night out, birthday party, school or work event.

RED BLUFF

Athletics Unlimited Red Bluff
446 Antelope Blvd,
portal.iclasspro.com/athleticsunlimited
(530)410-8863

A fun affordable way to celebrate your little one's birthday. You get 2 hours to party, a party room to enjoy your celebration and the entire gym floor to let the littles run, play, climb and tumble. You can even upgrade your party with coaching and prizes.

Ignite Your Flare Dance and Acrobatics
446 Walnut St.
igniteyourflare.com
(530)255-4180

Rent one of the two beautiful dance studios for your party. Options include themed decorations, guest appearances from your child's favorite character, crafts, a dance lesson and more. It's a great opportunity to create a special customized event.

Luna's Party Supplies
225 Walnut Street, Red Bluff
(925)339-1581

Red Bluff's very own party supply store! You'll find tables, chairs, linens, balloons...everything you need for your next celebration!

BIRTHDAY LOCATION IDEAS

REDDING

Bricks & Minifigs Redding
60 Hartnell Ave.
bricksandminifigs.com/redding-ca/
(530)255-8112
Celebrate in a world of creativity and fun at Bricks & Minifigs Redding! Your search for the perfect party venue ends here. Whether it's a birthday bash or a unique corporate event, our LEGO-themed parties offer an experience that's both fun and memorable.

Caldwell Park
58 Quartz Hill Road
info@reddingrecreation.org
reddingrecreation.org
Features a new free, lighted skate park. Also has baseball fields, basketball court, soccer field, softball field, walking trails, barbecue, benches, large informal turf area, picnic tables and playground. Reserve picnic tables on the website.

Country Bowl
2615 Bechelli Lane
countrybowl.com
(530)223-1080
Keep the fun rolling and host your next birthday party at Country Bowl. Our bowling alley is the perfect venue for strikingly good fun and memories for everyone. We offer party packages that include unlimited bowling, food and drinks. Ready to start planning your next party? Strike up a conversation!

Fantasy Fountain
Enterprise Community Park, 4300 Victor Avenue
cityofredding.org
(530)225-4095
Beat the heat by planning a summer party where your guests will have a blast getting wet under the erupting fountain and playing with other fun water features. Reserve the shaded pavilion any day or time. Available Memorial Day through Labor Day, 10am-8pm.

McConnell Arboretum and Botanical Gardens at Turtle Bay
1125 Arboretum Dr.
turtlebay.org/gardens
(530)242-3111
The McConnell Arboretum and Botanical Gardens in Turtle Bay Exploration Park campus has over 200 acres of native and non-native trees and plants. The Children's Garden is home to Mosaic Oasis, a whimsical water feature that includes a drinking fountain, ornamental fountain and play structure. First come, first served or call to reserve. 6am-dusk.

Ninja Birthday Parties
Mt. Shasta Mall
ninjacoalition.com
(530)605-3329
Two-hour private party with ninja trainer to demonstrate and supervise all obstacles and party host to ensure a fun time for all! Plates/napkins/tablecloths/silverware provided. Birthday child receives a NCHQ t-shirt. You bring snacks, cake, etc.

Rare Air Trampoline Park
3625 Old 44 Dr.
rareairpark.com
(530)221-1206
An active party that all ages will love: Ninja course, rock climbing wall, new ropes course and play structure with slides, plus jumping fun in 10,000 sq. feet of trampoline space and access the airbag pit and trapeze court. Packages offered for any day of the week & any size party. Includes party room, napkins, plates, drinks, setup and cleanup. Bring your own cake and for extra fun, choose extras like pizza, extra jump time, tokens and party favor goodie bags.

Redding Aquatic Center
44 Quartz Hill Road
info@reddingrecreation.org
reddingrecreation.org
Office (530)225-4095, Pool (530)225-7247
There's no better way to host a summer party than at the Redding Aquatic Center. Rent a party space for $45. Great for parents who already have a party planned and are looking for the perfect location. Rental does not include admission or staff assistance. Available dates June 18-Sept. 4. Call the office or pool to reserve a party space.

Redding Reptiles
74 Lake Blvd.
ReddingReptiles.com
(530)338-2446
What's a Reptile Party? An hour long, hands-on reptile adventure you child will never forget. Parties are in-store only. For a small admission you can browse our extensive collection of reptiles from all over the world including our Green Anaconda and much more. Fun for all ages. Store: Tue-Sat 11am-6pm. Exhibit Room: Wed-Sat noon-5:30pm.

Redding Parks
reddingrecreation.org
(530)225-4095
The City of Redding Parks and Recreation has 59 parks, many of which are perfect settings for birthday parties and include picnic areas, benches, sports fields, plenty of green space for kids, playgrounds, hiking and more. reddingrecreation.org for a full list of parks and amenities. Register online or call to reserve a spot for your party.

The Redding Arts Project – School of Theatre and Dance
1726 Market Street
thereddingartsproject.com
(530)245-1019
Let us host your party at The Redding Arts Project, where magic and fun are our specialty! Our parties include a 45-minute themed dance class, story time, a craft, beautiful gourmet cupcakes and a balloon bouquet. Let us do all the work, including set up and clean up, while you relax - or you can also bring your own food, decorations and supplies to complete your special event. Reach out to us for more details!

Sensory Innovations
20 Hilltop Dr Ste A
sensoryinnovations.org
(530)780-5559
Throw your next party or event at Sensory Innovations. We can host birthday parties, graduations, field trips, movie nights and more. We can't wait for you to be our guests! Two-hour time slot for $175 includes setup assistance, access to fridge and freezer, access to all sensory rooms, we clean up. Set up time is included in cost. Contact us for additional add-ons.

Shasta Rock Club
2325 Athens Ave.
shastarockclub.com
(530)691-4505
Redding's only indoor rock-climbing gym hosts a birthday experience full of fun and laughter for ages 5 & up. Experienced staff lead guests in energetic activities and games, guiding them through challenges and accomplishments. Packages include up to 1.5 hours of supervised rock climbing and a reserved table.

Taste and See Creamery; Classic Flavors Reinvented
tasteandseecreamery.com
1419 Market St.
(530)605-0506
930 Hilltop Dr.
(530)768-1900
Enjoy unique flavors for a special birthday treat. At Taste and See, we are committed to creating a new generation of adventurous ice cream with fresh takes on traditional flavors you love. Our ice cream is made from scratch with premium dairy and the finest raw ingredients for a unique, fully composed dessert with a difference you can taste and see. Every flavor has a story and is inspired by the kid in all of us.

Turtle Bay Exploration Park
844 Sundial Bridge Dr.
turtlebay.org
events@turtlebay.org
(530)319-3452
Host a birthday party at Turtle Bay Exploration Park. The Park features attractions and activities for all ages including animal shows, traveling exhibitions, towering playgrounds, indoor aquariums, an immersive Parrot Playhouse and more. Choose from multiple locations at Turtle Bay to reserve and set up camp, then explore all the park has to offer.

WaterWorks Park
151 N. Boulder Dr.
waterworkspark.com
(530)246-9550
Sit back and relax while the kids play in the waterpark. All day reserved seating means you can stay a few hours or the whole day. Includes: Express check in, exclusive shaded birthday party area, discounted food and drink rates and a special surprise for the birthday child. Make it extra special and rent a cabana.

Charlew's Tap House Pizza Pasta Grill
1901-CA-273, Anderson
charlews.com
(530)378-1110
Choose Charlew's Adventure Room for your next birthday celebration. Birthday parties are 7 days a week from 11am-1pm, 2pm-4pm

Matrix Cards & Games
1185 Hilltop Drive
matrixcardsandgames.gg
(530)222-1436
Offers catered D&D birthday experiences. No prior experience needed! Call the shop and ask us about hosting an epic level birthday!

When Pie Meets Bread
1768 Churn Creek Rd, Redding
whenpiemeetsbreadbakery.com
(530)215-3002
What Could be more fun than to host a party, ladies' night out, wedding or baby shower in the heart of a bakery? When Pie Meets Bread offer spacious party hosting areas and scrumptious menu of deliciously made sourdough breads, sandwiches, pizza and of course pies and other deserts. There are even party favor ideas for sale in the lobby of this bakery and now newly opened pie kitchen and boutique. Your party will be remembered as something!

MOUNT SHASTA (WINTER ONLY)

Siskiyou Ice Rink
Shastice Park
800 Rockfellow Dr.
Mt. Shasta
msrec.org/ice-rink
(530)926-2494

Birthday fun on the ice! Kids of all ages will have a blast skating in this NHL size rink at the foot of Mt. Shasta, rated some of the best ice in the North State. The rink has picnic benches for birthday goodies and snacks and affordable skate rentals. Open Nov 16-Feb 22. Be sure to check the weather and call the rink at (530) 926-1715 before making the trip.

WEED

Alpaca on the Rocks
5004 Solus Dr.
allthethingsalpaca.com
(530)859-1994

Kids will fall in love with the friendly alpacas, mini horses and more on this five-acre ranch. Guests can visit the animals and help with their care as well as run around the ranch and just be kids. Tables are available. Call for availability and pricing. The ranch store offers beautiful and unique jewelry, along with alpaca socks, handmade creatures and yarn. By appointment only.

WILLOWS

Sacramento National Wildlife Refuge
752 County Road 99W
fws.gov/refuge/sacramento
(530)934-2801

The fun begins in your car on the six-mile auto loop beginning at the visitor center. There are three stop and stretch areas to spot wildlife and a multi-level viewing platform. Tables and restrooms are available. The refuge includes a two-mile wetland walk that leaves from the visitor center and five miles of spring trails open through June. A perfect place for a scavenger hunt with a small troop of willing children.

YREKA

Bella Art Works & Ice Cream Parlor
117 W. Miner St.
bellaartworks.net
(530)842-5411

Guests of all ages will love painting pottery or on canvas, especially when you treat your partygoers to a scoop of BJ's Old-Fashioned Ice Cream. Includes two hours with a party assistant, themed backdrops and decorations, set-up and clean-up, drinks and a souvenir for the guest of honor. Book an exclusive party or join the fun during public hours.

Greenhorn Park
ci.yreka.ca.us/204/Parks-and-Resources
(530)841-2386

The City of Yreka maintains eight parks and a plaza which are available for public enjoyment and recreation. Reserve a picnic area at one of their beautiful parks for your birthday party online.

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- Dungeons & Dragons Adventures for Kids & Adults...*and much more!*

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1185 Hilltop Dr, Redding
530.222.1436



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THE NORTH STATE EQUITY FUND: STRENGTHENING OUR COMMUNITY AND REMOVING BARRIERS

BY ABBYANN LOCASCIO AND BRYNNA GARCIA

It seems like it was just yesterday we were living in the uncertainty of the pandemic. We remember stocking up on soup cans and toilet paper, children running up and down the stairs while they were supposed to be learning math on Zoom and rising racial tension. And then the tragic death of George Floyd shook the nation. Minneapolis was nearly 2,000 miles from our Northern California mountains, yet the message rang clear: we must act.



Photos provided by NSEF

NSEF grantee Advancing Modoc works to grow resilience in children, train young people to be successful and retain workers and leaders in their rural community.

North State Funders Work Together to Help Shape an Equitable Future

Aware of our own racial issues and the need to respond, United Way of Northern California, North Valley Community Foundation and Community Foundation of the North State joined forces to create the North State Equity Fund (NSEF). The fund was established to promote racial justice and social equity throughout the North State.

Since its inception in 2020, additional funders, including the McConnell Foundation, S.H. Cowell Foundation, Sierra Health Foundation and The California Endowment, have added their support. Together, they have helped uplift voices shaping a more equitable future, providing more than 70 grants to local grassroots organizations doing the on-the-groundwork of racial and social justice. NSEF's goal is to ensure these resources reach communities across the region, including Shasta, Butte, Glenn, Lassen, Modoc, Plumas, Siskiyou, Tehama and Trinity counties.

Through trust-based philanthropy, NSEF removes barriers that often prevent small organizations from accessing funding. Many of these groups do not have accounting teams or professional grant writers. Most are powered by passionate volunteers. "The way the grant is set up, you don't need to be a 501(c)(3) to receive funding," says Myriam Kalmogho, who oversees NSEF at United Way of Northern California. "You can simply be a group doing amazing work. We don't require traditional applications like other grants. It removes the stress of 'I need a grant writer.'"



Young people participate in NSEF grantee GAME AMP P.L.A.Y.'s activities, which focus on developing literacy and social responsibility skills for pre-K through college, utilizing art, theater and media production.



The work of NSEF grantee Latino Outreach of Tehama County spans multiple generations, bringing people together to build a stronger and healthier Tehama County.

NSEF Investments Build Strong, Healthy Communities

Last year's grants invested in a diverse spread of initiatives and organizations, from community pig pens to Afro-Latino dance nights and even AAU basketball teams. Some grantees have been so impacted by NSEF's support that they returned to give back.

That is the case for former grantee and current NSEF mentor Araceli Gutierrez. With NSEF funding, Araceli's organization, Latino Outreach of Tehama County, was able to sustain its work through the pandemic. The organization bridges gaps between businesses and Hispanic and Latino communities in Tehama County. Funding helped launch drive-thru health fairs, expand outreach efforts and provide nonprofit management training. Its impact spans multiple generations, bringing people together to build a stronger and healthier Tehama County.

NSEF Inspires Shared Success

Araceli has seen firsthand how meaningful this funding can be for small organizations where staff members wear multiple hats. As a mentor, she uses her experience to help those struggling. By sharing her successes and failures with Latino Outreach, she can better guide them through whatever problems arise and give them hope that with their passion and determination, their work will soon pay off. "Never be afraid to ask for help," says Araceli. "It's our time as mentors to help others and pay it forward."

The path to creating a nonprofit is long. It presents numerous challenges and requires significant external support. However, the journey is what makes the successes, big or small, so impactful to everyone involved.

Sharing that success becomes a success in itself.

Like a rising tide, each win builds momentum across the nonprofit community, reinforcing partnerships and uplifting others on a similar path. In 2026, the North State Equity Fund plans to convene its grantees to celebrate those wins and encourage one another. If you are interested in getting involved in racial equity or social justice work, consider volunteering with a North State Equity Fund grantee. A full list of grantees can be found at norcalunitedway.org/nsef. ■

MULTIPLE COUNTIES

Confederated Tribes of the Umatilla Indian Reservation; Pendleton, OR. Home of the Cayuse, Umatilla and Walla Walla People. "We love our country - it is composed of the bones of our people, and we will not part with it" –Cayuse Delegation Treaty of 1855. Website includes information on tribal history, culture, first foods and the language of the Nixyáawii. Tribal news and events, important links for tribal members. ctuir.org. 46411 Timíne Way. (541)276-3165.

Shasta Indian Nation; Macdoel. The wilderness of northwestern California and southwestern Oregon has been, and still is, the traditional homeland of the Shasta Indian people. Most traditional Shasta villages were located along the Klamath, Shasta, Salmon and Scott Rivers and their tributaries. Website includes information on Shasta Indian community and cultures, tribal council and important links. shastaindiannation.org. P.O. Box 195, Macdoel, CA, 96058.

The Confederated Tribes of the Siletz Indians; Siletz, OR. "We the Confederated Tribes of Siletz Indians are the most diverse confederation of Tribes and Bands on a single reservation in the United States. Our ancestors spoke 10 completely different languages, each of which had multiple dialects. They brought with them deep connections to more than 20 million acres of ancestral territory combined, including all of Western Oregon from the summit of the Cascade mountains to the Pacific and extending into what is now SW Washington State and northern California." Website includes information on tribal history, upcoming events, news, services and important links. ctsi.nsn.us. 201 SE Swan Ave., PO Box 549, Siletz, OR, 97380. (541)444-2532.

The Klamath Tribes; Chiloquin, OR. The Klamath Tribes- the Klamath, the Modoc and the Yahooskin-Paiute people, known as mukluks and numu (the people), have lived in the Klamath Basin of Oregon, from time beyond memory. Website includes tribal history, services, news and important links. klamathtribes.org. P.O. Box 436, 501 Chiloquin Blvd. (800)524-9787 or (541)783-2219.

The Modoc Nation. A federally recognized Native American Tribe under the leadership of Chief Robert Burkybile. The ancestral home of the Modoc Nation consisted of over 5,000 square miles along what is now the California-Oregon border. Website includes history, environmental action, list of Modoc tribal businesses and services including behavioral health from early childhood-adult. modocnation.com. (918)542-1190.

The Pit River Tribe; Burney. Comprised of 11 autonomous bands: Ajumawi, Atsugewi, Atwamsini, Ilmawi, Astarawi, Hammawi, Hewisedawi, Itsatawi, Aporige, Kosalektawi and Madesi, that since time immemorial have resided in the area known as the 100-mile square, located in parts of Shasta, Siskiyou, Modoc and Lassen Counties. Website provides information on tribal history and law and links to tribal services and employment. pitrivertribe.gov. 36970 Park Ave. (530)335-5421.

BUTTE COUNTY

African American Family & Cultural Center; Oroville. Our mission is to empower African American families and communities by reclaiming, restoring and revitalizing our cultural heritage, values and identity. The AAFCC is a place where people convene, connect and celebrate the essence of our community in order to bring about healing to create prosperous, vibrant lives. Classes and programs for youth & adults, community garden, support groups and more. Learn more about and celebrate the African heritage in African American culture at seasonal events for all ages. aafcc-oroville.org. 3300 Spencer Ave. (530)532-1205.

Amma Culture-Education, Sciences & Art; Chico. Provides African-inspired resources for educators, youth and families in Northern California. Instills pride in and respect for Indigenous Black American and Foundational Black American and the African Diaspora heritage and history. Semi-annual community gatherings open to the public to enjoy culture, entertainment and networking. Available to do classroom presentations for school-age children as well as business and social organizations. Get a copy of Anecia's history ebook, "The BEST 'Black' American History Book Ever! For The Child in Each of Us" at Payhip.com/AneciaJohnson. aneciajohnsoneducation@gmail.com. (530)354-7018.

The Berry Creek Rancheria of the Tyme Maidu Indians; Oroville. A federally recognized Native American Tribe located in Oroville, California. As a sovereign government, we work hard to provide for our citizens, protect our future as Maidu people and support the greater community through our projects and enterprises. Website provides information on tribal wellness programs and services. Online cultural archive includes tribal history, links to museums and basket-weaving. berrycreekmaiduindians.org. (530)534-3859.

Bridge the Gap 4 Water: Chico. Raises awareness of water needs and builds safe water systems in developing countries. The annual Walk4Water fundraiser, held each April in Bidwell Park, is an active and worthwhile opportunity to show support. Shop from the international goods or visit their annual holiday boutique at Beatniks Coffee House, 1387 E 8th St, Chico. Bgt4water.org.

Enterprise Rancheria of the Estom Yumeka Maidu Indian Tribe; Oroville. A federally recognized Indian Tribe since 1915, based in Oroville. Our rich history, dedication to our community's growth and commitment to future generations mean our tribal administration and various programs are set up for success. Website provides information on childcare programs, education and many other tribal programs. News and historical photos. enterpriserancheria.org. 2133 Monte Vista Ave. (530)532-9214.

The Konkow Maidu Indians. Since the time of remembering the Konkow Valley Band of Maidu Indians have occupied the Konkow Valley of California. In the river drainages of the North Fork of the Feather River live these descendants of the first people. Website offers history of the Konkow Maidu Indians. konkow.us.

Hispanic Resource Council of Northern California; Chico. Strives to help provide the Hispanic/Latino community with info about generic local resources. Día Del Campesino event held yearly on the first Sunday of October. chicosol.org/tag/hispanic-resource-council. (530)519-3118.**Hmong Cultural Center of Butte County**; Oroville. Resources, community-based family support and empowerment through the promotion of health, education, cultural integration and social services to strengthen Hmong families and communities throughout Butte County. Hmong talk line: (530)403-3978, M-F,



Children and families join Butte Environmental Council's Annual Endangered Species Parade in colorful animal, bird and fish masks and costumes they have made.

9am-9pm. hmongculturalcenter.net. 1704 Oroville Dam Blvd W. (530)534-7474.

Mi Escuelita Maya Preschool & Children's Performing Arts Program; Chico. Play-based integrated program that values high standards of early childhood education, multicultural experiences, a daily application of the performing arts, Spanish language enrichment, organic eating habits and an environmentally friendly lifestyle as a foundation for children's learning process and growth. For ages 2.9-5. Call to learn about seasonal events. mempreschool.com. 1455 Chestnut St. (530)893-1419.

Mechoopda Indian tribe of Chico Rancheria; Chico. The ancestral village of the Mikćapdo was located on Little Butte Creek, less than 4 miles south of downtown Chico. The people of Mechoopda survived based on strategies, technologies and knowledge associated with a hunting and gathering economy. Today, the Mechoopda Indian Tribe is a federally recognized tribe comprised of 560 tribal members. We welcome you to learn more about our people, history and culture. Website provides information on tribal history and culture, news and events, tribal government and links to tribal resources. mechoopda-nsn.gov. 1920 Alcott Ave. (530)899-8922.

Mooretown Rancheria of the Maidu Indians; Oroville. A federally recognized tribe of Concow and Maidu people in Butte County. Concow, or Konkow, people are the northwestern or foothill branch of the Maidu people, who traditionally spoke the Concow language. Our mission is to improve the quality of life for our members, employees, and the community in which we live, by preserving our cultural heritage, maintaining a positive Native American image, protecting tribal sovereignty, and supporting tribal self-reliance. Website provides information on tribal history and links to tribal resources. mooretownrancheria-nsn.gov. 1 Alverda Dr. (530)533-3625.

Rosedale Elementary School; Chico. A 2-way immersion program with seasonal cultural events for all ages. Programming for ages TK-5th. Art, music and dance are an integral part of the learning environment. Rosedale Elementary is committed to providing a culture of lifelong learning by developing bilingualism and academic excellence in a multicultural environment. Call to learn more. rosedale.chicousd.org. 100 Oak St. (530)891-3104.

SHASTA COUNTY

Dr. Martin Luther King Jr. Center; Redding. Multicultural community center empowers disadvantaged and at-risk youth through programs that cultivate moral, community and intellectual development. In a supportive environment, youth are helped to develop essential skill sets, connect with new educational and recreation opportunities and forge a better sense of self. cityofredding.gov/government/departments/parks_and_recreation/mlk_jr_center.php. 1815 Sheridan St. (530)225-4375.

Redding Rancheria; Redding Rancheria is a sovereign nation comprised of the Pit River, Wintu and Yana tribes, where pride in tribal culture, history and identity is evident internally and in the larger community. We are a leader in the development of our people within our traditional homelands. The strength of our Tribe lies in honoring our elders, building healthy families and promoting self-reliance in our members. We invest in our youth and adults, knowing that they will create the future with the strength of our ancestors. We empower them with knowledge and skills for a changing world. Website includes information on tribal history and culture, services for the tribe and tribal court. Other important links. Call to learn about seasonal events. redding-rancheria.com. 2000 Redding Rancheria Rd. (530)225-8979.

Reciproka; Redding. Promotes cultural understanding, respect and reciprocity between people, cultures and nations by supporting initiatives that preserve and celebrate cultural diversity and advocating for policies that promote cultural equity. From providing education to supporting health care initiatives, offers a range of programs to support communities in need. There are many ways to get involved. Attend one of

our events, become a member or volunteer. reciproka.org. 1755 East Street, Suite B. (530)227-1264.

Shasta Beloved Community; Redding. Inclusive, solution oriented, grassroots movement dedicated to networking and unifying relationships in our diverse community. We value unity, respect and equality. We strive to base our speech and our actions on Dr. Martin Luther King Jr's principles of nonviolence, which asks people to show the courage to utilize friendship and understanding in our quest to defeat injustice, not people, to choose love and not hate and to build a network of people choosing nonviolent solutions to problems. shastabelovedc.weebly.com. (530)524-7504

Temple Beth Israel; Redding. A friendly and diverse welcoming community coming from many streams of Judaism and many different backgrounds. Anyone who desires to experience Jewish life and culture is welcome. Offers monthly services, holiday celebrations, book club and a lending library. tbiredding.org. 8529 Placer Rd. (530)243-5726.

The Sikh Centre Anderson Gurudwara Sahib; Anderson. A platform for the Sikh community to gather in prayer and practice Sikhism. Spreads awareness about the tenets of the Sikh religion via community involvement and activism. worldgurudwaras.com/gurudwaras/the-sikh-centre-anderson. 5400 Sikh Centre Dr. (530)941-1802.

Tree of Life International Charter School; Anderson. A unique TK-8th grade Spanish/English Dual Immersion Charter School where Love is our First Language. Students will have the opportunity to explore their expressive creativity, gifts and talents in visual and performing arts through an exciting and joy-filled instructional component that incorporates songs, rhythms, dance and art from many cultures and languages. treeoflife.school. 19415 Jacqueline St. (530)378-7040.

Wintu Museum & Cultural Resource Center; Shasta Lake City. A one-of-a-kind community project designed to provide a comprehensive immersion into the Wintu history and culture. Features a historical timeline, artwork from Native Americans, traditional dug-out canoe, honor wall for Native American veterans and unique activities for children. Field trips available. Wed & Fri, 11am-4pm. wintutribe.com. 4755 Shasta Dam Blvd. wintu.tribe1@gmail.com (530)605-1726.

SISKIYOU COUNTY

Seeds of Ancestral Renewal. SOAR is a Black, Indigenous and Peoples of Color collective cultivating holistic health and resources of care for families and reproductive care. SOAR draws on the abundance of strengths and creativities of BIPOC birthworkers and caretakers to establish mutual aid for BIPOC individuals and families. seedsofancestralrenewal.com. SeedsofAncestralRenewal@gmail.com. (707)630-2214.

The Winnemem Wintu Tribe. Middle Water People, The Winnemem Wintu are a traditional tribe who inhabit our ancestral territory from Buliyum Puyuuk (Mt. Shasta) down the Winnemem Waywaket (McCloud River) watershed. When the Shasta Dam was constructed during World War II, it flooded our home and blocked the salmon runs. As salmon people and middle water people, we advocate for all aspects of clean water and the restoration of salmon to their natural spawning grounds. Website includes tribal history, advocacy for restoration of salmon runs along the McCloud River and other area rivers. winnememwintu.us. run4salmon.org. info@run4salomon.org.

TEHAMA COUNTY

The Greenville Rancheria of Maidu Indians; Red Bluff and Greenville. Ancestral inhabitants of Plumas, Tehama and surrounding counties occupied the Feather River region, Sacramento region and its many tributaries. Greenville Rancheria provides many services to the communities of Greenville and Red Bluff. All members of the community, Indian and non-Indian, are welcome. Website provides information on tribal history, culture, government and environmental action. grth.org.

Greenville Rancheria Medical & Dental Clinic: 410 Main St. (530)284-6135 Medical. (530)284-7045 Dental.
Red Bluff Medical Clinic: 1425 Montgomery Rd. (530)528-8600.
Red Bluff Dental Clinic: 343 Oak St. (530)528-3488.

Latino Outreach of Tehama County; Latino Outreach of Tehama County; Red Bluff. Collaborates and advocates for the underserved Latino and diverse cultures of Tehama County and connects them with fair, equitable access to services provided by agencies, organizations and businesses. Visit website to learn about seasonal events. latinooutreachoftehama-county.org. latinooutreach1@gmail.com.

The Paskenta Band of the Nomlaki Indians; Corning. A federally recognized sovereign nation located in Northern California with a deep tradition of resiliency, culture and a strong vision for the future of all peoples living in the Corning-Paskenta Tribal Community. Website includes information on tribal cultures, news, enterprises and government. paskenta-nsn.gov. 22580 Olivewood Ave. (530)670-1750.



Bridge the Gap 4 Water International goods display at Beatniks Coffee House are a treat for the eyes!



Cecilia Richardson, owner of African Connections and Cultural Crossroads, displays colorful, hand-knitted children's sweaters; just a sample of the hundreds of beautiful items to be found in her culturally diverse Chico shop. *Photo by Kate Hiller.*


Mi Escuelita Maya Performing Arts Program students and teachers joyfully perform traditional dances in colorful costumes.


Gorgeous hand-blown glass vessels are among the many hand-crafted, Fair Trade creations available at The Velvet Elephant in downtown Mount Shasta. *Photo provided by Velvet Elephant.*

Experience the Beautiful Diversity of Cultures in the North State

African Connections & Cultural Crossroads



With a focus on promoting cultural exchange and appreciation, this Chico store offers a unique selection of items and experiences that reflect the richness of African heritage.



A Taste of Africa

presented by Reciproka.org

Reciproka: where culture meets community: Join Festival Taste of Africa to experience the vibrant tapestry of African culture and celebrate our **shared humanity** in a festival of **culture and reciprocity.**



Bridging The Gap 4 Water

btg4water.org

Raises awareness and builds safe water systems in developing countries.

The annual Walk4Water April 18, 2026 in Bidwell Park, is an active and worthwhile opportunity to show support.

Stop by Beatniks Coffee House in Chico and shop from the international goods.

Chico State Cross Cultural Leadership Center

csuchico.edu/cclc



Values and respects the richness and understanding that diversity brings and strives to create an environment in which **all students**, regardless of their race, sex, color, ethnicity, national origin, or differences, feel respected, connected and affirmed.

Velvet Elephant

VelvetElephant.com

Unique store in Mount Shasta featuring handcrafted items sourced from around the world, all suppliers members of the Fair Trade Federation. Ensures; safe & empowering working conditions; rights of children to safety, education and play; respect of cultural ethnic identity.



Oroville Chinese Temple

orovilleca.gov/Facilities

This vibrant temple is both a living place of worship and a fascinating museum featuring artifacts from a historic herb shop and gold exchange and a peaceful garden.



The Lao Community in Weed:
Preserving a Local Cultural Treasure

BY STACEY LEIGH MOHR

The Lao community in Weed, consisting of 35-40 families, has been thriving since Lao refugees from the Vietnam War moved there in the 1970s.Sponsored by local families and churches, "they moved here because they love the beautiful mountains, the rivers and waterfalls and the forest which reminds them of their homeland and brings them peace and happiness," says Phetsamone Jenny Virasonh, co-owner, with her husband Mickey, of Lao'der Phet restaurant in Weed. Phet is also a member of the Weed City Council and the first woman Khmu, the Indigenous people of Lao, to be elected to public office in California and perhaps even in the U.S.

A Lao Culinary Legacy
After Phet retired from the medical field, her grandmother, who taught her how to cook, said "Why are you retiring? Why don't you do something you love? You love to cook, why don't you do that?" So Phet and Micky started cooking hot food for a Lao market in Fresno. On a visit to Weed, they fell in love with the area and decided to relocate. They opened Lao'Der Phet's Kitchen Farm-to-Table on Main Street in Weed. Renowned for delicious, freshly made Lao and Asian food, it has become a popular area dining destination.

Lao Cultural Identity
"Since the Lao community has been here, many of the children have been assimilated into Western culture," says Phet, who, along with Micky, is a member of the Lao Association of Weed. "Any culture that is assimilated into a culture tends to forget their native culture, language and traditions," she says, noting that she and other Lao community members worry about this loss of original cultural identity.

A Lao Cultural Home in Weed
Lao Buddhists are Theravada Buddhists. To conduct a funeral in a Lao Buddhist temple, Lao people in Weed must travel to a Lao temple in Redding or Sacramento. They must ask a monk to travel to Weed to locally perform proper prayers for loved ones who have passed and to perform other significant ceremonies.

Phet and Mickey saw the need for a religious and cultural center in Weed to serve the local Lao community. "The sad thing is that the Lao people who have lived here for 40 years have no place to congregate, to practice their religion" says Phet. "A lot them have felt they would not get the support from the community to build a temple. But since I became a member of the Weed City Council, I have found a great deal of cultural diversity in the area." "My dream," says Phet, "is to have a summer program at the temple on how to read and write in the Lao language and to teach kids to play Lao instruments like the Khan, [a musical pipe] - not just for Lao children, but for anyone who wants to learn about a different culture."

To make this dream of a way to preserve the rich local treasure of Lao cultural a reality, Phet, Mickey and the Lao Association of Weed have been working for the past couple of years to plan a Theravada Buddhist temple in Weed and to raise funds to build it.

Property for the temple has been donated by a local philanthropist, Bruce Shoemaker, and the Lao Association of Weed held their first fundraiser last year. This year's fundraiser will be held Saturday May 16 at the Weed Community Center, 161 Lincoln Avenue, and is an all-day event, with prayers, meditation and almsgivings from 9am to noon. "We give alms of fruit, sweets and rice to the temple monks to bring prosperity and good merit to our family and loved ones," Phet says. The afternoon will be filled with traditional Lao music and food and performances by Lao dancers and musicians. Everyone is invited to attend both the morning and afternoon festivities. It is the hope of Phet, Mickey and the Lao community that the temple will be a cultural treasure and a source of healing and unity for the Weed community and beyond.



Photos by Pamela Newman

Phetsamone Jenny Virasonh, co-owner and of the popular Lao'der Phet restaurant in Weed is, along with her husband Mickey, working to raise awareness and appreciation of Lao culture.



The Weed Lao temple will be a meditation oasis surrounded by a peaceful garden where all are welcome.



"All are invited to come to the temple to meditate and find peace," says Phet. The recent Walk for Peace by Buddhists monks has been an inspiration to Phet and Mickey. "The monks say you don't have to make a huge change," says Phet. "You just have to start with you. A little change, a kindness, a little humanity, goes a long way." That is the Buddhist way.

Donations to support temple construction can be made at laoassociationofweed.org. ■

How to Talk to a Teacher

BY SHARON NOLFI

A meeting between you and your child's teacher can be a powerful tool for helping your child succeed in school. Whether scheduled by the school, requested by you, or suggested by the teacher, such a meeting gives you a platform to learn about your child and to assert their needs. You are your child's strongest advocate and these meetings can be critical to a child's wellbeing. Follow these guidelines for more productive and enjoyable parent-teacher conferences.

1. Have a Goal in Mind and Come Prepared. Write down your questions ahead of time. Bring examples of your child's work and a record of any challenging behaviors. Consider what you hope to accomplish. Ask yourself ahead of time what a successful outcome looks like, then plan and work toward that goal. Retired teacher of 30 years, Catherine Paine, recommends that parents "come with solutions or additional assistance (tutoring, joining physical activity, taking your child on quiet walks in nature or art classes) that you have you tried or have in mind."

2. Listen! Then Respond. Let the teacher speak first and listen carefully. Take notes on points for which you need clarification or with which you disagree. Respond to the teacher's concerns, then introduce topics you want to cover.

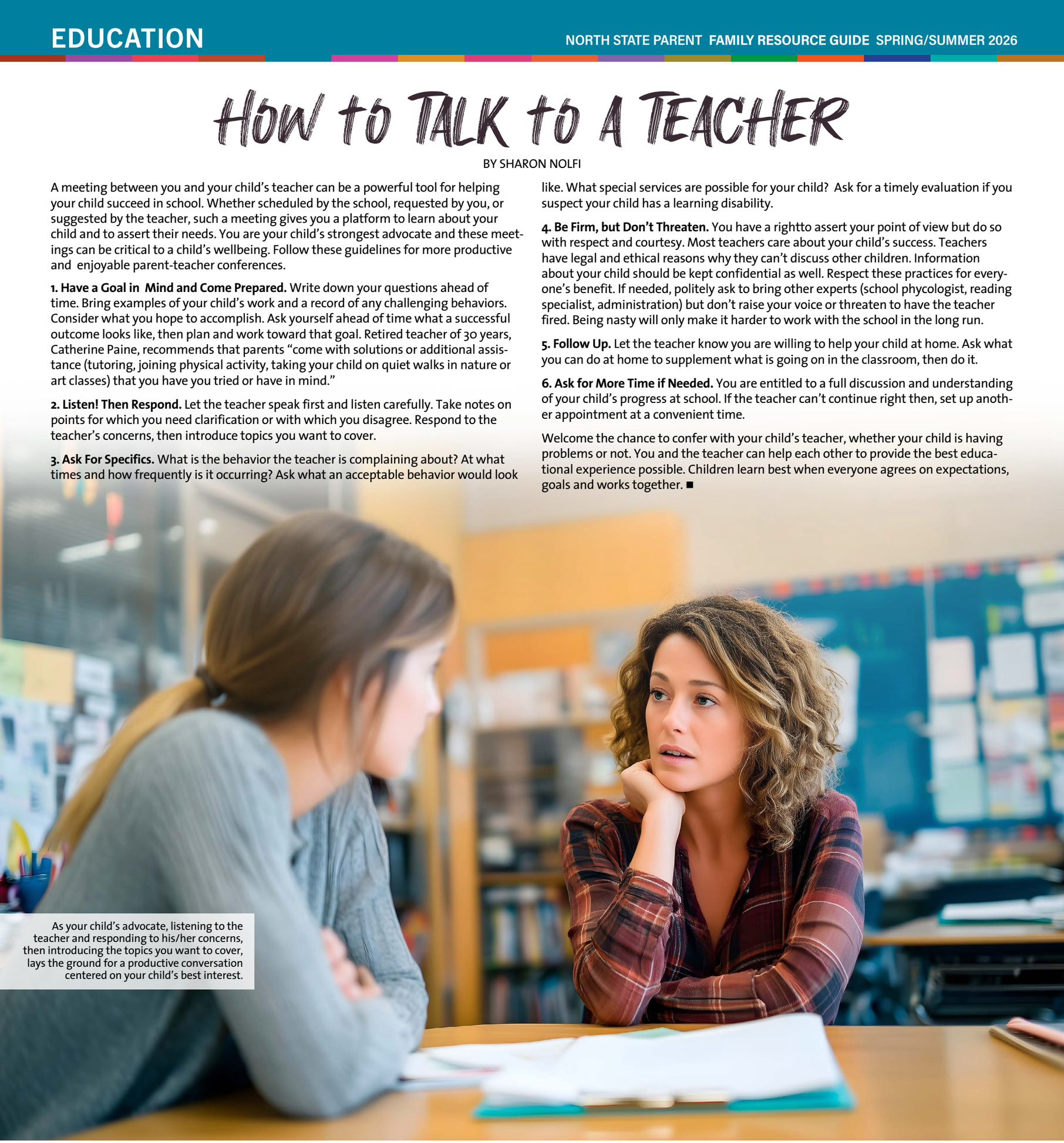
3. Ask For Specifics. What is the behavior the teacher is complaining about? At what times and how frequently is it occurring? Ask what an acceptable behavior would look like. What special services are possible for your child? Ask for a timely evaluation if you suspect your child has a learning disability.

4. Be Firm, but Don't Threaten. You have a rightto assert your point of view but do so with respect and courtesy. Most teachers care about your child's success. Teachers have legal and ethical reasons why they can't discuss other children. Information about your child should be kept confidential as well. Respect these practices for everyone's benefit. If needed, politely ask to bring other experts (school phycologist, reading specialist, administration) but don't raise your voice or threaten to have the teacher fired. Being nasty will only make it harder to work with the school in the long run.

5. Follow Up. Let the teacher know you are willing to help your child at home. Ask what you can do at home to supplement what is going on in the classroom, then do it.

6. Ask for More Time if Needed. You are entitled to a full discussion and understanding of your child's progress at school. If the teacher can't continue right then, set up another appointment at a convenient time.

Welcome the chance to confer with your child's teacher, whether your child is having problems or not. You and the teacher can help each other to provide the best educational experience possible. Children learn best when everyone agrees on expectations, goals and works together. ■



As your child's advocate, listening to the teacher and responding to his/her concerns, then introducing the topics you want to cover, lays the ground for a productive conversation centered on your child's best interest.

- Adult Education
- Early Childhood Education
- Field Trips & Tours
- Fundraising Ideas
- Homeschool Support & Resources
- Homework Help Websites
- Learning Services & Tutoring
- Libraries & Early Childhood Literacy
- Nature Education
- Schools: Colleges
- Schools: Private
- Schools: Public Schools County Offices Teacher & Classroom Support



ADULT EDUCATION

MULTIPLE COUNTIES

Adult Education; Shasta, Tehama & Trinity counties. No cost/low-cost short-term training available to those 18 years or older in trades like welding, culinary arts, construction, EMT, medical assisting. English as a second language (ESL), adults supporting children in school, high school diploma completion and high school equivalency through GED and HiSET. Program availability varies by area. In-person, independent study and on-line options available depending on the program. Contact better.jobs or (530)395-8548, or your school of choice: Corning: Corning Adult School. cuhsdistrict.org/CUHSD/Corning-Adult-School. (530)824-7414. Trinity Adult Education. stjusd.org/district/Department/4-Adult-Education. (707)574-6237 ext. 239. Red Bluff: telacademy.org. (530)527-7055. Redding: Shasta Adult School. suhsd.net/Schools/Shasta-Adult-School (530)245-2626.
Success One! Charter High School. A WASC accredited charter high school for adults 18 and older who want a high school diploma or GED/HiSET and live in Glenn, Butte, Tehama, Colusa, Lake or Mendocino counties. Register anytime. Instruction is individualized and available through independent study and online courses that meet your educational needs. Enrollment process is simple. Campuses in Orland and Willows. glenncoe.org/apps/pages/index.jsp?uREC_ID=4380739&type=d&pREC_ID=2597334. ejones@glenncoe.org. (530)936-6980. Orland: 129 E. Walker St. (530)936-6980 ext.4500. Willows: 451 S. Villa Ave. (530)934-6320 ext. 3500.

EARLY CHILDHOOD EDUCATION

MULTIPLE COUNTIES

California Associations for the Education of Young Children. Sponsors the Annual State Conference. Sponsors the California Forum for Professional Development. Publishes CAAEYC Newsletter – eConnections. Provides information on parenting, advocacy, research, credentialing, child care, salary and status, regulations, professional development and children's education. Job Board. caeyc.org. 3620 American River Drive, Suite 230, Sacramento. (916)486-7750.
Head Start. National school readiness program that emphasizes the role of parents as their child's first and most important teachers. Provides families opportunities for education, parenting support and resources. Selected centers offer childcare programs. To find a local Head Start program use the Head Start Locator at benefits.gov/benefit/616. To find your local office call (866)763-6481.
Shasta Head Start, Inc. Serving Shasta, Siskiyou and Trinity Counties. Private, nonprofit corporation providing high quality childcare and social services to low income children and their families. Services for children with suspected or identified special needs and their families. shastaheadstart.org. Mount Shasta: 710 A. Everitt Memorial Hwy. (530)918-2550. Redding: 375 Lake Blvd., Suite. 100. (530)241-1036. Weed: 575 White Ave. (530)938-2715.
United Way of Northern California. From parenting resources to disaster preparedness, we're here to help! Plumas, Shasta, Siskiyou and Tehama County residents:: Get connected to a FREE, confidential 24/7 referral service provided by United Way of Northern California for health and human services resources. Dial or text 2-1-1 from any phone or visit 211norcal.org. norcalunitedway.org. (Butte and Glenn 211 County residents: visit helpcentral.org to get connected to the 211 operator in your area.) United Way of Northern California, Redding (530)241-7521 and Chico (530)809-4663.

BUTTE COUNTY

Butte College Child Development Center; Oroville. Serves Butte and Glenn Counties. Early childhood education for ages 6 months–5 yrs. High-quality care that is respectful and responsive for children by developing a partnership with the parents and families that promotes optimal growth for their child while supporting student learning in a variety of disciplines. Accepts subsidized child care through Valley Oaks, CalWorks and EOPS. butte.edu/cdc. 3536 Butte Campus Dr. (530)895-2865.
Chico Christian Preschool. Outreach ministry of Neighborhood Church of Chico. Ages 3 months-5yrs. Enrichment classes and inclusion program for children with special needs. chicochristianpreschool.org. tamarawanink@ncchico.org. 2801 Notre Dame Blvd. (530)879-8988.
Children's Centers - State Preschools. Early Education Programs & Services of Butte County Office of Education offers exceptional early care and education. State-supported preschool programs are offered at low or no cost to eligible families. A family of four can make up to $122,993 annually and qualify. Providing full-day and part-day high quality preschool programs that support developmental and academic learning. Serving Chico, Gridley, Paradise/Magalia and Oroville. eeps.bcoe.org/Childrens-Centers/State-Preschool/index.html. eeps@bcoe.org. (530)532-5643.
CSU Chico Associated Students Child Development Lab; Chico. Ages 8wks-5yrs. Childcare and pre-K programs for infants, toddlers and pre-K children. Chico State students enrolled in the Child Development Program observe and participate with staff, children and families at the Children's Center. Subsidized programs available. Priority given to Chico State parenting students. as.csuchico.edu/cdl. 400 W. 1st St., Aymer J. Hamilton Building, Rm. 120. (530)898-5865.
E Center Head Start Programs. Butte and Glenn Counties. Ages 0-5. Early Head Start, Head Start, Migrant Seasonal Head Start and Migrant Early Head Start. Free. ecenter.org. 860 Plaza Way, Yuba City. (530)741-2995.
Enloe Health Mother Baby Education Center; Chico. Bittie Baby & Me Class (Newborn-3 months). Attend this popular class to learn about current recommendations that promote good health for you and your baby. Learn about nutrition, newborn care, safety and more. You'll make lasting friendships in a supportive and nurturing environment. Mother Baby Education Center. enloe.org/care-treatment/pregnancy-birth/classes-support-groups. Call 530-332-3970 to register.
Mi Escuelita Maya Preschool & Children's Performing Arts Program; Chico. Ages 3mos-5rs. Early childhood education with an emphasis on multicultural experiences, performing arts, Spanish language enrichment, organic eating habits and living an environmentally friendly lifestyle. mempreschool.com. 1455 Chestnut St. (530)893-1419.
Rosedale Elementary School; Chico. A two-way Spanish/English immersion school for grades K-5. Kindergarten and first grade students spend 90% of the day speaking Spanish. Native Spanish speakers spend 15% of the day learning English. rosedale.chicousd.org. 100 Oak St. (530)891-3104.
Valley Oak Children's Services; Chico. Private nonprofit assisting thousands of Butte County families each year. Early care and education programs, subsidized childcare, behavioral health programs, educational toy lending library and numerous outlets for family resources. valleyoakchildren.org. 3120 Cohasset Rd, Ste 6. (530)895-3572.

SHASTA COUNTY

California Cascade Chapter of the California Association for the Education of Young Children (CAAEYC); Redding. Committed to excellence in early care and education from birth to age eight. Provides leadership to improve and sustain the quality of early care and education for young children and their families and support our members' professional growth and development. Works with Shasta College to present workshops and trainings for early childhood educators and those who care for children. caeyc.org/board-chapters/chapters/california-cascade-chapter. (530)242-7609.
Early Childhood Services; Redding. Ages 2.9mos-5yrs. The California State Preschool Program enrolls for part/full-day preschool programs at locations in Shasta County. Children have a quality preschool experience for 3-9 hrs per day. shastacoe.org. 43 Hilltop Dr. (530)225-2999.
Reach Higher Shasta. Supports initiatives from the first day a child is born to the first day in their career ensuring every student has every option available to them. Partners with nonprofits, all 24 Shasta County School Districts, Shasta County Office of Education, local colleges and universities and business organizations. Promotes neighborhood Little Libraries, Early Childhood Initiative, Community Literacy Initiative, College & Career Signing Day. Career & Workforce Committee links existing college programs, career technical education and vocational program and on-the-job training and work experi9ence programs to available and soon-to-be-available workforce in Shasta County. reachhighershasta.com. 11555 Old Oregon Trail. Call or text (530)364-4961.
Redding Cooperative Preschool. Ages 2.9mos-5yrs. A parent-participation preschool with a certified early childhood teacher/director. Children experience learning through guided play, including arts, music and movement, science, math, language arts, outdoor exploration and more. Tue-Thurs, Sept-May: 9am-noon. reddingcooppreschool.org. 658 Mary St. (530)241-4355.
Redding School of The Arts. Mandarin Immersion Program for grades K-8. Tailored for students interested in the visual and performing arts as well as Mandarin Chinese immersion. Rsarts.org. 955 Inspiration Place. (530)247-6933.
Shasta College Early Childhood Education Lab School; Redding. Tailored educational opportunities for ages 2.6-6 yrs old. The ECE Center operates as a child development lab with age-appropriate experiences for children as well as observation opportunities and hands-on training for college students. shastacollege.edu. 11555 Old Oregon Trail, Building 3200. (530)242-7601.

SISKIYOU COUNTY

College of The Siskiyous Discovery Child Development Center; Weed. A collaboration between the COS Early Childhood Education Program and Shasta Head Start. The center serves families of COS and the surrounding community. Fully subsidized for qualifying families. Program involves age-appropriate curriculum as well as a healthy breakfast and lunch prepared on site. Ages 2.5-6. siskiyous.edu/discoverycenter. 800 College Ave., Building 9. slux@siskiyouchildcare.org. (530)938-5352.
Siskiyou Early Head Start; Yreka. Year-round comprehensive child development services for low-income families living in Siskiyou County. Parent involvement is a key part of the program. Choose the Early Head Start option from the programs and services drop down menu. siskiyoucoe.net. 1 Child's Way. (530)842-8493.

TEHAMA COUNTY

Childcare Referral & Education; Red Bluff. A resource for parents, care providers and the community for information and education services. shastacoe.org/locations/ccre. 409 Walnut St. (530)529-3131.
NCCDI Tehama County Head Start; Red Bluff. Head Start and Early Head Start services for Tehama families. Individualized enrichment opportunities for infants-preschoolers in a nurturing environment. M-Th 8am-2pm, Fri 8am-1pm. nccdi.com. 220 Sycamore St. (530)529-1500 or (877)224-7772.

FIELD TRIPS & TOURS

MULTIPLE COUNTIES

Forebay Aquatic Center: Specializes in school and youth program field trips. Water safety, boating skills, environmental education, birding, hands on science and fun physically active outdoor experiences. Salmon spawning tours, river adventures and much more for a huge variety of outdoor, adventure learning. Located at North Forebay State Recreation Area. forebayaquaticcenter.com. 930 Garden Drive, Oroville aqautics.education@gmail.com. (530)774-7934.
NorCalBats; Located in Davis, offers exciting, informative lectures on bats for schools. They will come to your classroom for live, in-person presentations which include informative PowerPoint presentation about bats, discussion of the harmful myths that surround these animals, Information about the importance of bats in our environment, live bats of California native species presented for viewing and discussion. norcalbats.org/bats-in-the-classroom. (530)902-1918.



BUTTE COUNTY

Chico Children's Museum; Enriching early childhood learning through inclusive, accessible, hands-on experiences that celebrate curiosity, connect families and create community. Numerous interactive exhibits, including a sensory room. Visit the magical wonderland of play and exhibitions. Tues-Sun 10am-4pm. chicochildrensmuseum.org. 325 Main St. (530)809-1492.
Chico Community Observatory; Telescopes, knowledgeable docents and outdoor planetarium. Free. Near Horseshoe Lake in Upper Bidwell Park, look for sign at intersection of Wildwood Ave. and Observatory Way. chicorec.gov. 1 Observatory Way. (530) 895-4711.
Chico Creek Nature Center; Quality educational programs for elementary school students and the public. K-5th grade. Uses the natural systems of Bidwell Park as a classroom. chicorec.com/chico-creek-nature-center. 1968 E 8th St. (530)891-4671.
Chico History Museum; Hosts prestigious traveling hands-on exhibits and exhibits that focus on local Chico and Butte County history. Housed in Chico's 1905 historic Carnegie Library building. Classroom tours. chicohistorymuseum.org. 141 Salem St. (530)891-4336.
Chico Performances Field Trips. Designed for students from Pre-K through 12th grade. Each year, we welcome schools, families, homeschool groups, and organizations that support individuals with intellectual and developmental disabilities from throughout the North State to attend theater and dance performances. chicoperformances.com/field-trip-performances.php.
Chico State Ecological Reserves Outdoor Classroom; Forest Ranch. Free hands-on science field trips for 3rd-5th grade, addressing state standards and environmental stewardship in a fun and engaging way. Field trips at Big Chico Creek and Butte Creek. csuchico.edu/bccer/education/outdoor-ed.shtml. For public hikes visit facebook.com/bigchicocreekecologicalreserve. 3521 14 Mile House Rd. jaull@csuchico.edu. (530)898-5010.
Gateway Science Museum; Chico. Inspiring young people to become future scientists, engineers and technology professionals through NGSS based field trip activities for grades K-12. Hands-on and minds-on exhibits change seasonally. downtownchico.com/timeline-gateway-science-museum.htm. 625 Esplanade. (530)898-4121. .
Gray Lodge Wildlife Area; Gridley. Year-round wildlife viewing in a 9,100-acre wetland area. In fall and winter see vast numbers of migratory waterfowl. A museum, paved trail to a viewing platform and seasonal guided tours Oct-Feb. Annual events include a children's fishing day. Open sunrise to sunset. wildlife.ca.gov/Lands/Places-to-Visit/Gray-Lodge-WA. 3207 Rutherford Rd., along the Pacific Flyway. (530)846-7500, Sat-Sun (530)846-7505.
Kinetics Academy of Dance & Gymnastic; Chico. Bring your group to us or we can come to you. Besides providing a basic dance or gymnastic lesson we talk about the benefits of these disciplines and provide students with take-home knowledge they can apply. We can tailor our expertise to fit your desired needs. 18 months & up. kineticsacademyofdance.com. 627 Broadway St., Suite 100. (530)345-2505.
Lott Home; Oroville. The C.F. Lott Home in Sank Park was built in 1856 by Charles F. Lott, a gold-rush pioneer, California senator and judge. Book a guided school or group tour to learn captivating stories of the Lott family and their importance to early California history. The house & garden encompass an entire city block. Fri & Sat 10:30am-2:30pm. See Museum Listings under Parks & Tree Department at cityoforoville.org. 1067 Montgomery St. (530)538-2401.
Museum of Northern California Art (MONCA); Chico. Inspire curiosity, creativity and a love for the arts with a field trip to the MONCA. Students can explore thought-provoking exhibitions, dive into a world of imagination in our art library and even play the piano in a space designed to spark inspiration. Whether they're discovering new artists, reflecting on powerful works or finding their own creative voice, MONCA offers students an unforgettable experience that blends education with artistic discovery. Email Pat Macias contact@monca.org to book field trips. monca.org. 900 Esplanade. (530)487-7272.
National Yo-Yo Museum; Chico. The world's largest public display of yo-yos and yo-yo memorabilia. Free weekly yo-yo club practices and lessons. Check website for current hours. nationalyoyo.org. 320 Broadway.
Oregon City School; Table Mountain. The oldest standing one-room school in Butte County. Photos of past students. See the covered bridge and tour the nearby Cherokee Museum (by appt). During the wildflower season stop and picnic under the trees. buttecountyhistory.com. 2100 Oregon Gulch Rd. (530)533-9418
Gold Nugget/ Depot Museum; Paradise. The museum currently features rotating mini-exhibits in the lobby while they work towards opening their exhibition hall. Admission is free, though donations are graciously accepted. Website offers online artifact collection. gnmuseum.art. 475 Pearson Rd. (530)762-2613.
Northern Buttes District of California State Parks; Oroville. Whether virtual or in-person, there are several free educational opportunities for classrooms to enjoy here. Learn about the smallest superheroes and their contributions to our environment or discover how pollinators, plants and people are interconnected. NBDK12Program@parks.ca.gov for more information and to begin scheduling your parks experience.
Paradise Gem & Mineral Club; Adventures that inspire appreciation for rocks and minerals, earth sciences, lapidary techniques and general rockhounding. Monthly activity nights and field trips that include rock hunting and trips to gem and rock shows. facebook.com/paradisegemandmineralclub. paradisegemmineral.squarespace.com. (530)343-0894.
Patrick Ranch Museum; Durham. Dedicated to enhancing the understanding and appreciation of the area's rich agricultural heritage. Tour the beautiful 1877 Glenwood Farmhouse Museum and visit our

Gift Shop and Visitor Center exhibits. Annual events include the California Nut Festival, Country Fair & Tractor Show, Artisan Fair & Craft Show, and Autumn Fest. School and group tours available. patrickranchmuseum.org. 10381 Midway, halfway between Chico and Durham. (530)342-4359.
Serene Ranch; Cottonwood. Equine lessons and fun with the horses. Everyone gets to ride. Certified in Equine Assisted Learning and Therapy. We offer group and individual lessons. Learning horsemanship and riding skills translates into life skills. Safety and fun come first. Find us on Facebook or email sereneranchnorcal@gmail.com. 3871 Rancho Estates Rd. (530)440-1808.
Square Deal Mattress Factory; Chico. Facility tours for individuals, families, youth groups and school classes. Tours include a mix of manufacturing knowledge along with the rich history of California's beautiful North State. Call for hours. squaredealmattress.com. 1354 Humboldt Ave. (530)342-2510.
The Worm Farm; Durham. Family farm with 5,000 linear feet of windrows of redworms. Hands-on group tours year-round by appt. Wear gardening clothes when visiting. Provides gardeners with a means of producing healthy plants while positively affecting the environment. Call for appointment. thewormfarm.net. 9033 Esquon Rd., 7 miles south of Chico. (530)894-1276.
Valene L. Smith Museum of Anthropology; Chico State. Hands-on, in-person field trips for all K-12 levels. Virtual options. New exhibits annually explore histories and diverse stories of the world around us. Free admission. Visit csuchico.edu/anthmuseum to set up class visits. (530)898-5397.
Wild Things; Weimar. Let Wild Things share a fun-filled and energetic experience with your school, library or private event. They bring rescued exotic and native wildlife to you and utilize the animals' personal stories to teach natural history, unique adaptations and a conservation message. Topics such as: the Amazing Amazon, North American Wildlife, Beasts of the Backyard, Animals of the World, and Scaly Wonders, among others. In-person and live or recorded virtual programs. wildthingsoutreach.org. programs@wildthingsoutreach.org. (530)878-2618.

GLENN COUNTY

Honeybee Discovery Center; Orland. Teach¬es the importance of pollinators, especially honeybees, in the environment. Learn about the history of beekeeping and pollinators' vital role in our food supply through our immersive bee experiences. honeybeediscoverycenter.org for hours or to book a field trip or tour. 501 Walker Street. (530)805-2899(BUZZ).
Providence Christian School; Orland. Grades K-12. orlandpcs.org. 1148 E. Walker St. (530)865-4924.

MARIN COUNTY

Guide Dogs for The Blind; San Rafael, CA. & Boris, OR. School groups grade 2 and up can tour the facilities to learn how guide dogs assist blind people. All tours are at 10am and require advance reservation. Tours can also attend canine graduations. Virtual tours offered. guidedogs.com. (800)295-4050 or (415)499-4000.
Marine Mammal Center; Sausalito. With tours for every age, exposes kids to the importance of healthy oceans for humans and animals. Rescues and rehabilitates sea mammals. Fri-Mon. marinemammalcenter.org. 2000 Bunker Rd. (415)289-7325 (SEAL).

NEVADA COUNTY

Malakoff Diggins State Historic Park; NNevada City. Hydraulic mining washed away mountains in pursuit of gold. Visit California's largest hydraulic mine & learn about the gold mining era through the Environmental Living Program. Day and overnight programs. Visitors center offers exhibits and info. sierragoldparksfoundation.org/page/malakoff-diggins-state-historic-park. 23579 N Bloomfield Rd. (530)265-2740.
Nevada County Narrow Gauge Railroad Museum; Nevada City. Dedicated to the preservation of local transportation history and artifacts from the narrow-gauge railroad era. Docent-led historical tours of the museum, rail yard and restoration shop. See wooden rail cars and more, including an 1875 Baldwin locomotive that hauled lumber, passengers and freight, then was a movie engine at Universal Studios in Hollywood. School and group tours available. Free. Open Sat & Sun 10am-4pm. ncngrrmuseum.org. 5 Kidder Ct. (530)470-0902.

PLACER COUNTY

Maidu Museum & Historic Site; Roseville. Field trips for schools, youth groups and homeschool groups. Includes a guided tour of the museum's Native American cultural exhibits, activities and a trail tour of the historic site. Programs meet California history and social science content standards for grades pre-K-6. A shorter program is offered for grades pre-K-2 and special needs groups. roseville.ca.us/indianmuseum. 1970 Johnson Ranch Dr. (916)774-5934.

SACRAMENTO COUNTY

California State Capitol Museum & Building Tour; Sacramento. Expose kids to where laws are born and history is made. Free guided school tours by reservation. Virtual tours and virtual interactive field trips also available. capitolmuseum.ca.gov. 1315 10th St. (916)324-0333.
California State Railroad Museum; Sacramento. Drill a hole in granite, drive a railroad spike, discover the gold rush through interactive melodrama or ride in a vintage railway car with your classmates. Homeschool programs too. californiarailroad.museum. 111 I St. (916)323-9280.
Esquire IMAX Educational Films; Sacramento. Large format films accompanied by activity guides that support national education standards for science, geography, math and English. Films let groups encounter wild animals, swim to the bottom of the sea and more. Adventures in Wild California is especially appropriate for grades 4-8. imax.com/imax-esquire-oo-groups-field-trips. akovac@imax.com. (916)446-2333 ext. 201.
Sacramento History Museum; Old Sacramento. Educational programs for field trips, all adhering to California Curriculum Standards. Programs include living history, Victorian-era mysteries, California Native American exhibits, Gold Rush experiences, underground tours and more. Virtual programs available. sachistorymuseum.org. 101 I St. (916)808-6896.

SHASTA COUNTY

Judge Richard Behrens-Eaton House; Redding. The museum brings history to life with exhibitions about the region's colorful past from the 1800s to the present. Discover life as it was in the Victorian and Gold Rush eras. eatonhousemuseum.org. 1520 West Street. (530)241-3454.
City of Anderson Water Pollution Control Plant; Students of all ages can learn what happens to our sewage water in a field trip that takes them through the steps of sewage wastewater treatment before it is released into the Sacramento River. Students will view the microorganisms used in a natural biological process that treats the water. ci.anderson.ca.us/departments/public_works1/wastewater.php. 3701 Rupert Rd. (530)378-6626.
Coleman National Fish Hatchery; Anderson. One of the largest Chinook salmon and steelhead hatcheries in the lower 48 states. See the hatchery building, rearing raceways, fish ladder, Battle Creek Trail, spawning operations (Oct-Feb) and more. Open daily for informative self-guided tours. fws.gov/fish-hatchery/coleman. 24411 Coleman Fish Hatchery Rd. (530)365-8622.
Court House Museum; Old Shasta. Part of Shasta State Historic Park. Bring your group to tour a former county courthouse restored to its 1861 appearance. Exhibits include 100 years of California artwork. Remains of brick buildings that were once the center of Gold Rush era activity, historic roadways, cottages and cemeteries. Field trip guides for teachers online. parks.ca.gov/?page_id=1302 or facebook.com/shasta.park. 15312 CA-299 W. (6 miles west of Redding). (530)243-8194.
Lake Shasta Caverns; Lakehead. Take a boat ride across Shasta Lake, then a scenic bus ride to the cavern entrance. Enjoy a one-hour guided tour through the caverns. Other tour options. School groups can experience the Underground Classroom. lakeshastacaverns.com. 20359 Shasta Caverns Rd. (530)238-2341.
Redding Reptiles; Check out reptiles from around the world on display in the Reptile Room, a sanctuary/home to 50+ reptiles that have been surrendered. Pets, supplies, feeders available. Store: Tue-Sat 11am-6pm. Exhibit Room: Wed-Sat 12-5:30pm. reddingreptiles.com. 74 Lake Blvd. (530)338-2446.



Schreder Planetarium; Redding. Educational programs for school and youth groups in a 1,700-square-foot planetarium with a 10-meter projection dome. See the night sky projected in the dome and experience other engaging programming that supports elementary and middle school field trips to align with newly developed curricula and Next Generation Science Standards. Book field trips through the website. See Programs at shastacoe.org. 1644 Magnolia Ave. (530)225-0243.

Shasta Dam; Shasta Lake. Shasta Dam is a curved gravity dam across the Sacramento River at Lake Shasta just north of Redding. It provides beautiful views of the lake and Mt. Shasta. At 602-ft. high, it is the eighth tallest dam in the United States. Free, guided tours year-round, each taking 2-3 hrs. usbr.gov/mp/ncao/dam-tours.html. 16349 Shasta Dam Blvd. (530)247-8555.

Shasta Land Trust; Redding. Learn about our local ecosystems, wildlife and the natural wonders of our biodiverse region. Events include family-friendly hikes, bike rides, movie screenings and more! All events support local land conservation efforts in protecting wildlife habitat, recreational lands and working agricultural farms and ranches. shastalandtrust.org. 5170 Bechelli Ln. (530)241-7886.

Star Parties; Whiskeytown. Join members of the Shasta Astronomy Club seasonally to view the amazing sights in the sky. Telescopes provided. Free events. facebook.com/ShastaAstronomyClub. shastaastronomy.org.

Turtle Bay Exploration Park; Redding. Schedule a group adventure to learn about a variety of topics including science, art, history, forestry, native animal species, horticulture and more. turtlebay.org/education. 844 Sundial Bridge Dr. fieldtrips@turtlebay.org. (530)242-3108.

Wintu Museum & Cultural Resource Center; Shasta Lake City. The Wintu Museum & Cultural Resource Center is a one-of-a-kind community project designed to provide a comprehensive immersion into the Wintu history and culture. Features include historical timeline, artwork from Native Americans, traditional dug-out canoe, honor wall for Native American veterans and unique activities for children. wintutribe.com. 4755 Shasta Dam Blvd. (530)605-1726.

Whiskeytown Environmental School; Whiskeytown National Recreation Area. NGSS-aligned outdoor science field labs for grades K–8. Students explore forest and creek ecosystems through hands-on science and an immersive SEL activity that builds connections to nature. Programs run Sept.–Oct. and April–May. Cost is $10/student. Reservations: shastacoe.org/programs-services/whiskeytown-environmental-school/wes-k-8th-field-labs Email: wes@shastacoe.org

Whiskeytown National Recreation Area; Lots of outdoor recreational activities for kids, including swimming, hiking, kayaking and more. Check out our visitor center for junior ranger and junior firefighter programs and workbooks as well as free field trip and in-classroom ranger-led programs and opportunities. nps.gov/whis. Corner of Hwy 299 and Kennedy Memorial Dr. (530)246-1225.





SISKIYOU COUNTY

Alpaca on the Rocks; Weed. Kids will fall in love with the friendly alpacas, mini horses and more on this five-acre ranch. Guests can visit the animals and help with their care as well as run around the ranch and just be kids. Tables available. Call Nancy for availability and pricing. The ranch store offers beautiful and unique jewelry, along with alpaca socks, handmade creatures and yarn. By appointment only. allthethingsalpaca.com. 5004 Solus Dr. (530)859-1994.

Lava Beds National Monument; Tulelake. Site of the largest concentration of lava tube caves in North America. Open year-round for self-guided exploration. Ranger-led explorations and evening campfire programs that explore the monument's Native American history available Memorial Day-Labor Day. Rangers help match children's interests and capabilities to the numerous developed caves. nps.gov/labe/index.htm. 1 Indian Well HQ. (530)667-8113.

Liberty Arts Explorations Program; Yreka. 90-min educational arts program for grades K-12. Includes gallery tour, discussion and hands-on art project related to the current exhibition theme. libertyartsyreka.org. 108 W. Miner St. libertyartsgallery@gmail.com. (530)842-0222.

Maagic Mountain Farm; Mount Shasta. Come experience how some grandparents lived on a working homestead with milk goats, ducks, chickens, honey bees, a garden and more. Year-round, hands-on, interactive animal field trips, homestead classes, group or individual tours and guest farm stays. In connection with the land, all the creatures work together to provide for everyone's needs through sustainable interdependent living. maagicmtnfarm.com. maagicmtnherd@gmail.com. (530)925-6752.

Mount Shasta Fish Hatchery; The West's oldest operating hatchery raises trout to stock mountain streams, rivers & lakes. Feed the fish and learn how they are raised. At this time only self guided tours outside the building are available. Please call for updated information. Open daily. wildlife.ca.gov/Fishing/Hatcheries/Mount-Shasta. 3 N. Old Stage Rd. (530)926-2215.

Mount Shasta Sisson Museum; School and private group tours can view exhibits and enjoy hands-on displays. See a vintage fire truck, model railroad and locomotive engine control panel, and play with old-fashioned toys. Learn about water in our area, read stories from community members and enjoy water activities. mtshastamuseum.com. 1 N. Old Stage Rd. (530)926-5508.

Mt. Shasta Stargazers Club; Promotes interest in astronomy and its related sciences. Free public star parties and other events. Meetings first Tuesday of each month. Mtshastastargazers.com. jfh@languagerequest.com.

River Dancers River & Kayak Adventures; Mount Shasta. Family and school rafting trips, day outings and overnight multi-day camps. Trained guides help guests discover new ways to enjoy the environment while learning skills on the river. Includes swimming, water play, learning about wildlife and good food. riverdancers.com. 308 S. Mount Shasta Blvd. (530)918-8610.

Siskiyou Arts Museum; Dunsmuir. A nonprofit, volunteer run gift shop and gallery featuring artwork from local and regional artists and providing space for classes, workshops and events. Docent tours to schools and groups by appt. siskiyouartsmuseum.org. 5824 Dunsmuir Ave. (530)235-4711.

Weed Historic Lumber Town Museum. Logging and town memorabilia, including the town's original jail cell. Off-season tours available by appt. Open Thur-Mon, Memorial Day-Sept.,10am-5pm. weedlumbertownmuseum.org. 303 Gilman Ave. (530)938-0550.

SONOMA COUNTY

Fort Ross Conservancy; Jenner. The Environmental Living Program (ELP) at FRC provides hands-on learning so students can experience the joys of history as active participants. Students learn about the many cultures and lifestyles by performing some of the tasks that were a part of daily life at Fort Ross. See website for more information on the Marine Ecology program. Day & overnight programs available. fortross.org. 19005 Coast Hwy. info@fortross.org. (707)847-3437

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SOUTHERN OREGON

Great Cats World Park; Cave Junction. Interactive and educational 10-acre park home to lions, tigers, leopards, jaguars, ocelots, lynx, a fishing cat and more. Meet feline ambassadors, learn about the plight of rare and endangered cats and watch trainers interact with the animals. Guided school and private group tours. greatcatsworldpark.com. 27919 Redwood Hwy. (541)592-2957.

Oregon Caves National Monument & Preserve; Cave Junction. Ranger-led cave tours late Mar-Nov. Tour reservations recommended. nps.gov/orca/index.htm. 19000 Caves Hwy. (541)592-2100 ext. 2261.

ScienceWorks Hands-On Museum; Ashland. Hands-on experiences promoting the exploration of science and the arts in a multi-sensory environment. School field trips and educator resources support instruction of content and process standards. Field trip options include demonstrations and hands-on activities related to chemistry, physics and natural history/biology in line with state educational standards. scienceworksmuseum.org. 1500 E. Main St. (541)482-6767.

SUTTER COUNTY

Sutter Buttes Education Program; Yuba City. School hikes create access to this unique, privately owned mini mountain range from Oct-May. Tailored to grades 3-5. Submit online form to inquire about scheduling a hike. middlemountainhikes.org. info@middlemountainhikes.org. (530)370-4777.

Sutter County Museum; Yuba. Museum tells the story of the Yuba-Sutter community, from the Native Americans who lived here pre-contact to the present through a combination of permanent and temporary exhibits and public programs. Free admission. Call to ensure the museum is open. suttercountymuseum.org. 1333 Butte House Rd. (530)822-7141.

TEHAMA COUNTY

Gail's Mini-Donkey Ranch; Los Molinos. Call ahead for a free visit. Gail is ready to share her friendly, registered miniature Mediterranean donkeys with visitors and to teach them about their unique traits. minidonkeys.com. minidonkeys@live.com. (530)384-1318.

Gaumer's Mineral & Mining Museum; Red Bluff. Gold mining, fossils, Native American artifacts, rocks, crystals and fluorescent minerals. Mon-Fri, 9am-5pm. School & virtual tours available. gaumers.com. 78 Belle Mill Rd. (530)527-6166.

Kelly-Griggs Museum; Red Bluff. This classical 2-story Victorian home was built in the 1880s. Victorian garbed mannequins, authentic antique furnishings of the period, Native American artifacts and photos of Tehama County's past. 1st & 3rd Sunday of the month, 1-4pm. kellygriggsmuseum.com. 311 Washington St. kellygriggsmuseum@gmail.com. (530)527-1129.

Monastery of St. John; Manton. Field trips are welcome. Call first to get accurate driving directions. Groups of up to 25 people can tour of the chapel, monastery grounds and candleshop. Live beehive demo (observers are safe behind a screen door). Kids can make their own candle. monasteryofst.john.org. 530-474-5964

TRINITY COUNTY

Joss House Chinese Temple & Museum; Weaverville. The oldest continuously used Chinese temple in California. On display are art objects, pictures, mining tools and weapons used in the 1854 Tong War. This Taoist temple is still a place of worship and a fascinating look into the role played by Chinese immigrants in early California history. Thursday - Sunday. parks.ca.gov/?page_id=457. Highway 299 & Oregon St. (530)623-5284 or (530)225-2065.

FUNDRAISING IDEAS

Applebee's Restaurant; Chico, Oroville and Redding. Sat or Sun morning Flapjack Fundraiser allows school groups and organizations to earn money while helping serve breakfast. For more info ask for the General Manager. flapjackfunds.com.

Chico: 2030 Business Ln. (530)343-6888.
Oroville: 2160 Feather River Blvd. (530)534-4500.
Redding: 1801 Hilltop Dr. (530)221-1888.

Barnes & Noble Booksellers Fundraisers. In-store and online fundraising opportunities for schools and nonprofit groups. barnesandnoble.com/h/bookfairs.

Chico. 2031 Dr. Martin Luther King Jr Pkwy. (530)894-1494.
Redding. 1140 Hilltop Dr. (530)269-4861.

Cal Java; Chico. Coffee fundraising opportunities for schools. Schools buy coffee by the pound at a discount to resell at their own designated price with school logo/artwork. caljavacoffeeroasters.com. 216 W. East Ave., Suite B. info@caljavacoffee.com. (530)891-8935.

ChicoBag's Fundraising Program. Schools can sell high-quality reusable bags to the community. chicobag.com/pages/fundraising. (530)342-4426.

Chili's Restaurant; Chico. The Give Back Night program supports nonprofit organizations and schools. Call to set up a Mon, Tue or Wed fundraiser to give 15% of an entire check's total to your school when guests present a voucher with their payment. Contact manager to set up. 1908 E. 20th St. (530)345-1687.

Chipotle; Redding, Chico. Do a fundraiser through Chipotle and your organization receives 25% of the proceeds. community.chipotle.com.

Klean Kanteen Co-Brand Program; Chico. Available in all counties. High-quality stainless-steel bottles can be customized with your school or company logo and sold for fundraising. Klean Kanteen products are BPA-free. kleankanteen.com. 3960 Morrow Ln. (530)592-4552.

Mom's Restaurant; Chico. Month-long fundraising opportunity for schools. By ordering the "3 + 2 + 2" breakfast, $2 from each order goes to a local elementary school. momschico.com. 209 Salem St. (530)893-3447.

Round Table Pizza Fundraiser Nights. At participating locations, call your local Round Table to schedule a school or group fundraiser with delicious pizza. Locations offer a variety of fundraisers including Slice Sales, Pizza Fun Night or Community Value Fundraiser Cards. Choose the fundraiser that fits your school's needs. Check website for local contact info. roundtablepizza.com/faqs.

HOMESCHOOL SUPPORT & RESOURCES

Butte County Environmental Council Eggs in the Classroom; Chico. Environmental education for home school students. By rearing salmon eggs at the Butte Environmental Council (BEC) office and participating in coordinated activities, homeschool students experience first-hand the value of aquatic environments, the importance of maintaining and preserving California's fisheries and aquatic habitats and how their personal actions affect these valuable resources. Children work with BEC's California Climate Action Corps Fellows on activities to learn about our environment and how to preserve our local fisheries. Register for FREE to participate. becnet.org/youth-programs. 313 Walnut Street, Suite 140. becintern@becnet.org. (530)891-6424.

Butte County Special Education Local Plan Area (SELPA). Seeks out and serves children who are suspected of having a disability and children from birth to age 21 who may need special education services, including highly mobile (such as migrant or homeless) children with disabilities. If you believe your child may have special education needs, contact your local school district or the SELPA. Many children have learning needs that may be addressed through special education or related services. The first step to determine if your child qualifies for special education or related services is to make a referral to your local education agency. buttecountyselpa.org/info/child-find. (530)532-5875.

Butte Homeschoolers. All-inclusive homeschool support network for Chico and surrounding areas. Meets weekly for park day, shared activities, info and support. Everyone welcome. Join on Facebook. facebook.com/groups/ButteHomeSchoolers.

California Homeschool Network (CHN). Statewide grassroots organization supporting homeschool families. californiahomeschool.net. (800)327-5339.



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With Blue Oak, you can find the education you've hoped for and the unique instruction your child deserves.

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450 W East Ave. Chico, CA 95926 • (530) 879-7483
www.blueoakcharterschool.org

Hands-On Gardening Classes for Homeschoolers; Chico. Invites homeschoolers of all ages and from any location to come learn to plant, harvest and grow healthy organic foods. fromthegroundupfarms.org. 1125 Kentfield Rd. (530)513-7638.
Homeschool Legal Defense Association (HSLDA). America's largest and oldest national homeschool advocacy group. Mission is to make homeschooling possible for all families. Has helped empower millions of homeschooling parents and students. As a membership organization for families homeschooling their children, provides a myriad of resources from educational consultants to personalized legal advice through every step of their homeschool journey. hslda.org. (540)338-5600.
Homeschool Association of California (HSC). Supports and promotes the entire spectrum of homeschooling. hsc.org. Info@hsc.org (888)472-4440.
Makerspace; Red Bluff. Hands-on, minds-on learning for Tehama County students, with activities that include electronics, digital media, coding, engineering, videography and more. All activities are aligned with Next Generation Science Standards, support Common Core problem solving and processing skills and are built around the belief that learning can be meaningful and fun. Call to reserve time slots. Search "makerspace" on tehamaschools.org. 1135 Lincoln St. (530)527-5811.
Redding Homeschool Enthusiasts. Facebook group for Redding families excited about the prospect of educating at home. Search "Redding Homeschool Enthusiasts" on Facebook.
Regenerative Arts Learning Center & Day Camp; Mount Shasta. Private and semi-private tutoring for grades K-5 available. RAD Camp also offers art and nature focused enrichment with a wonderful group of children ages 3-11 year round. Group sizes range from 12-20 kids. 945 N. Old Stage Rd. radlearningcenter.org. (207)458-8247.
The Reading Basket; Redding. New, used and sample curriculum. Special orders. Homeschool support. M-F, 1-5 pm. thereadingbasket.com. 2876 Park Marina Drive. (530)605-0103.
Thrive Homeschool Program; Chico. Ages 5-13. Open learning environment offering drop-off learning sessions, field trips and classes for homeschoolers, including a homeschool nature class. thrive-enrichment.com. (530)809-4638.

HOMEWORK HELP WEBSITES

Carnegie Library. Free online homework help site for grades K-12 in over 60 subjects. Pages for teachers and parents too. carnegielibrary.org. (412)622-3114.
How Stuff Works. Info, quizzes, quality videos and answers to questions on a vast variety of topics. howstuffworks.com.
Khan Academy. Free, personalized learning resource for all ages. Practice exercises, instructional videos & personalized dashboard. Learners study at their own pace. Topics include math, science, computer programming, history, art history, economics and more. Khan partners with institutions like NASA, The Museum of Modern Art, The California Academy of Sciences and MIT to offer specialized content. khanacademy.org.
Shasta Public Library Live Online Homework Help. Offers live online tutoring daily. Login with your Shasta County library card number (available to all). shastalibraries.org/digital-library/#my-tabs|3. (530)245-7250.

LEARNING SERVICES & TUTORING

MULTIPLE COUNTIES

Read-a-rific-Reading Comprehension the Smart and Easy Way. A comprehensive and innovative easy-to-use online program that greatly improves reading comprehension, ability to follow directions, spelling and more. readarific.com.
Reading Pals Educator Support Services; Chico and Shasta County. Volunteers spend one or two hours a week reading with students one-on-one in area schools to ensure every student reads with confidence, becomes confident learner, well-prepared for a successful future. shastaess.org/content-areas/elalit-eracy/reading-pals. 530-225-0255.

BUTTE COUNTY

Chico Center for Learning. One-on-one tutoring services specializing in reading and math tutoring for K-8. chicolearning.org. 2341 Floral Ave. cc4learning@gmail.com. (530)343-2980.
Community Action Volunteers in Education (CAVE); Chico. Chico State University students are volunteer tutors for students K-12 in all subjects. Free. as.csuchico.edu/cave. CSU Chico, 400 W. 1st St., Bell Memorial Union Room 309. (530)898-5701.
Homework Help Online via Butte County Library. Online tutoring by Brainfuse available from the library website. buttecounty.net/BCLIBRARY. (530)552-5652.
Irlen Visions; Chico. Irlen Syndrome diagnostic services and solutions for issues including reading and learning difficulties, low motivation, ADHD, autism, headaches, migraines and traumatic brain injury for all ages. irlenvisions.com. 809 Nancy Ln. info@irlenvisions.com. (530)891-4783.

SHASTA COUNTY

Shasta Literacy Learning Center; Redding. Full-service adult and family learning center located in the Redding Library. shastalibraries.org/literacy. (530)245-7250.

SISKIYOU COUNTY

Independent Non-Denominational School Serving Students Preschool through Twelfth Grade



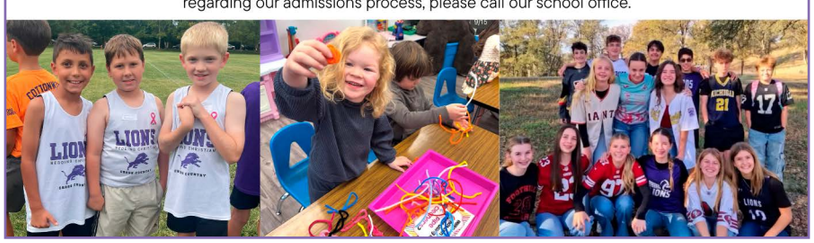
REDDING CHRISTIAN SCHOOL

www.reddingchristian.com
21945 Old 44 Drive
Palo Cedro, CA 96073
530-547-5600

Our team at RCS is composed of individuals who view their work as a calling rather than just a job. Each member is deeply commited to education and to the Lord, contributing in their own unique and remarkable way.

We have truly experienced God's hand in guiding the formation of Redding Christian School from its inception in 1991. We see His fingerprints on our current activies and continue to seek His guidance as we make plans to continue moving RCS forward. We are officially moving at the start of the 2026-2027 school year, with God blessing us with being able to purchase our own property. Our new location for the beginning of next school year is 2960 Hartnell Avenue, Redding, CA 96002.

Discover the enriching opportunities awaiting you at RCS! Any questions regarding our admissions process, please call our school office.



Regenerative Arts Learning Center & Day Camp; Mount Shasta. Private and semi-private tutoring for grades K-5 available. RAD Camp also offers art and nature focused enrichment with a wonderful group of children age 3-11 year round. Group sizes range from 12-20 kids. 1124 Pine Grove. radlearningcenter.org. (207)458-8247.

LIBRARIES & EARLY CHILDHOOD LITERACY

MULTIPLE COUNTIES

Little Free Libraries. Butte, Glenn, Shasta, Siskiyou & Tehama Counties. This worldwide program encourages families and individuals to "take a book, leave a book" at small, freestanding libraries placed in communities. There are more than 40,000 Little Free Libraries – keep an eye out for one or search the national website to find one near you. Learn how to build and install a Little Free Library of your own. littlefreelibrary.org.

BUTTE COUNTY

Butte County Library. buttecounty.net/BCLIBRARY. All branches are now using the same phone number. (530)552-5652.
Biggs: 464A B St.
Chico: 1108 Sherman Ave.
Durham: 2545 Durham-Dayton Hwy.
Gridley: 299 Spruce St.
Oroville: 1820 Mitchell Ave.
Paradise: 5922 Clark Rd.

SHASTA COUNTY

Cottonwood Community Library; facebook.com/Cottonwoodlibrary. 3427 Main St. (530)347-4818.
Fall River Valley Library; fallrivervalleylibrary.com. 43250 State Hwy 299 E. (530)336-6445.
Shasta College Library; A community library card is available to Shasta and Tehama County residents. shastacollege.edu/library. 700 Building. 11555 Old Oregon Trail. (530)242-7550.
Shasta Public Libraries; shastalibraries.org. *Anderson: 3200 W. Center St. (530)365-7685. Burney: 37116 Main St. (530)335-4317. Redding: 1100 Parkview Ave. (530)245-7250.*

SISKIYOU COUNTY

College of The Siskiyous Library; Weed. A library card is available to Siskiyou County non-student residents for a fee of $10 for 6 mos. siskiyous.edu/Library. 800 College Ave. (530)938-5331.
Mount Shasta Public Library; mountshastalibrary.org. 515 E. Alma St. (530)926-2031.
Siskiyou County Library; co.siskiyou.ca.us/library.
Butte Valley; Dorris: 800 W. 3rd St. (530)397-4932. Dunsmuir: 5714 Dunsmuir Ave. (530)235-2035.

Etna: 115 Collier Way. (530)467-3661.
Fort Jones: 11960 East St. (530)468-2383.
Happy Camp: 143 Buckhorn Rd. (530)493-2964.
McCloud: 300 E. Columbero Dr. (530)964-2169.
Montague: 230 S. 13th St. (530)459-5473.
Scott Bar: 27233 Scott River Rd. (530)496-3248.
Tulelake: 451 Main St. (530)667-2291.
Weed: 150 Alamo Ave. (530)938-4769.
Yreka: 719 4th St. (530)841-4175.

TEHAMA COUNTY

Tehama County Library; tehamacountylibrary.org.
Corning: 740 3rd St. (530)824-7050.
Los Molinos: 7881 State Hwy 99E. (530)384-2772.
Red Bluff: 545 Diamond Ave. (530)527-0604.

NATURE EDUCATION

MULTIPLE COUNTIES

Forebay Aquatic Center; The only aquatic education center north of Sacramento. Specializes in school and youth program. Offerings include water safety, boating skills, environmental education, birding, hands on science and fun physically active outdoor experiences. Salmon spawning tours, river adventures and much more for a huge variety of outdoor, adventure learning. Located at the beautiful North Forebay State Recreation Area. forebayaquaticcenter.com. 930 Garden Drive, Oroville aqautics.education@gmail.com. (530)774-7934.
Leave No Trace; FREE inclusive online course that calls upon people of all different backgrounds and outdoor experiences to take action by participating in Leave No Trace's free 45-minute virtual outdoor education course. The course will go over Leave No Trace questions, including how to prepare for your outdoor adventures, what to do when encountering wildlife and so much more! For all ages. LNT.org.

BUTTE COUNTY

Earthbound Skills; Chico. Direct experience in naturalist skills, wilderness survival and primitive living for a wide range of ages. Nature, observation and awareness in our outdoor school, seasonal camps and other programs. Immersing students in hands-on tracking, bird language, plant identification and more. See article in North State Parent May 2020. earthboundskills.com. earthboundskills@gmail.com.(530)513-2542.
Northern Buttes District of California State Parks; Oroville. Whether virtual or in-person, there are several free educational opportunities for classrooms to enjoy. Learn about the smallest superheroes and their contributions to our environment or discover how pollinators, plants and people are interconnected. Begin scheduling your parks experience. mNBDK12Program@ parks.ca.gov.
Watershed Schoolhouse; Chico. A microschool offering accessible, place-based education for whole-child learning (K-4 cohort). Unique, hands-on, project-based curriculum integrates nature, academics and social justice on a 43-acre campus with year-round creek. Learn more at watershedschoolhouse.org. 2414 Cohasset Rd., Suite 3. (530)892-1676.
Wildflower Forest School; Chico. A free-public TK-8 charter school that offers Integrated thematic learning in an open classroom structure. Offers Forest Schooling to provide kids and the community with the benefits that learning in nature offers. Program includes 1) A full-time Forest Transitional Kindergarten (Forest TK) class that meets 5 days a week from 8:30am-12pm at Bidwell Parks 5-mile area; and 2) Forest "Days" program for the campus classes, grades TK-8th. wildflowerschool.com. 2414 Cohasset Rd., Suite 3. (530)892-1676.

SHASTA COUNTY

Shasta Land Trust; Learn about our local ecosystems, wildlife and the natural wonders of our biodiverse region. Events include family-friendly hikes, bike rides, movie screenings and more! All events support local land conservation efforts in protecting wildlife habitat, recreational lands and working agricultural farms and ranches. Sign up at shastalandtrust.org. (530)241-7886.
Turtle Bay Exploration Park; Redding. Turtle Bay Exploration Park is a fun, 300-acre, non-profit, featuring attractions and educational programs for all ages including animal shows, traveling exhibitions, indoor aquariums, an immersive Parrot Playhouse and more. Explore the wonders of our local Sacramento River in the Water Wonders Animal Program, held on Wednesdays and Thursdays from 10:30 – 10:45 am. Animal Trainers will guide you into the ecosystem of this Riparian habitat through fun interpretive talks with animals who call it their home. View more seasonal animal exhibitions and programs at turtlebay.org/animals. 844 Sundial Bridge Dr. fieldtrips@turtlebay.org. (530)242-3108.

SISKIYOU COUNTY

Headwaters Outdoor School; Mount Shasta. Wilderness skills, bow and arrow making, nature awareness, boys' and girls' Rites of Passage. Custom classes and private groups. hwos.com. info@hwos.com. (530)938-1304.
Maagic Mountain Farm; Mount Shasta. Year-round, hands-on, interactive animal field trips, homestead classes, group or individual tours and guest farm stays. In connection with the land, all the creatures work together to provide for everyone's needs through sustainable interdependent living. maagicmtnfarm.com. (530)925-6752.

SCHOOLS: COLLEGES

MULTIPLE COUNTIES

College & Career Options; Redding. Provides free programs and services to help students of all ages and their families make informed decisions about post-high school educational opportunities. Offers a variety of scholarship options. college-options.org. 1321 Butte St., Suite 101. (530)244-4022.

BUTTE COUNTY

Butte College; Oroville. Free tuition for new fulltime students. butte.edu. 3536 Butte Campus Dr. (530)895-2511.
California State University; Chico. csuchico.edu. 400 W. 1st St. (530)898-4636.
Cal Northern School of Law; Chico. The only law school between Sacramento and the Oregon border. Students earn a J.D. (Doctor of Jurisprudence) degree in four years of night study, which fulfills the educational requirements for admission to the State Bar of California. calnorthern.edu. 1395 Ridgewood Dr., Ste. 100. (530)891-6900.

SHASTA COUNTY

Institute of Technology; Redding. A technical training school that specializes in a wide array of career training programs. iot.edu. 1755 Hilltop Dr. (530)224-1000.
Reach Higher Shasta. Supports initiatives from the first day a child is born to the first day in their career ensuring every student has every option available to them. Partners with nonprofits, all 24 Shasta County School Districts, Shasta County Office of Education, local colleges and universities and business organizations. Promotes neighborhood Little Libraries, Early Childhood Initiative, Community Literacy Initiative, College & Career Signing Day. Career & Workforce Committee links existing college programs, career technical education and vocational program and on-the-job training and work experience programs to available and soon-to-be-available workforce in Shasta County. reachhighershasta.com. 11555 Old Oregon Trail. Call or text (530)364-4961.
Shasta Bible College & Graduate School; Redding. Accredited four-year Baptist college and graduate school. shasta.edu. 2951 Goodwater Ave. (530)221-4275.
Shasta College; Redding. Public community college. shastacollege.edu. 11555 Old Oregon Trail. (530)242-7500.
Simpson University; Redding. Four-year Christian university. simpsonu.edu. 2211 College View Dr. (530)224-5600.

SISKIYOU COUNTY

College of the Siskiyous; Public community college. siskiyous.edu.
Weed: 800 College Ave. (530)938-5555.
Yreka: 2001 Campus Dr. (530)841-5550.

SCHOOLS: PRIVATE

BUTTE COUNTY

Chico Oaks Adventist School; Grades Pre-K-8. chicooaks.org. 1859 Hooker Oak Ave. Preschool: (530) 342-4813. Elementary: (530)342-5043.
Feather River Adventist School; Oroville. Grades K-8. feather22.adventistschoolconnect.org. 27 Cox Ln. (530)533-8848.
Hope Academy; Chico. Grades TK-8. chicohopeacademy.com. 2869 Cohasset Rd. (530)518-4092.

Montessori Schools in Upper California

"Early childhood education is the key to the betterment of society" ~Maria Montessori

BUTTE COUNTY

Chico Montessori Children's House
Director: Sarah Livingston
Preschool, ages 2 1/2 - 6
814 Glenn St., Chico
chicomontessori.com
(530) 342-5518 Lic# 0454406630

Sherwood Montessori
Director: Michelle Yezbick
TK-8th grade, public charter school
1010 Cleveland Ave., Chico
sherwoodmontessori.org
(530) 345-6600

SHASTA COUNTY

Montessori Children's House of Shady Oaks
Director: Julie Helart
Private learning environment
for PreK-6th grade
1410 Victor Ave., Redding
shadyoaksmontessori.com
(530) 222-0355 Lic# 455405949

Each school is individually operated.



Notre Dame School; Chico. Grades TK-8. Coeducational Catholic school. ndschico.org. 435 Hazel St. (530)342-2502.
Oroville Christian School. Grades Pre-K-8. ocseagles.com. 3785 Olive Hwy. (530)533-2888.
Paradise Adventist Academy. (grades 9-12). mypaa.net. 5699 Academy Drive. info@mypaa.net. (530)877-6540.
Paradise Adventist Elementary. School (grades K-8). mypae.net. 5699 Academy Drive. office@mypae.net. (530)872-1576.
St. Thomas The Apostle Parish School; Oroville. TK-8. stschool.net. 1380 Bird St. (530)534-6969.
Watershed Schoolhouse; Chico. A microschool offering accessible, place-based education for whole-child learning (K-4 cohort). Unique, hands-on, project-based curriculum integrates nature, academics and social justice on a 43-acre campus with year-round creek. Learn more or join the current cohort at watershedschoolhouse.org.

GLENN COUNTY

Providence Christian School; Orland. Grades K-12. orlandpcs.org. 1148 E. Walker St. (530)865-4924.

SHASTA COUNTY

Bethel Christian School; Redding. Pre-K-8. bcsredding.org. 933 College View Dr. (530)246-6010.
Country Christian School; Redding. Grades Pre-K-8. lccredding.com/ccs. 873 Canby Rd. (530)222-0675.
Mount Calvary Lutheran School; Redding. Grades TK-8. school. mtcalvaryschoolredding.org. 3961 Alta Mesa Dr. (530)221-2451.
Redding Adventist Academy; Redding. Grades K-10. reddingacademy.org. 1356 E. Cypress Ave. (530)222-1018.
Redding Christian Elementary & High Schools; Palo Cedro. Preschool & grades pre-K-12. reddingchristian.com. 21945 Old 44 Dr. (530)547-5600.
St. Joseph School; Redding. Grades TK-8. saintjosephredding.org. 2460 Gold St. (530)243-2302.
Trinity Lutheran School; Redding. Early learning center for toddlers through Pre-K. After-school care for grades K-6 during school breaks and summer vacation. reddingtlc.org/current-students. 2440 Hilltop Dr. (530)221-6686.

SISKIYOU COUNTY

Cedar Grove; Dunsmuir. Grades K-8. Waldorf-inspired education. cedargrovecenter.org. 4303 Oak St.
Mountain Scholars: A Classical Latin Heritage School; Mount Shasta. Hybrid program. K-8. Rhetoric for grades 9-12. mountainscholars.com. shawnabarr@mountainscholars.com.

TEHAMA COUNTY

Sacred Heart Parish School; Red Bluff. Grades TK-8. shsredbluff.org. 2255 Monroe Ave. (530)527-6727.
Whittenberg Country School; Red Bluff. Grades K-8. whittenbergcountryschool.org. 18945 Reeds Creek Rd. (530)529-0866.

SCHOOLS: PUBLIC SCHOOLS COUNTY OFFICES

Butte County Special Education Local Plan Area (SELPA). Seeks out and serves children who are suspected of having a disability and children from birth to age 21 who may need special education services, including highly mobile (such as migrant or homeless) children with disabilities. If you believe your child may have special education needs, contact your local school district or the SELPA. Many children have learning needs that may be addressed through special education or related services. The first step to determine if your child qualifies for special education or related services is to make a referral to your local education agency. buttecountyselpa.org/info/child-find. (530)532-5875.
Butte County Office of Education; Oroville. Committed to the success of every student and the excellence of every educator. Special education, early care, homeless and migrant education services, expanded learning after-school programs, summer camps and a career and technical education center. 15 public school districts. bcoe.org. 1859 Bird St. (530)532-5650.
Glenn County Office of Education. Quality programs and services for lifelong learning. Community programs like early head start, S.P.A.R.K afterschool program and the Glenn County Literacy Program, which provides free computer workshops and after-school reading, essay writing, ESL and resume writing help. The office may help some parents with childcare payments. Nine public school districts. glenncoe.org.
Orland: 676 E. Walker Street. 530.865.1267.
Willows: 311 S Villa Ave. (530)934-6575.
Shasta County Office of Education; Redding. Shasta County students receive a quality education that prepares them for high school graduation and success in career and college. Many programs, including special nutrition services and STEM events. 24 public school districts plus numerous public charter schools. shastacoe.org. 1644 Magnolia Ave. (530)225-0200.
Siskiyou County Office of Education; Yreka. After-school programs for academic support and physical fitness, as well as specialty offerings like the Science & Watershed Education Program. 26 public school districts. siskiyoucoe.net. 609 S. Gold St. (530)842-8400.
Tehama County Dept. of Education; Red Bluff. Collaborates with educators, schools, parents and community partners to offer many enriching programs for Tehama County. 14 public school districts. tehamaschools.org. 1135 Lincoln St. (530)527-5811.

TEACHER & CLASSROOM SUPPORT

Also see Field Trips on page 32 and Free
North State Family Activities on page 64.

Better Together, formerly California Teachers Summit. Retrospective research with lessons from five years of experiences from the Better Together: California Teachers Initiative to inspire policymakers, professional learning providers and teachers to consider new approaches to professional learning for teachers. cateacherssummit.com.
Butte County Environmental Council Eggs in the Classroom; Chico. Environmental education for home school students. By rearing salmon eggs at the Butte Environmental Council (BEC) office and participating in coordinated activities, homeschool students experience first-hand the value of aquatic environments, the importance of maintaining and preserving California's fisheries and aquatic habitats and how their personal actions affect these valuable resources. Children work with BEC's California Climate Action Corps Fellows on activities to learn about our environment and how to preserve our local fisheries. Register for FREE to participate. becnet.org/youth-programs. 313 Walnut Street, Suite 140. becintern@becnet.org. (530)891-6424.
California Associations for the Education of Young Children. Sponsors the Annual State Conference. Sponsors the California Forum for Professional Development. Publishes CAAEYC Newsletter – eConnections. Provides information on parenting, advocacy, research, credentialing, child care, salary and status, regulations, professional development and children's education. Job Board. caeyc.org. 3620 American River Drive, Suite 230, Sacramento. (916)486-7750.
California Youth Partnership; Redding. CYP educates, equips and empowers youth and adults to make choices that will lead to a healthy self, healthy relationships and a healthy future. We engage youth wherever they gather: including schools, group homes, detention centers, youth homeless shelters and colleges. HOPE Fridays, HOPE Workshops and HOPE Rising are free programs available to Shasta County residents. There is help for anyone wanting to choose a healthier path. Californiayouthpartnership.org. 1388 Court St, Suite C. (530)338-3313.
Choose Well Program; Redding. Provides teachers and parents with easily accessible resources to help develop character in their students and helps educators and parents empower students to make better choices to live better lives. thechoosewellprogram.com. (530)535-8120.
Famous Artists Portfolio Program. Serving all counties. Turtle Bay Exploration Park in Redding offers this free art program for teachers, trained parents and community members to present and talk about significant artworks in the classroom. Portfolio prints are organized into nearly 70 age-appropriate themes. Suggested follow-up art activities included. famousartists@turtlebay.org. turtlebay.org/famous-artists-portfolio-program. (530)242-3148.
Haven Humane Society; Anderson. Volunteer opportunities for youth and adults and educational summer camp. havenhumane.org. 7449 Eastside Rd. (530)241-1653.
Heimlich Heroes. Nationwide. A free virtual educational program to teach young people how to respond in the event of choking emergencies. Schools and organizations can register online to receive resource materials and information. Designed by teachers, the program provides a platform to incorporate

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Planning for the unknown: How 529 offers flexibility for families.

From college to career training to certifications and more, 529 plans expand students' choices when it comes to planning for higher education.



Did you know?

Parent-owned 529 accounts have less impact on financial aid eligibility than some other saving methods.[2]

Higher education can give your child the chance to gain the experience and skills for a bright future and a fulfilling life. But there's no telling what your child has in mind for his or her future. Fortunately, with ScholarShare 529, the official college savings plan for California families, flexibility is part of the plan. So, whether your child wants to be a rocket scientist, welder or cheesemaker, your forward thinking can help support them.

ScholarShare 529 offers families a range of benefits, no matter where life leads. It can be used for undergraduate and graduate programs, as well as community colleges and trade schools. It's location-friendly and can be used in-state, across the country or abroad. Account owners can change the beneficiary and move funds to a different eligible beneficiary if needed. It also offers flexible contribution options, including recurring contributions, payroll direct deposit or check.

With ScholarShare 529, flexibility is just one of its many benefits. ScholarShare 529 can help maximize the value of your college savings with tax advantages, which can mean more money for higher education. Any growth you see over time won't be subject to taxes if used for qualified higher education expenses.[1] Tax-free withdrawals for qualified higher education expenses include tuition, room and board, books, computers and more.

Finding the investment option to match your style is simple. ScholarShare 529 offers a variety of professionally managed investment portfolios to fit your life situation, risk tolerance and college savings goals. Enrollment Year Investment Portfolios are most popular with account owners and are based upon the year your student is expected to enter school and begin withdrawing from the account. Risk-based portfolios allow you to align your investment objectives with your risk tolerance level. The Guaranteed Portfolio Option is suitable for those with shorter investment time frames and for individuals who have lower risk tolerance.

Paying for an education can be daunting, but fortunately, ScholarShare 529 has helped families rise to the challenge of affording higher education for more than 25 years. To learn more or to open an account today, visit **ScholarShare529.com.**

[1] If the funds aren't used for qualified higher education expenses, a federal 10% penalty tax on earnings (as well as federal and state income taxes) may apply. Non-qualified withdrawals may also be subject to an additional 2.5% California tax on earnings. [2]For accounts held by parents of students. Note: The treatment of investments in a 529 savings plan varies by school. Assets are typically treated as the account holder's and not the student's. (Student assets are generally assessed at 20% whereas parental assets are generally assessed at 5.6%.) Any investments, including those in 529 accounts, may affect the student's eligibility to get financial aid based on need. You should check with the schools you are considering regarding this issue.

To learn more about California's ScholarShare 529, its investment objectives, risks, charges and expenses please see the Plan Description at ScholarShare529.com. Read it carefully. Prior to investing, check with your home state to learn if it offers tax or other benefits such as financial aid, scholarship funds or protection from creditors for investing in its own 529 plan. Consult your legal or tax professional for tax advice. Investments in the Plan are neither insured nor guaranteed and there is the risk of investment loss. TIAA-CREF Individual & Institutional Services, LLC, Member FINRA, distributor and underwriter for California's ScholarShare 529. 5236193

math, language arts and STEM activities. heimlichheroes.com.

Launchpad4kids, Inc. Online crowdfunding platform to provide children the opportunity to participate in extracurricular activities. Works with schools, nonprofits and local agencies that focus on low-income families and foster or at-risk youth ages 3-17. To add your school and nominate a child, email give@launchpad4kids.org for materials you'll need to get started. launchpad4kids.org.

Lending Library. Serving all counties. TBEP in Redding offers classroom kits from various curriculum sources. Registered educators may check out kits with materials for a classroom of up to 32 students to implement lesson plans. These activities are perfect for the classroom, after school programs or camps. Register and learn more at turtlebay.org/lending-library. (530)242-3108.

MATHCOUNTS. A national nonprofit organization providing engaging math opportunities and resources to US middle school students. National Math Club, Competition Series and Math Video Challenge build student confidence and improve attitudes about math and problem solving. mathcounts.org. info@mathcounts.org.

New Frontier Theatre Company; Mount Shasta. Theatrical Arts in the Schools Initiative brings theater arts into schools or enhances existing school programs. Also offers summer classes. studentoutreach-nftc.com. info@newfrontiertheatrecompany.com. (530)232-5431.

North State Symphony Student Tickets. Chico. A vibrant professional orchestra performing in Chico, Redding, Red Bluff, Oroville and other cities in the North State. Many youth programs including annual school field trips to the symphony and scholarship opportunities for high school and college students. Join us for a concert or one of our fun events and celebrate live music in the North State! northstatesymphony.org. 400 W. 1st St. symphony@csuchico.edu. (530)898-5917.

Pay it Forward Foundation. Established to educate and inspire students to realize they can change the world, giving them opportunities to do so. Students work with teachers at their local schools to develop Pay It Forward assignments. Supportive educational materials. pifnow.org.

Reach Higher Shasta; Supports initiatives from the first day a child is born to the first day in their career ensuring every student has every option available to them. Partners with nonprofits, all 24 Shasta County School Districts, Shasta County Office of Education, local colleges and universities and business organizations. Promotes neighborhood Little Libraries, Early Childhood Initiative, Community Literacy Initiative, College & Career Signing Day. Career & Workforce Committee links existing college programs, career technical education and vocational program and on-the-job training and work experience programs to available and soon-to-be-available workforce in Shasta County. reachhighershasta.com. 11555 Old Oregon Trail. Call or text (530)364-4961.

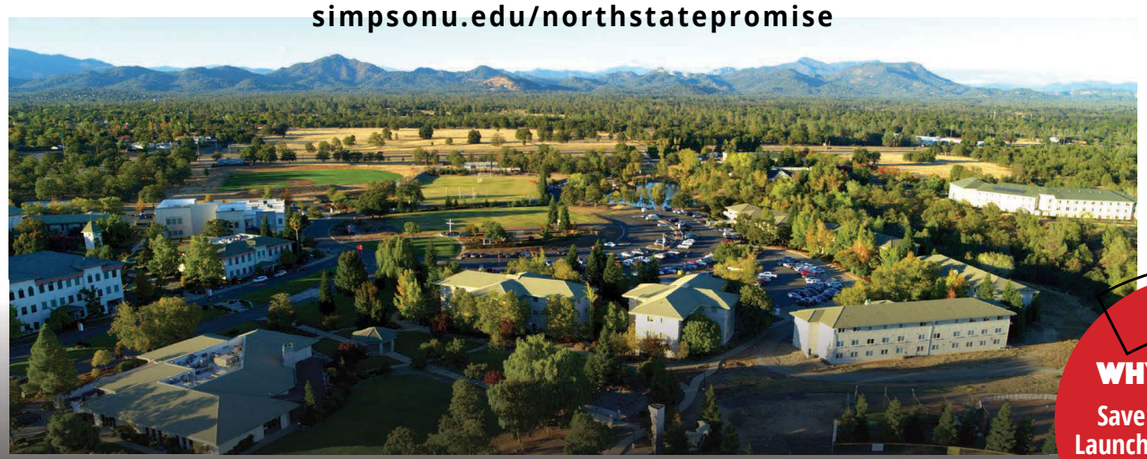
The Reading Basket; Redding. New, used and sample curriculum. Special order books. Homeschool support and story-inspired resources. M-F, 1 – 5 pm. thereadingbasket.com. 2876 Park Marina Drive. (530)605-0103.

Reading Pals Educator Support Services; Chico and Shasta County. Volunteers spend one or two hours a week reading with students one-on-one in area schools to ensure every student reads with confidence, becomes confident learner, well-prepared for a successful future. shastaess.org/content-areas/elalit-eracy/reading-pals. 530-225-0255.

Rural Schools Collaborative. Strengthens the bonds between rural schools and communities through place-based engagement, philanthropy and developing teacher-leaders. Grants in Place program supports innovative rural teachers and their programs, technical assistance, social networking and the Rural Teacher Corps. ruralschoolscollaborative.org. info@ruralschoolscollaborative.org**.**

Shasta Public Libraries. Library tours available. They have teacher and homeschool resources on their website. shastalibraries.org/digital-library.
Anderson: 3200 W. Center St. (530)365-7685.
Burney: 37116 Main St. (530)335-4317.
Redding: 1100 Parkview Ave. (530)245-7250.

Teacher Professional Development Workshops; Redding. Teachers and afterschool providers receive training in programs such as Great Explorations in Math & Science (GEMS), Project Wet, Nanoscale Science, Growing Up Wild and other inquiry-based learning curricula at Turtle Bay Exploration Park. Taught by experts. Workshops year-round. turtlebay.org/professional-development. (530)243-8850.

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How to Create a Reading Culture in Your Home

BY SANYA PELLINI

The idea that you are what you read was eloquently described by Ralph Waldo Emerson: "I cannot remember the books I've read any more than the meals I have eaten; even so, they have made me." Experts agree that the earlier in life children are exposed to books and to different vocabulary, the better they learn new words and the more they benefit from everyday experiences.

Advantages of reading to children are myriad.

- It awakens their curiosity, imagination and critical thinking skills.
- It provides a bonding experience with your child and can be comforting.
- It instills a sense of enjoyment of reading in children.
- It promotes two-way communication.
- It opens children's worlds, introducing them to new things and new places.
- It takes kids away from screens.
- Children who hear stories are more likely to fall in love with books.
- Children who are read to from the earliest moments express themselves better and therefore become better communicators.
- The earlier children learn a word, the better they master it, even in adulthood.

Parents can feel overwhelmed with family and work responsibilities. In the rush and bustle of everyday life, reading to their children can fall by the wayside. But anyone can get into the habit of reading to their children. If you're unable to read to your kids, talk to them. Make up stories. Talk to them about your day, about their day, about the world. There are times when the right type of discussion can be even more valuable than reading.

Build a reading tradition

Building a strong reading tradition is a great way to incorporate reading into your family activities. Choose a comfortable reading space and a regular reading schedule and try to stick to it. Establishing a reading tradition makes kids look forward to that time as part of a normal activity. Start with short reading sessions and vary your reading material. If they stop paying attention, it means it's time to stop. Don't insist.

Lead by example: enjoy reading

Kids learn from example. Children whose parents read and seem to enjoy reading are more likely to become readers themselves. Talk about what you're reading with your partner and kids. If you want your kids to become readers, show them you enjoy reading.

Encourage comments and thinking about the story

Be aware of what you're reading and of what your kids understand. Encourage their comments on the stories or illustrations in the books. What do they understand? How do they feel? What do they think? For younger children, illustrations can be powerful. What do kids see when they look at them? Can they identify the animals, colors, food items?

Use the power of imagination

While it might be difficult at first, making up stories is a powerful way to teach your kids about creativity. It's important to involve kids in this process as it develops a multitude of skills: creativity, critical thinking and imagination. If you have trouble starting, try using creative story cards or make some story cards of your own.

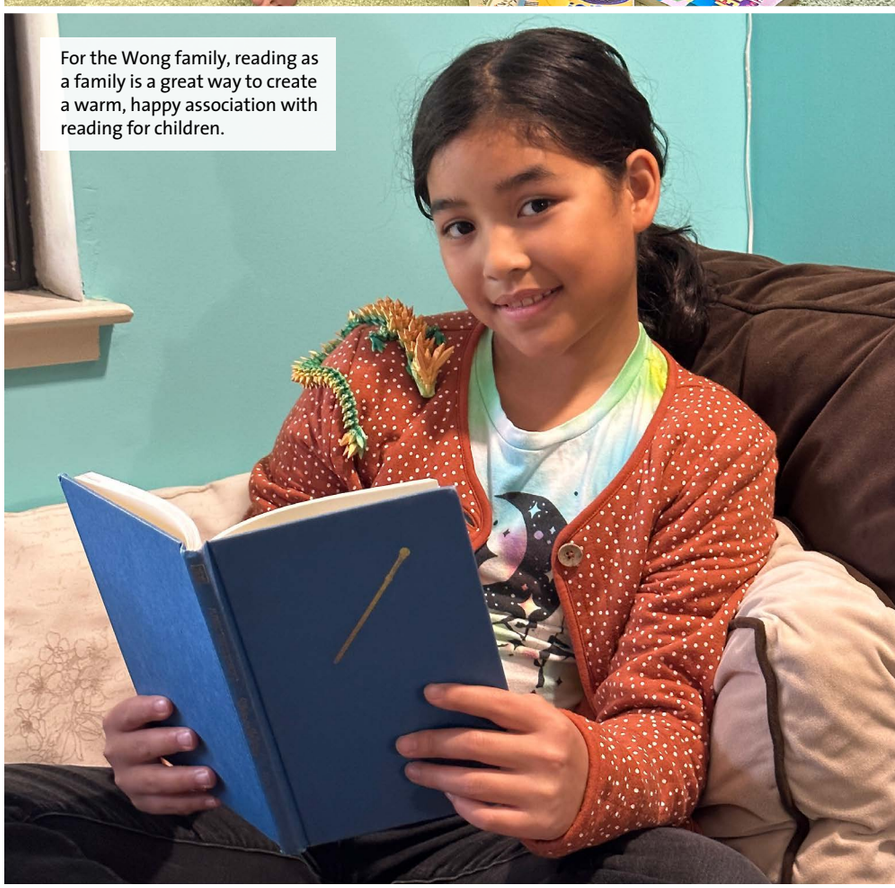
Buy quality books and visit the library

If you can afford it, buy them some books, magazines and comic books and keep them visible. Keep in mind that it's the quality rather than quantity that matter. Books hidden away may be forgotten, so display books on a bookshelf. Choose the books to buy with your kids. Determine beforehand which books are suitable for them and let them choose from your list. Visit the library frequently. Keep in mind that not all books are equal. Choose quality.

Work around your schedule to find time

It's not always easy to find the time to read with your kids. Don't get into the trap of thinking there's just one way to do things. Work around your schedule, talk to your kids or make up stories in the car or over dinner. ■





For the Wong family, reading as a family is a great way to create a warm, happy association with reading for children.

SCHOOLS OF CHOICE DIRECTORY

The Schools Of Choice Educational Directory focuses on local public schools created through a partnership among parents, teachers and students. These charter and other types of schools aim to involve parents and give teachers and students the freedom to innovate, while providing a personalized learning environment for each student.

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At Anderson New Technology High School, we prepare our students for a successful future. By embedding in our curriculum the soft skills of critical thinking, collaboration, and communication, we develop our students for their future NOW. Our instructional model allows students the flexibility for college classes, internships, community service, jobs and more.

Anderson New Technology High School TRAILBLAZERS

2098 North Street
Anderson • (530) 365-3100
newtech.auhsd.net

BLUE OAK CHARTER SCHOOL

GRADES TK-8



Blue Oak School, serving the community for over 24 years! Your child will experience a completely unique approach to education through the successful implementation of proven Waldorf methodology.

Offering:

- *Art is incorporated in all subjects*
- *Specialty classes, music, handwork and movement*
- *Full and half day TK & Kindergarten*
- *Extended Learning Opportunity Program 1st - 8th grade students.*

BLUE OAK SCHOOL

450 W. East Avenue
Chico • (530) 879-7483
www.blueoakcharterschool.org

HOMETECH CHARTER SCHOOL

GRADES TK-12



HomeTech is a WASC accredited, personalized learning program serving TK-12. In TK-6, our homeschool model supports parents by providing curriculum and regular meetings with the teacher. Our hybrid program in grades 7-12 integrates classroom learning with independent study. Home study options without weekly classes are also available. Support classes, tutoring and fun enrichment opportunities are available to all students. HomeTech provides a unique and personalized alternative learning environment!

HOMETECH CHARTER SCHOOL

6249 Skyway
Paradise • (530) 872-1171
www.hometech.org

INSPIRE SCHOOL OF ARTS & SCIENCES

GRADES 9-12



At Inspire School of Arts & Sciences, we are known for our innovative block schedule, wide range of elective coursework that allows students to explore their passions and develop their interests, and career technical education pathways that build students' skills in the arts and sciences. Our approach to learning challenges students to aim for excellence, while our small-school environment, advisory program, and staff of master teachers allow for the support needed to get them there. Visit Inspirechico.org to learn more, or request a tour of our tuition-free, public charter high school. This is learning, inspired.

INSPIRE SCHOOL OF ARTS & SCIENCES

335 W. Sacramento Avenue
Chico • (530) 891-3090
www.inspirechico.org

LASSEN ANTELOPE VOLCANIC ACADEMY

GRADES 5-8



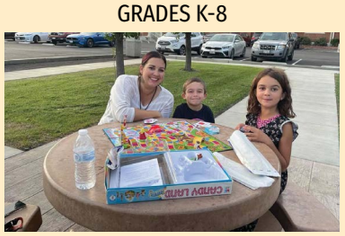
LAVA Charter, a small 5th to 8th grade school in Red Bluff, offers a rigorous program with small class sizes. Our unique partnership with Lassen Volcanic National Park provides students with more than 10 ranger-led field trips to Lassen National Park every year. In addition to our flexible on campus scheduling we also have an at-home independent study program available for our students. Call today for more information.

LAVA A CENTER FOR COLLABORATIVE STUDIES

1660 Monroe Street
Red Bluff • (530) 727-9495
lava.antelopeschools.org

LINCOLN STREET SCHOOL

GRADES K-8



Lincoln Street School is committed to helping families connect, learn, and grow. Our independent study follows a homeschooling model where we partner with parents to teach their child at home under the guidance of a credentialed teacher. We meet students where they are at, build character skills, and foster a culture of care. We create an environment where success is personalized and achievable.

LINCOLN STREET SCHOOL • CONNECT • LEARN • GROW

Serving 7 North State Counties
1125 Lincoln Street
Red Bluff • (530) 528-7301
www.lincolnstreetschool.org

CHRYSALIS CHARTER
SCIENCE & NATURE SCHOOL

FREE PUBLIC • GRADES K-8



Chrysalis Charter School is seeking curious, kind, adventurous students! We have intentionally small class sizes and are focused on science and nature. We also offer student opportunities with camping, rafting, and sports. Daily transportation is available.

21945 Old 44 Drive
Palo Cedro • (530) 547-9726
email: info@chrysalischarter.org
ChrysalisCharter.org

EVERGREEN INSTITUTE OF EXCELLENCE

WASC ACCREDITED • GRADES K-12



EIE would like to partner with your family to help your student be college and career ready through our personalized learning model. We offer enrichment classes, community partnerships, High School 2 College option and more. The teamwork that is built among families, community, staff and students exemplifies our exceptional program.

Serving Butte, Glenn, Mendocino, Plumas, Shasta, Tehama & Trinity Counties
19500 Learning Way
Cottonwood • (530) 377-7850
https://eie.evergreenusd.org

FOREST RANCH CHARTER SCHOOL

GRADES TK-8



We offer a caring, small school solution for Chico and Forest Ranch families that strikes a balance between high academic expectations and positive social/emotional development. We promote a growth mindset in a multidisciplinary, technology-rich environment that supports differentiated learning, mindfulness and student leadership. Take our FREE bus and elevate your child's education today!

15815 Cedar Creek Road
Forest Ranch • (530) 891-3154
www.forestranchcharter.org

GOLDEN EAGLE CHARTER SCHOOL

GRADES TK-12



Golden Eagle Charter School (TK-12) offers flexible, personalized learning through home-based learning, online courses, in-person classes in Mt. Shasta and Yreka, diverse curriculum options, exciting field trips, Career Technical Education (CTE), and dual enrollment with College of the Siskiyous, including our Early College High School Program.

Serving Siskiyou County & Castella • (530) 926-5800
www.gecs.org

HEARTHSTONE CHARTER SCHOOL

GRADES TK-12



Hearthstone is a Community School where strong connections, personalized learning, and small classes are the norm. Parents are invited to choose between a program that is 100% Independent Study or our Hybrid program which includes a few days of on-campus classes per week. With an average enrollment of 180 students school-wide, we are a perfect alternative for families who are dedicated to partnering in the schooling of your child.

2280 6th Street, Oroville
(530) 532-5848
www.HearthstoneSchool.net

NORTH STATE VIRTUAL ACADEMY

GRADES 2-8



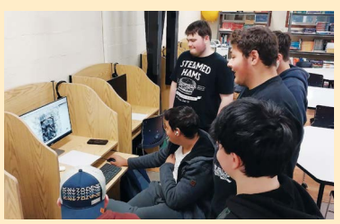
Introducing NSVA!
Now enrolling for Fall 2025

A free public online school for students grades 2—8 in Butte County and neighboring regions. Learn from home with flexible, high-quality comprehensive instruction and stay connected to a supportive community. NSVA provides small group classes and one-on-one support with our experienced credentialed teachers. We also have an online library so students always have access to books.

Learn more and enroll at
northstatevirtual.org

NORTHERN UNITED CHARTER SCHOOLS

GRADES K-12



NUCS believes in honoring individual education choices and is committed to providing an innovative public education environment for students, their parents, and teachers, through independent study facilitation, small group instruction, tutoring, online and blended learning, as well as community college co-enrollment.

Serving Siskiyou & Humboldt Counties
(530) 842-4509 or (707) 629-3634
www.nucharters.org

OAK BRIDGE ACADEMY

GRADES K-12



Oak Bridge is an independent study school within Chico Unified. The K-5 families partner with CUSD teachers weekly in their comprehensive grade-level education of students. Enrichment opportunities include field trips, learning labs, and art classes. Our award-winning secondary 6th -12th grade program is WASC accredited, college-preparatory and NCAA approved. Students can take classes, play sports and engage in other extra-curricular activities at their school of residence in CUSD.

Serving Butte, Colusa, Glenn, Sutter, Tehama & Yuba Counties
(530) 897-8877
oakbridge.chicousd.org

PHOENIX CHARTER ACADEMY COLLEGE VIEW

GRADES TK-12



A California Distinguished School

Phoenix Charter Academy College View offers a chance for students to rise. Our K-12 site-based/ independent study homeschool charter in Redding provides educational choice for families who wish to educate their children in a blended educational model.

145 Shasta View Drive,
Redding • (530) 222-9275
www.ourpca.org

PIVOT NORTH VALLEY

GRADES 6-12



Pivot North Valley is a tuition-free, public charter school. Pivot uses a blended learning model, giving students the flexibility to learn on-site and online. Teachers provide daily oversight, motivation and academic guidance that is customized to each student based on learning style and progress. Field trips, events, clubs and other social activities are available. Call or visit Pivot North Valley to enroll today!

PIVOT CHARTER SCHOOL NORTH VALLEY

1350 E. 9th Street, Ste. 150
Chico • (530) 636-4479
www.pivotnorthvalley.com

REDDING SCHOOL OF THE ARTS

GRADES K-12



Redding School of the Arts (RSA) is built on one core belief: the arts are essential to a child's full educational experience. When students engage in music, visual arts, and performing arts, they not only grow creatively – they thrive academically, socially, and emotionally. Research shows that participation in the arts can improve attendance, boost self-esteem, strengthen cooperation with peers, and positively impact performance in other academic subjects. By integrating creativity with rigorous academics, RSA prepares students not only for academic success, but for a lifetime of curiosity, expression, and meaningful contribution. Come explore the unique opportunities at Redding School of the Arts – Where Education and the Arts Connect!

955 Inspiration Place
Redding • (530) 247-6933
www.rsarts.org

SHASTA CHARTER ACADEMY

GRADES 9-12



Join us for amazing on-site classes, Shasta College enrollment, traditional home schooling, high-quality tutoring, and more. We are SUHSD sponsored and WASC accredited. Let's have a great school year together!

SHASTA CHARTER ACADEMY

307 Park Marina Circle
Redding • (530) 245-2600
www.sca-edu.org

SHASTA VIEW ACADEMY

GRADES TK-12



SVA offers a personalized learning/ independent study program dedicated to serving families who make the choice to school their children at home. We provide credentialed staff, a wide array of curriculum choices, small group classes, one-on-one tutoring, field trips, and extracurricular enrichment opportunities.

SHASTA VIEW ACADEMY
INNOVATIVE PERSONALIZED LEARNING

Serving Shasta, Modoc, Lassen, Tehama, Siskiyou, and Trinity Counties
675 Shasta View Dr., Redding
(530) 233-3861• shastaview.org

SHERWOOD MONTESSORI

GRADES TK-8



Every child is a unique person with their own interests, skills, abilities and personality. The Montessori approach facilitates individualized instruction with multi-age groupings in an environment that naturally fosters a love for learning. Sherwood Montessori is a tuition-free charter school with beautiful classrooms, engaging hands-on materials, on-site, high-quality child care before and after school, as well as music, art, cooking and gardening instruction. Call for a school tour!

SHERWOOD MONTESSORI

1010 Cleveland Ave.,
Chico • (530) 345-6600
www.sherwoodmontessori.org

TEHAMA eLEARNING ACADEMY

GRADES 7-12



Tehama eLearning Academy is a WASC accredited independent online charter school, with a 7-12 program, that serves Tehama and the adjacent counties. Students at TeLA complete their coursework online or at the Red Bluff Campus. The school has accredited teachers, a-g programs, credit recovery classes, individual education coursework and onsite electives. We also have an adult education school where adults can earn their High School Diploma or GED.

TeLA

979 Douglass Street
Red Bluff • (530) 527-0188
www.telacademy.org

WILDFLOWER OPEN CLASSROOM

GRADES TK-8

Because Curious Minds Transform The World

Wildflower cultivates curious, compassionate, and confident learners. Through our integrated thematic curriculum model, students find excitement in their studies and enjoy opportunities for holistic learning, self-discovery, and personal responsibility they take forward in their education and beyond.

Fill out the Enrollment Interest Form on our website

Contact the office to schedule a tour!

Wildflower OPEN CLASSROOM

2414 Cohasset Road
Chico • (530) 892-1676
www.wildflowerschool.com

Butte College Q AND A Sessions



With Amanda Montgomery, Director, Equitable Pathways and Achievement

Amanda Montgomery, a mother of four with children in high school and college, knows firsthand the challenges of navigating higher education. She began her own journey at Butte College before transferring to Chico State. Today, as an administrator at Butte College, Amanda uses her background in youth development and community engagement to help students feel supported, connected, and prepared to achieve their goals.

Q: What advice do you have for students beginning their college journey?

A: I meet a lot of young people who are starting their college journey. I usually encourage them to get as connected as possible to what's offered on the campus. College is one of the rare opportunities where you get to try things at almost no cost. So if there's a club or an experience you want to have, go do that.

Q: Why should parents start thinking about college for their kids at a young age?

A: I did a lot of consulting on higher education and child development. There is a correlation between parents who talk about college early and their children actually attending college. Talking about college early, saving early, increases the trajectory. The more kids are on college campuses, the more they feel like they belong there.

Q: What are ways parents can learn more about Butte College and how can they get their children involved?

A: One of the best things parents can do is get their kids into a dual enrollment class. Dual enrollment is a college class offered at the student's high school during the school day. Concurrent enrollment is when students attend high school, but are also enrolled in a Butte College class either at the Skyway Center or online — and both are free. If you're doing dual and concurrent enrollment, you could finish an Associates Degree by the time you graduate high school.

Q: How can parents start preparing their kids for college?

A: I wish people knew how much the instructors and staff are focused on students. It's truly a student-first approach, and our instructors are incredibly talented. Learning from someone who loves their subject and is a great teacher is unique.

BUTTE - GLENN COMMUNITY COLLEGE DISTRICT

Your kids can attend college for FREE. Learn about the Butte Promise Scholarship by going to www.butte.edu/promise, or scan the QR code.

college & career OPTIONS
YOUR FUTURE, OUR FOCUS
Here to help you with your child's college and career decisions.
collegeoptions.org
@collegeoptionsinc
1321 Butte St. #101, Redding • 530-244-4022





Come visit the North State Parent booth at one of the many spring and summer public events we attend. We often have news to share with you, fun craft activities you and your kids can enjoy and drawings for exciting prizes.

CHICO HOMESCHOOLERS
Helping Homeschoolers in Butte County Thrive
Helping Homeschoolers in Butte County Thrive
www.chicohomeschoolers.org

Field Trips
The end of your school year often means scheduling a class trip to the museum.
Now scheduling FREE one-hour experiences.
HANDS ON Exhibit "What's Your Mood?" explores the difference between moods and feelings. Includes fun activities and interactives to dive deeper. Join us!
VALENE L. SMITH MUSEUM OF ANTHROPOLOGY
CALIFORNIA STATE UNIVERSITY, CHICO
400 W 1st St, Chico
Meriam Library Complex
(530) 898-5397
SCHEDULE TODAY - TOURS FOR SUMMER PROGRAMS TOO!
Anthromuseum@csuchico.edu • 530-898-5397

Grief isn't Just About Death: *The losses we don't talk about*

BY HEATHER MOYER,
FOUNDER OF HEATHER MOYER WELLNESS

When we think of grief, we usually picture the death of a loved one. We imagine funerals, sympathy cards, casseroles dropped off at the door and the Five Stages of Grief we've all heard about. But for many people, grief arrives in quieter, less recognized ways. It shows up when a dream dissolves, when we realize our childhood didn't turn out the way we hoped, or when life takes a direction we never chose.

The Many Faces of Grief

Grief can emerge when a child struggles with illness, mental health challenges or neurodivergence, and the imagined version of parenting – the hopes and dreams we held for our child – quietly slip away. It can appear during divorce, betrayal, looming retirement or the loss of a home to fire or disaster. These losses may not involve death, yet they can ache deeply, linger for years and shape how we move through the world. The truth is any change we did not choose can create grief. Couples may grieve the loss of a relationship, a move that uproots community or financial stability that once felt secure. These experiences often come with shame or confusion because they don't fit the cultural script of what grief is "supposed" to look like.

Disenfranchised Grief

Grief can also follow infertility or pregnancy loss, even when there is no headstone or public ritual to mark the pain. This is known as disenfranchised grief – grief that is judged, minimized or dismissed. For generations, when a woman experienced miscarriage, the world around her often moved on as if her pain shouldn't exist. After all, there was no baby born and if the loss happened early, people might even argue that it wasn't really a baby yet. But to a mother, the love for that being growing inside her was already real. When her loss is minimized, it can deepen her pain and leave her feeling isolated and alone. Without space to speak about her grief, she may carry it silently. In some cases, grief becomes even more complicated when parents are not allowed to hold a stillborn baby – to cradle her, see her face and say goodbye.

Recognizing "Invisible" Loss

Thankfully, this is beginning to change. Our society is slowly waking up to the truth that these losses are just as legitimate as any other form of child loss and deserve to be mourned fully and openly.

One of the hardest aspects of these hidden losses is their invisibility. Friends may say, "At least you can have another baby," or "Everything happens for a reason," not realizing how dismissive those words can feel. Without permission to grieve, people often minimize their own pain, pushing it aside to remain functional. Over time, unacknowledged grief can surface as anxiety, irritability, exhaustion, or a persistent sense that something is wrong – even when life looks fine on the outside. These losses can also compound. A child's diagnosis may bring renewed grief at every missed milestone. Co-parenting after separation can reopen wounds with each holiday transition. Even positive changes – like children growing older and more independent – can stir grief for a chapter that is closing. This kind of grief isn't linear or brief. It revisits us again and again, asking not to be fixed, but to be witnessed.

Grieving Loss and Healing

Naming these losses matters. And we cannot grieve multiple losses at the same time. Each separate grief must be grieved individually. Grieving doesn't take a lot of time, but it requires dedicated time. When people are allowed to acknowledge grief without comparison or judgment, healing becomes possible. Equally important is how we respond to one another. Instead of fixing or reframing, we can listen. We can say, "That sounds really hard," and let that be enough. We can trust that people are capable of holding gratitude and grief at the same time.

When we broaden the definition of grief beyond death, we offer compassion instead of silence.

We allow people to mourn what was, adjust to what is and imagine what might still be possible.

Grief isn't a problem to solve; it's a human response to loss in all its forms. When we finally talk about the losses we don't usually name, we remind people they are not alone – and that reminder can be profoundly healing. ■

Kids experience grief in many ways and may need extra help to process their emotions. Kids Grief Explorers Club in Redding can help. This in-person grief group for kids led by Child Life Specialist Suzanne Tovey, provides a safe, understanding environment for children to express their emotions, connect with peers and build healthy coping skills through creative activities and discussions. It meets in Caldwell Park according to age group. Visit ReddingRecreation.org and click "Register Online" to enroll your child.

If you or someone you know is in grief, you can find resources and support under Grief Support on page 49.



Grief can take many forms and spring from a variety of challenging experiences. But no matter the source of grief, those who grieve need to be heard and acknowledged.

- Backyard Solutions
- Early Childhood Programs
- Family & Community Resource Centers & Caring Services
- Foster Care & Adoption
- Finance
- Grief Support
- Legal Assistance
- Parenting Classes & Enrichment
- Playgroups
- Toy Shops: Specialty & Locally Owned
- Twins & Multiples
- Lactation Resources



BACKYARD SOLUTIONS

MULTIPLE COUNTIES

About Trees. Serving Chico, Paradise, Red Bluff, Redding and surrounding areas. About Trees would like to remind you that any time of year is a good time to remove dead branches and raise the canopy for your tree's health and appearance. Contact us for a free consultation. abouttrees.us. 2 Crusader Ct., Chico. (530)343-4533. 2580 Victor Ave, Suite D, Redding. (530)246-2477.

Firestorm Wildland Fire Suppression, Inc. Hazardous Fuels Reduction. While there is no 100% guarantee against the devastating effects of wildfire, Firestorm can assist you in developing a sustainable approach to keeping your property safe. We utilize a multi-faceted approach to vegetation management from simple weed abatement to large scale tree and brush thinning catered to each individual homeowner's needs. firestormfire.com. 1100 Fortress St. Suite 2, Chico. (530)898-8153.

Hiller Demolition; Red Bluff/ Multiple counties. Free bids. Demolition, trash hauling, job site cleanup and equipment delivery. facebook.com/people/Hiller-Demolition-and-Removal/61550241375274. @hiller-demoliton. (530)410-3822.

North Valley Tree Service. North Valley Tree Service professionals are trained and knowledgeable in all aspects of arboriculture, with years of experience. Our tree professionals include: certified arborists, electric utility vegetation management and storm response, tree climbers and aerial lift specialists. nvtree.com. 3882 Esplanade, Chico. (530) 893-9649.

TEHAMA COUNTY

Alsco, Inc.; Red Bluff. Alsco, Inc. has provided quality service and irrigation products for farms, ranches, lawns and gardens for over 60 years. Irrigation solutions for the commercial farmer and the home gardener. The products we carry are top-of-the-line, and we will assist you with the right purchase. alscoirrigation.com. 535 Antelope Blvd. (530)527-4001.

Pump Daddy Concrete; Red Bluff. Local, family-run business provides concrete line pumping for projects from patios to slab foundations and everything in between. Makes concrete work easier, safer and more efficient for contractors and homeowners. We show up on time, work hard and get it done right. pumpdaddyconcretelife.com or on Instagram @pumpdaddyconcrete. 925-206-6285 22280 Brent Road. (925)206-6285.

Sequoia Sheds; Red Bluff. Locally built backyard structures. Craft rooms, backyard offices, garden sheds and storage sheds built and set up at your location. Top-notch quality and great, friendly customer service. Free estimates. Specializes in 120 sq. ft. structures and smaller. sequoiasheds.com. 13481 Baker Rd. (530)840-4465.

EARLY CHILDHOOD PROGRAMS

MULTIPLE COUNTIES

California Early Start; Ages birth-36 mos. An interagency system of coordinated services for infants & toddlers with disabilities & their families. Find out about early intervention services in your community. dds.ca.gov/services/early-start. earlystart@dds.ca.gov. (800)515-BABY.

Far Northern Regional Center; Serving 9 counties in the North-Eastern most part of CA. FNRC partners with persons with developmental disabilities to live how they choose as equal and valued members of the community. Referrals for services and supports from birth through adulthood: farnorthernrc.org. (530)332-1529. Send mail to P.O. Box 492418, Redding, CA 96049. Redding: 1900 Churn Creek Rd., Suite 114. (530)222-4791.
Chico: 1377 East Lassen Ave. (530)895-8633. Satellite Offices: Red Bluff, Lake Almanor, Mt Shasta and Yreka

First 5 California, California Children & Families Commission; First 5's mission is to improve the lives of children from conception through kindergarten. Collaborates with and supports local agencies serving families with young children. Some offices offer resource information to families, caregivers and others who work with young children. The First 5 California website includes a parent resource and education section. First5california.com.
Butte County; Oroville: first5butte.org. (530)552-4019.
Glenn County; Willows: first5glenncounty.com. (530)934-6608.
Shasta County; Redding: first5shasta.org. (530)646-3780.
Siskiyou County; Mt. Shasta: first5siskiyou.org. (530)918-7222.
Tehama County; Red Bluff: first5tehama.org. (530)528-1395.

United Way of Northern California; From parenting resources to disaster preparedness, we're here to help! Plumas, Shasta, Siskiyou and Tehama County residents: Get connected to a FREE, confidential 24/7 referral service provided by United Way of Northern California for health and human services resources. Dial or text 2-1-1 from any phone or visit 211norcal.org. Redding: (530)241-7521. Chico: (530)809-4663. norcalunitedway.org Butte & Glenn County residents: visit help-central.org to get connected to your area's 211operator.

BUTTE COUNTY

Butte Baby Steps; Chico. Open to parents of all ages who are either expecting or have a child younger than 3 months. Based on a national program, helps parents get their children off to a healthy start. Includes home visits and service referrals from trained staff. Northern CA Catholic Relief Services. nvcss.org/families. 10 Independence Circle. (530)345-1600 ext. 3323.

Butte County Library; Chico. Join Chico Library for a parent participation story hour with Sheryl Hubbard for a motion-packed story time which may include singing, dancing, finger plays and puppets. A great way to meet other parents. northstateparent.com/article/sheryl-hubbard/. for more information. For schedule: buttecounty.net/528/Library. 1108 Sherman Ave. (530)552-5652.

Enloe Nettleton Mother & Baby Care Center; Chico. A variety of services for pre-labor, labor, birth and initial mother-baby bonding. enloe.org/care-treatment/pregnancy-birth/. (530)332-3970.

Valley Oak Children's Services; Chico. Childcare resources, child care payment assistance, free books for literacy, child care Food Program, Early Head Start, Behavioral Health Services, workshops and trainings. valleyoakchildren.org. 3120 Cohasset Rd., Suit. 6. (530)895-3572.

SHASTA COUNTY

Early Childhood Services; Redding. Information about childcare and development programs for parents. Professional development opportunities for those working with children. See Programs & Services at shastacoe.org. 43 Hilltop Dr. (530)225-2999.

SISKIYOU COUNTY

Siskiyou Child Care Council; Weed. Preschool program and childcare referrals. Also offers parents, childcare providers and others working with children a lending library of toys and resource materials related to child development. Free trainings for experienced, new and potential family childcare home providers. siskiyouchildcare.org. 170 Boles St. info@siskiyouchildcare.org. (530)938-2793.

TEHAMA COUNTY

Early Childhood Services; Red Bluff. Preschool programs, family childcare home education network, local childcare planning council and more. tehamaschools.org/Services/Student-Services/Early-Childhood. 1135 Lincoln St. (530)527-5811.

FAMILY & COMMUNITY RESOURCE CENTERS & CARING SERVICES

MULTIPLE COUNTIES

Little Red Hen Autism LifeSpan Center; Chico. Serving 9 Northern California counties. Nonprofit provides families, individuals, educators and other professionals with information and resources. Year-round socialization training programs for children, teens and young adults with autism spectrum disorder. Programs teach children skills needed to successfully integrate into the community and sensory exploration and behavioral support in a fun and engaging environment. Lending library with over 500 books, videos, DVDs and curriculum materials spanning the autism spectrum. Offers trainings and monthly parent support group. littleredhen.org/pages/autism-lifespan. 2418 Cohasset Rd., Suite 150. (530)897-0900.

Far Northern Regional Center; Serving 9 counties in the North-Eastern most part of CA. FNRC partners with persons with developmental disabilities to live how they choose as equal and valued members of the community. Referrals for services and supports from birth through adulthood: P.O. Box 492418, Redding, CA 96049. farnorthernrc.org. (530)332-1529.
Redding: 1900 Churn Creek Rd., Suite 114. (530)222-4791.
Chico: 1377 East Lassen Ave. (530)895-8633. Satellite Offices: Red Bluff, Lake Almanor, Mt Shasta and Yreka

Visiting Angels; Helps seniors remain safe, comfortable and independent in their own homes. Personalized, non-medical in-home care that can include assistance with personal care, meal preparation, light housekeeping, companionship, transportation, medication reminders, Alzheimer's support, Veteran care and respite for family caregivers. Whether you need just a few hours of help each week or around-the-clock care, services are tailored to meet your loved one's unique needs. Serving families across Shasta, Tehama, and Siskiyou counties for over 17 years, locally owned and operated. visitingangels.com/redding. (530)223-2400.

BUTTE COUNTY

African American Family & Cultural Center; Oroville. Community-building events, anger management for youth and adults, courses, dance lessons for ages 7 and up, roundtable Facebook discussion, a community garden and more. aafcc-oroville.org. 3300 Spencer Ave. (530)532-1205.

Enloe Health Mother Baby Education Center and Breastfeeding Supply Store; Chico. Classes in Childbirth Preparation, Infant/Child CPR, Understanding Fatherhood, Understanding Grandparenting, Infant Car Seat and Pet Safety and Super Sitter Babysitting class. Lactation consults and breast pumps/supplies. Fountain Medical Building 251 Cohasset Road, Suite 240. See a list of classes at Enloe.org/Baby or call (530)332-3970 to register.

Help Me Grow Butte; Butte County. No-cost service available to all families in Butte County with children aged 0-5 who are in-

terested in learning more about their child's development or behavior. Help Me Grow Butte works directly with caregivers to ensure they are connected to the services and resources they need so their children can grow and thrive. helpmegrowbutte.org. (530)552-3919.

Mother Baby Education Center & Breastfeeding Supply Store; Chico. Offering classes in childbirth preparation, infant pediatric CPR, babysitting, understanding grandparenting, understanding fatherhood. Also provides lactation consults and breast pumping supplies. enloe.org. 251 Cohasset Rd., Suite 120. (530)332-3970.

Paradise Unified School District Health & Wellness Resource Center; Paradise, Magalia, Stirling City. Offers comprehensive services and referrals to support the well-being of students and families within the PUSD boundaries, ensuring continuous assistance to promote student success and overall wellness. Services range from meeting basic needs to providing medical, dental and mental health care referrals. Legal aid referrals, crisis intervention, suicide prevention, substance abuse support, resources for grandparents raising students and services for individuals from prenatal stages through age 18 and beyond. pusdwellness.org. (530)872-6412.

Passages Caregiver Resource Center (CRC); Chico. Support to (unpaid) family caregivers that are caring for an adult with a cognitive impairment that occurred after age 18 or someone age 60+ years. Passages CRC helps improve the quality of life for caregivers and those they care for by providing resources and support that contribute to overall caregiver wellness. passagescenter.org. mcrc@csuchico.edu. (530)898-5925 or (530)221-1900.

TAPP; Chico. Open to parents under the age of 22 who are either pregnant or parenting. Based on a national model, helps teens get their children off to a healthy start and helps support the parent in their own personal goals. Includes home visits and service referrals from trained staff. Northern Valley Catholic Social Services. nvcss.org. 10 Independence Circle. (530)345-1600 ext. 3323.

Valley Oak Children's Services Centers; Chico. Childcare resources, childcare payment assistance, free books for literacy, childcare food program, Behavioral Health Services, Early Head Start, workshops, and trainings. valleyoakchildren.org. 3120 Cohasset Rd., Suite 6. (530)895-3572.

SHASTA COUNTY

California Youth Partnership; Redding. Educates, equips and empowers youth and adults to make choices that lead to a healthy self, healthy relationships and a healthy future. Engages youth wherever they gather: incl. schools, group homes, detention centers, youth shelters and colleges. HOPE Fridays, HOPE Workshops and HOPE Rising are free programs available to Shasta County residents. Help for anyone wanting to choose a healthier path. californiayouthpartnership.org. 1388 Court Street, Suite C. info@CaliforniaYouthPartnership.org. (530)338-3313.

Help Me Grow Shasta; Shasta County. Ages & Stages Questionnaire home developmental screenings. Helps parents find answers to their questions about their child's behavior, development and learning. Provides an easy connection to resources. helpmegrowshasta.com. helpmegrow@shastacoe.org. (560)605-2645.

Shasta Public Libraries. shastalibraries.org.
Anderson: 3200 W. Center St. (530)365-7685.
Burney: 37116 Main St. (530)335-4317.
Redding: 1100 Parkview Ave. (530)245-7250.

Shasta Strengthening Families; Redding. An award-winning group of agencies and organizations working together to create a connected community of safe and thriving families by building hope and resilience. Offers ACE presentations, community events and classes to educate the public about the effects and impact of childhood trauma and provides resources to break the cycle and help Shasta County families heal. Links to many orgs providing resources for parents and youth. shastastrengtheningfamilies.org.

TAPP; Redding. Open to parents under the age of 22 who are either pregnant or parenting. Based on a national model, helps teens get their children off to a healthy start and helps support the parent in their own personal goals. Includes home visits and service referrals from trained staff. Northern Valley Catholic Social Services. nvcss.org. 2400 Washington Ave Redding. (530)247-3329.

Tri County Community Center (Intermountain Community Center); Burney. Family support, resources and services for eastern Shasta County. Early bird dropoff childcare, preschool, daycare, after school and summer programs. Parent education and support, English learners program, many more family resources. burneytccn.org. 37477 Main St. (530)335-4600.

Dr. Martin Luther King Jr. Center; Redding. This multicultural community center empowers disadvantaged and at-risk youth through programs that cultivate moral, community and intellectual development. In a supportive environment, youth develop skill sets, connect with new educational and recreation opportunities and forge a better sense of self. cityofredding.org. 1815 Sheridan St. (530)225-4375.

SISKIYOU COUNTY

Boys & Girls Club of the Siskiyous; Mount Shasta. After school program that includes STEM, gardening, homework assistance, sports, games and the arts, including pottery, painting and graphics. Committed to achieving priority outcomes for youth: Academic success, good character and citizenship and healthy lifestyles. Bgcgreatershasta.org. K-3rd at Mount Shasta Elementary School, 501 Cedar St. (530)560-4839. Grades 4-8 Sisson Middle School, 601 E. Alma St. (530)220-5055.

Dunsmuir Community Resource Center; Offers playgroups ages birth-5, parenting workshops, application assistance for CalFresh, Medi-cal, GNF utility assistance, food pantry, community garden, gardening and nutritional programs, mental health resources. siskiyoucrc.org/dunsmuir. 5840 Dunsmuir Ave. (530)235-4400.

Family & Community Resource Center; Weed. Offers playgroups birth-5, parenting workshops, mental health resources, Dolly Parton Imagination Library and free books, developmental screenings, family fun events, senior services and programs that cover topics of parenting, education, literacy and nutrition. siskiyoucrc.org/weed. 260 Main St. (530)938-9914.

Happy Camp Community Center; Happy Camp. Offers First5 Literacy events and playgroups, parenting classes, mental health referrals, CalFresh and utility application assistance, emergency food program, farmers market, Market Match program to double SNAP food benefits, mental health referrals. happycampcc.org. 38 Park Way. (530)493-5117.

Help Me Grow Siskiyou; Siskiyou County. Ages & Stages Questionnaire home developmental screenings. Helps parents find answers to their questions about their child's behavior, development and learning. Provides an easy connection to resources. first5siskiyou.org/help-me-grow-siskiyou.

HUB Communities Family Resource Center; Montague. Offers application assistance, resume help, and home searches, along with rent and mortgage assistance resources, parenting classes for families in recovery, playgroups on Wed., utility assistance and more. siskiyoucrc.org/montague. 310 S. 13th St. (530)459-3481.

Mount Shasta Community Resource Center; Offers many playgroups, parenting classes and more. mtshastacrc.com. 109 E. Lake St. (530)926-1400.

Scott Valley Family Resource Center; Fort Jones. Parenting workshops, playgroups, financial referrals and prevention education. siskiyoucrc.org/scott-valley. 11920 Main St. (530)468-2450.

Siskiyou Child Care Council; Weed. Child Care payment assistance for eligible families. Resources and referrals for parents and providers. On-site preschool. Free trainings for childcare home providers. siskiyouchild¬care.org. info@siskiyouchildcare.org. 170 Boles St. (530)938-2748.

Siskiyou Family YMCA; Yreka. Offers seasonal programs for kids. Youth arts and performance, summer enrichment program, young musicians program, year round dance program. siskiyouymca.org. 350 N. Foothill Dr. (530)842-9622.

Tulelake/Newell Family Resource Center; Tulelake. Resources and services for Modoc and Siskiyou Counties. Offers playgroups, women's and girls' circle, CalFresh and energy assistance applications, Dress for Success clothing and resume assistance, translator help, family law assistance, new parenting kits, computer, fax, internet access, adult and youth drop-in center, mental health services, meals on wheels for seniors and produce giveaway on 1st & 3rd Thurs. each month. teachinc.org/pdf/FRC-Brochure.pdf. 810 Main St. (530)667-2147.

Yreka Community Resource Center. Offers playgroups birth-5, parenting classes, Dolly Parton Imagination Library and free books, mental health resources, commodities food giveaways, New to You thrift store. siskiyoucrc.org/yreka. 201 S. Broadway St. (530)842-1313.



FINANCE

MULTIPLE COUNTIES

Omega Mortgage Group; Provides mortgage financing options to assist consumers with purchasing and refinancing primary residences, vacation homes or investment properties. Schedule an appointment to discuss your options. Email Jody Bartley jbartley@omegalending.com. 2285 Hilltop Dr, Suite 100. Redding. (530)520-5805.

FOSTER CARE & ADOPTION

MULTIPLE COUNTIES

California Department of Social Services Adoptions; Colusa, Glenn, Siskiyou, Sutter Counties and more. Adoptive families are especially needed for sibling groups and older children. Adoptive parents support groups offered. cdss.ca.gov/adoptions, search CDSS Regional Offices for Chico Regional Office listing. 520 Cohasset Rd., Suite 140. (530)895-6143.

Children First Foster Family Agency; Shasta and Siskiyou Counties. Private, non-

profit organization dedicated to helping change lives by providing a safe place for children to heal in a culture of love, acceptance and consistency. childrenfirstffa.com.
Red Bluff. 590 Antelope Blvd. Building B, Suite 20. (530)443-8775.
Redding. 2608 Victor Ave., Suite A. (530)364-5264.
Yreka. 544 N. Main St., Suite 4. (530)684-5371.

Children's Hope Foster Family Agency; Gridley. Serves 12 North State counties incl. Butte, Glenn and Tehama. Offers a wide variety of services and support to foster parents and children. Mission is providing hope and nurturing guidance to resource parents, foster children and transition age youth through compassionate professional services. childrenshopeffa.org. 567 Virginia St. (530)846-4955.

Court Appointed Special Advocates Association (CASA); Redding. Serves Butte, Glenn, Shasta and Tehama counties. Supports and promotes court-appointed volunteer advocacy so every abused or neglected child in the United States can be safe, have a permanent home and thrive. nationalcasagal.org for info on the CASA program. nvcss.org/casa for info on Butte, Glenn, Shasta and Tehama County programs.

Environmental Alternatives. 15 counties served. A nonprofit corporation providing a variety of residential services to neglected, abused and delinquent children. Programs include foster care, group homes and transitional housing ea.org. (800)655-8350.

The Post Institute; Nationwide. Publisher of love-based, family-centered information for parents with adopted, foster and diagnosed children. Their approach to managing disruptive behaviors empowers parents of children with prior trauma to create a healing environment in the home. postinstitute.com.

Youth & Family Programs. Serving Butte and Shasta Counties. Offers a distinctive, family-centered, team approach to foster care. Provides a full range of support services to children and teens ages 0-21, their birth families and the agency's foster parents. ncyfp.org.
Chico: 2577 California Park Dr. (530)893-1614.
Redding: 2770 Pioneer Dr. (530)365-9197.

Youth for Change Specialty Services; Butte and Shasta Counties. Offers homeless youth programs, foster family agency, school-based counseling, adoptions, wrap-around programs (parenting services, therapy services and more), parenting workshops and more for the entire family. youth4change.org.
Butte County: 260 Cohasset Rd., Suite 120. (530)877-1965.
Shasta County: 2400 Washington Ave., Suite 102. (530)877-1965.

BUTTE COUNTY

Butte College Foster Kinship Care Education Program; Oroville. Butte County (neighboring counties welcome). Ongoing parenting classes, workshops, family enrichment and other trainings. Open & free to all. butte.edu/fosterkinship. 3536 Butte Campus Dr. (530)895-2511 or (530)895-2284.

Butte County Adoption Services; Oroville. Facilitates adoptions of abused or neglected children in foster care when family reunification efforts fail. Requires dependency court involvement. Prospective adoptive parents can be single or partnered. Home ownership is not required.

SHASTA COUNTY

Krista Foster Homes. A nonprofit Christian agency serving children and families in Shasta County. Foster parents are desperately needed. Be the one to make a difference in a child's life today. KristaFosterHomes.org. 1135 Pine St., Suite 21, Redding. (530)246-1259.

Ready for Life Foster Family Agency; Redding. Works with Northern California families to approve, train and equip them to take foster children into their homes. Experienced, dedicated and friendly staff work closely with families to ensure successful foster placements, whether the child needs standard or intensive level care, no matter the length of stay. readyforlife.net. 962 Maraglia St. (530)222-1826.

Shasta County HHSA Resource Family Approval; Redding. Adoption and foster care agency. shastacountycaresforkids.com. 1313 Yuba St. Resource family approval and adoptions. (530)225-5791.

Stable Moments; Redding. A 10-month weekly mentorship program where foster and adopted children work on goals and develop life skills such as emotional awareness, self-regulation, anger management, healthy relationships, social cues and appropriate boundaries through Equine Assisted activities and learning (EAL). This program seeks to improve the life course of foster and adopted children who have experienced early developmental trauma. roughoutranch.org. 21449 Roughout Rd. (209)256-9640.

SISKIYOU COUNTY

Court Appointed Special Advocates Association (CASA); Yreka. Serves Siskiyou County. Recruits, screens and trains community volunteer advocates. Mission is to monitor foster children's progress through court proceedings, assess and inform the court of the children's needs and progress and work toward permanent and safe placement of each child in a timely manner. yesiskiyou.org/casa. (530)841-0844.

TEHAMA COUNTY

Tehama County Department of Social Services; Red Bluff. Connects children in difficult circumstances with loving foster families. Provides services for young adults who have aged out of the foster system but still need support. Also offers parent education classes and child abuse hotline. tcdss.org. 310 S. Main St. (530)527-1911.

GRIEF SUPPORT

ONLINE

Hospice Foundation of America. Offers information online to help with understanding challenges that need to be faced when coping with grief. Local hospice programs often offer grief support. hospicefoundation.org. (800)854-3402.

OTHER AREAS

Dougy Center; Portland, OR. The National Grief Center for Children & Families. Provides support in a safe place where children, teens, young adults and families who are grieving can share their experiences before and after death. Offers training locally, nationally, internationally, grief education and training, community support and response, grief support, podcast and bookstore. dougy.org. (503)775-5683.

Return Home; Auburn, WA. Natural end-of-life termination service gently transforms human remains into rich, fertile soil to return to the earth. Provides at-need death care. returnhome.com. 4146 B Pl NW. (206)539-1665.

Green Burial Council. Burial with minimal environmental impact that aids in the conservation of natural resources, reduction of carbon emissions, protection of worker health and the restoration/preservation of habitat. greenburialcouncil.org. (888)966-1330.
Conservation Burial Alliance: conservationburialalliance.org.
National Home Funeral Alliance: homefuneralalliance.org.
The Forest: theforestconservationburial.org. (541)625-9697.

BUTTE COUNTY

Camp Okizu; Oroville. Annual weekend bereavement camps for families and siblings who have lost a child/sibling to childhood cancer. okizu.org/programs/bereavement-programs. (415)382-9083.

SHASTA COUNTY

Kids Grief Explorers Club; Redding. In-person grief group for kids led by Child Life Specialist Suzanne Tovey, provides a safe, understanding environment for children to express their emotions, connect with peers and build healthy coping skills through creative activities and discussions. Meets in Caldwell Park according to age group. Visit ReddingRecreation.org and click "Register Online" to enroll your child.

SISKIYOU COUNTY

Madrone Hospice; Yreka. Grief support and counseling services for those who have lost a loved one. All ages. madronehospice.org. 255 Collier Circle. (530)842-3160.

Mercy Hospice; Mount Shasta. Serves South Siskiyou County. Grief support groups and one-on-one support for anyone who is grieving. mercymtshasta.org. 914 Pine St. (877)958-0539.

LEGAL ASSISTANCE

MULTIPLE COUNTIES

Law Help California Website. Helps people of low and moderate incomes find free legal aid programs in their communities. Helps find answers to questions about legal rights and forms to help with legal problems. LawHelpCa.org.

Legal Services of Northern California. Serves all upper CA counties. Offers legal resources and research tools. Provides civil representation to low-income clients. Assists with tenant, public benefits and unemployment issues. Helps grandparents raising grandchildren with guardianships, Calfresh, CAlworks, natural disaster, post-conviction relief, in-home support services, name and gender change petitions, education issues. Has many programs to assist with issues facing low-income adults and children. LSNC Health Hotline assists with health care issues. lsnc.net. (916)551-2150.
Butte, Glenn and Tehama Counties: 541 Normal Ave., Chico. (530)345-9491 or (800)345-9491.





Shasta and Siskiyou Counties: 1370 West St., Redding. (530)241-3565 or (800)822-9687.

BUTTE COUNTY

Butte County SHARP; Chico/Oroville. Self Help & Referral Program provides general assistance to people who do not have attorneys; family law, guardianships, evictions, small claims, name changes and restraining orders. Program staff will provide information about procedure, substantive law and choices that litigants may have, allowing people to make informed decisions about their cases. Mon-Fri, 8:30am-4pm. sharpcourts.org.
Chico: 1775 Concord Ave. (530)532-7015.
Oroville: 1 Court St. (530)532-7015.
Community Legal Information Clinic (CLIC); Chico. A student-run organization that has been providing legal information to students and community members for more than 50 years. Provides paralegal internship opportunities with students working directly under CLIC's four su-per¬vising Chico State professors. csuchico.edu/clic/index.shtml. 400 W. 1st Street, Suite 121. (530)898-4354.

GLENN COUNTY

Glenn County Family Law Facilitator Program; Willows. Assists self-represented family law litigants with the preparation of family law petitions, responses, motions and declarations in cases where child or spousal support is an issue. The court now offers free services to people who need help with family law matters. A licensed attorney provides direct services to families. By appt only. Find Family Law Facilitator under Court Information at glenn.courts.ca.gov/divisions/family-law-facilitator. (530)934-6446 ext. 7004.
Glenn County Self Help Center; Willows. Info about procedure, substantive law and choices litigants may have, allowing people to make informed decisions about their cases. Staff can assist litigants in completing their legal forms by explaining what information is being sought. Self-Help Center staff do not give legal advice. glenn.courts.ca.gov/self-help. 119 N. Butte St. (530)934-7114.

SHASTA COUNTY

Shasta County Family Law Facilitator/Self Help; Redding. General information and assistance completing necessary court forms for child support issues, filing for divorce or legal separation, final judgments in family law cases, grandparent visitation, guardianship cases and more. Cannot provide legal advice. shasta.courts.ca.gov/Self-Help/self-help.shtml. 1500 Court St. selfhelp@shasta.courts.ca.gov. (530)245-6900.

SISKIYOU COUNTY

Siskiyou County Family Law Facilitator/ Self Help; Yreka. Attorneys provide legal information about issues including child/spousal support, divorce/separation, custody/visitation issues, name changes, evictions and more. Attorneys only assist those representing themselves in court and do not represent clients in court. siskiyou.courts.ca.gov. 311 4th St. facilitator@siskiyou.courts.ca.gov.

TEHAMA COUNTY

Tehama County Family Law Facilitator; Red Bluff. Provides parents with educational materials concerning the court processes of establishing and maintaining parentage rights or child and spousal support. Helps distribute necessary court forms and voluntary declarations of paternity. Aids in completing forms, child support issues and more. tehamachild-support.org/family-law-facilitator. 1740 Walnut St. (530)532-7015.
Tehama Superior Court SHARP; Red Bluff. Self Help & Referral Program provides general assistance to people who do not have attorneys; family law, guardianships, evictions, small claims, name changes, guardianship and restraining orders. Program staff provide information about procedure, substantive law and choices that litigants may have, allowing people to make informed decisions about their cases. sharp-courts.org. 1740 Walnut St. (530)527-8649.

PARENTING CLASSES & ENRICHMENT

MULTIPLE COUNTIES

Love Matters Parenting Society. A comprehensive year of developing yourself as an expert interventionist in your own family. For caregivers parenting a child with attachment or abuse/neglect trauma. Through the Love+ Parenting Model parents receive specific assessments, personalized directions and attuned interventions that support parents to meet their family's unique needs. Create the deep connection and loving relationship you want with your traumatized child, while feeling alive and joyful at the same time. lovemattersparenting.com.
Parent Cafés. Opportunity for parents to share information and ideas in meaningful guided discussions with the goal of strengthening families. Make new friends, share hopes and dreams for your family, learn about resources and build a stronger community. Cafés typically meet monthly, with a meal and childcare provided free of charge. Online meetings available. valleyoak-children.org/families/resource-and-referral/parent-cafe. (530)895-3572.
TAPP Teen Services; Butte and Shasta Counties. A free and voluntary case management program for pregnant and parenting teens (including teen fathers). Program helps ensure the health and well-being of teen parents and their children by connecting families with appropriate services and being a support and advocate for the family. nvcss.org/programs/tapp-teen-services.
Butte County: (530)345-1600 x 21080.
Shasta County: (530)247-3329.



The Post Institute; Nationwide. Publisher of love-based, family-centered information for parents with adopted, foster and diagnosed children. Their approach to managing disruptive behaviors empowers parents of children with prior trauma to create a healing environment in the home. postinstitute.com.
Youth for Change Specialty Services; Butte & Shasta Counties. Offers homeless youth programs, foster family agency, school-based counseling, adoptions, wrap-around programs (parenting services, therapy services and more), parenting workshops and more for the entire family. youth4change.org.
Butte County: 260 Cohasset Rd., Suite 120. (530)877-1965.
Shasta County: 2400 Washington Ave., Suite 102. (530)877-1965.

BUTTE COUNTY

Butte College Foster Kinship Care Education Program; Chico. Family and parenting enrichment classes for foster and kinship caregivers. Learn about 6 Core Strengths for Healthy Childhood Development, Attachment Parenting, Active Parenting of Teens, Therapeutic Parenting, Parenting From the Inside Out and more. Open and free to all. butte.edu/fosterkinship. 3535 Butte Campus Dr. *English*: (530)895-2511. *Español*: (530)895-2284.
Center for Spiritual Living; Youth and Family Program; Chico. Conscious Kids Club. All ages. Have fun learning how to enjoy the present moment, express feelings, move through challenges, inspire each other and be grateful for the good things in life. Sundays 9:15am-11:15am. Also, Family Friday monthly events. Families gather for FREE fun and connection each month. Check our website for upcoming monthly events. CSLchico.org. 14 Hillary Lane. (530) 895-8395.

SHASTA COUNTY

Bright Futures; Burney. Classes, activities and support to strengthen families with children 0-5. burneytccn.org. (530)335-4600.
Dr. Kathleen Riley HeartMath Certified Trainer; Redding. Learn resilience through the intelligence of the heart, opening up to authenticity and intention. Resilience is the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity. drkathleenriley.com. 169 Hartnell Ave., Suite 207. kathleen@drkathleenriley.com.
Help Me Grow Shasta. Helps parents find answers to their questions about their child's behavior, development & learning. Provides an easy connection to resources. helpmegrowshasta.com. Dial 211.
Positive Parenting Program (Triple P); Redding. Triple P offers parents helpful information for working with common parenting issues such as tantrums, disobedience helpmegrowshasta.com bedtime drama. triplepshasta.com. 1313 Yuba St. (855)275-8109.

PLAYGROUPS

BUTTE COUNTY

Chico Mothers' Club. Weekly playgroups grouped by age, monthly craft project, play date outings and activities for kids and parents. Low annual membership fee. chicomothersclub.org.

SHASTA COUNTY

Little Explorers; Redding. Weekly activities for ages 2-5 and their caregivers. Thurs, 10am. Free with admission to Turtle Bay. Caregivers free with child admission. Turtle Bay Exploration Park. turtlebay.org/little-explorers. 844 Sundial Bridge Dr. (530)243-8850.

SISKIYOU COUNTY

First 5 Siskiyou County Playgroup and Storytime. Best for children 6 and under. Filled with interactive and hands-on activities, sensory and messy play, art, stories and cooperative games. Each child will receive an age-appropriate book weekly. (530)918-7222.

Mount Shasta
Mondays,10-11:30am
Regenerative Arts Learning Center,
954 Old Stage Rd.

Happy Camp Community Center
Tuesdays and Thursdays, 10 am-Noon
38 Parkway Suite C

Siskiyou County Library
Wednesdays, 11am-12:30pm
719 4th Street, Yreka.

Dunsmuir Library
Wednesdays, 10-11:30am
5714 Dunsmuir Ave.

Lake Shastina Community Center
Thursdays, 10am-Noon
1544 Driftwood Lane

Siskiyou Community Resource Collaborative Parent Participation and Playgroups.
Parent Participation and Playgroups. Bring your child ages 0-6 for a fun, creative and special time together. siskiyoucrc.org.

Dunsmuir Community Resource Center
Tuesdays, 10:30-11:30am
5840 Ste. A Dunsmuir Ave

Mount Shasta Community Resource Center
Thursdays 10:30am-12pm
109 E. Lake St.

Montague California Library
Wednesdays, 10:30am-12pm
230 South 13th St.

Yreka Community Resource Center
Mondays, 10:30am-12pm.
719 4th St.

TOY SHOPS: SPECIALTY & LOCALLY OWNED

BUTTE COUNTY

Bird in Hand; Chico. A store filled with toys, art kits, puzzles, clothing, housewares and more. birdinhand.com. 320 Broadway St. (530)893-0545.

Little Red Hen Gift Shop; Chico. Children's pretend play items, fun games, arts and craft supplies, kids' décor, educational items, books and toys, including toys made from recycled materials. littleredhen.org. 897 E. 20th St., Suite B. (530)897-0100.

Little Red Hen Kids & Kitchen; Chico. Kids' pretend kitchen items, kid-friendly cooking tools, utensils and fun kitchen-related games and toys. littleredhen.org. 959 East Ave. (530)894-1300.

SHASTA COUNTY

Bricks and Minifigs Redding; Redding. Your ultimate Lego® destination! Used sets, new sets, minifigures. Buy, sell, trade. Bring your family and friends for a day of creative building and fun. Connect with fellow LEGO® enthusiasts and be a part of Redding's growing LEGO® community. bricksandminifigs.com. 60 Hartnell Ave, in the Cobblestone Shopping Center.

Ferris Wheel Kids; Redding. Children's clothing, specialty books and toys. Great gifts. Whether you're shopping for a newborn gift, a birthday surprise or everyday essentials, their goal is to make every visit feel fun, easy and memorable for kids and parents. Open Tues-Sat, 10-4pm. ferriswheelkids.com. 1501 Yuba Street. (530)215-3684.

SISKIYOU COUNTY

McCloud River Mercantile; Specialty toys, puzzles and collectibles, doll houses, plus clothing, hats and blankets. mccloudmercantile.com/mercantile.htm. 241 Main St. (530)964-2330.

Raven Tree; Mount Shasta. The North State's only nature gift shop. Kids' educational toys, books, board games, kites, puzzles, fun unique toys, classes, birthday gifts galore, bird feeders, seed, nature-inspired jewelry and more. raventreeshop.com. 138 Morgan Way. (530)926-6695.

The Velvet Elephant Art Center & Fair-Trade Emporium; Mount Shasta. Art supply and fair-trade gift store specializing in art supplies, fair trade handcrafts, toys, games, puzzles and creative gifts, creativity books for kids, organic clothing and earth-friendlier products. velvetelephant.com. 207 N. Mount Shasta Blvd. (530)926-2297.

TEHAMA COUNTY

Dandy Lions Children's Shop; Red Bluff. Featuring fun new toys, dolls, clothing, unique baby shower gifts and more. Shop through a huge selection of toys and gifts. dandylions.shop. 623 Main St. (530)527-7755.

OTHER COUNTIES

Michael Olaf Company; Arcata. Respected source of Montessori toys and educational materials. Shop online. michaelolaf.com. P.O. Box 1162, Arcata, California, 95518. michaelolafcompany@gmail.com.

TWINS & MULTIPLES

ONLINE

Twiniversity. Largest global resource for all things twinning. An online community for parents with twins created by parents with twins. Provides support, education and connections 24 hrs a day around the globe. Find product reviews and virtual baby showers. twiniversity.com. Community@Twiniversity.com

NORTH STATE LA LECHE LEAGUE CHAPTERS

Greater Redding La Leche League
Meetings: Please check with a Group Leader as dates and times for virtual meetings may change.
Leader: Nancy (413)563-1424,
nancydellamaria@gmail.com
facebook.com/reddingcalalecheleague

La Leche League of Red Bluff
No in-person meetings at this time. Contact a leader for support.
Leader: D'Lorah (530)526-6818,
hurton@sbcglobal.net

Chico La Leche League
Meetings: See the Facebook page for meeting information. Free weekly meetings for pregnant and new moms Every Friday 10-11:30am, 2341 Floral Avenue, Chico. Call or text the help line (530)487-4109. Leave a message and one of the La Leche League leaders will return your call. Email lllofchico@gmail.com. They can help troubleshoot issues you're having and provide resources if greater help is required. Leaders: Shanna, Maureen, Rachel and Kate (530)487-4109, lllnorcal.org/chico/. Join their Facebook group. facebook.com/groups/lllofchico

NORTH STATE LACTATION EDUCATORS & CONSULTANTS

Sierra Negrete, CPM
Bilingual Lactation Support
(530)709-8476
midwifesierra@gmail.com

BUTTE COUNTY

The Best Place for Moms
Serving Chico, Paradise, Magalia, Oroville, Durham and more (530)287-8222
thebestplaceformoms.com

CHICO

Butte County WIC Chico office
Megan Mitchell, IBCLC (530)552-3972
Wendy Cervantes, IBCLC (530)552-3967

Chico Pediatrics
Jennifer Clements, IBCLC (530)343-8522



GRANDPARENTS RAISING GRANDCHILDREN
FREE Weekly, in-person and online (small group) ongoing support groups. Helpful, friendly, resources shared non-confrontational. Make new friends! Childcare provided.

KIDS DAY FAMILY FUN FESTIVAL EVENT
April 18,10am-2pm
Bel Air Park, Weed
FREE Lots of fun with face painting, bounce houses, games, tons of hands on activities, live performance, food & drinks.
Volunteers Needed!

FALL KIDS DAY FAMILY FUN EVENT
Date TBD in Yreka
Check website for details
FREE Play Is Key event. Fun & games, water play, sidewalk chalk, music, food & drinks.

DUNSMUIR COMMUNITY GARDEN is the place to be for you and your little sprout. Organic gardening, Siskiyou Bee Club, plant, learn and grow together. Meet Tuesdays 10-11:30am.

WEED SUMMER CAMP JUNE 29 - AUGUST 6 Join us this summer for some outdoor fun exploring, learning and celebrating! Contact 530-938-9914 for more info. This camp has financial assistance for qualifying families.

JOIN OUR FREE PARENT PARTICIPATION PLAYGROUPS!

Bring your child ages 0-6 for a fun, creative and special time together

- **Dunsmuir Community Resource Center**: Tuesdays 10:30-11:30am
- **Mount Shasta Community Resource Center**: Thursdays 10:30am-12pm
- **The Montague California Library**: Weds 10:30am-12pm
- **Yreka Community Resource Center**: Mondays 10:30am-12pm

Northern Valley Indian Health (NVIH) Better Babies
Keri Dowell, Rn, IBCLC & Molly Plummer, LVN, IBCLC (530)433-2500
Enloe Mother and Baby Education Center
Lyndsey Williams, RN, IBCLC & Cassidy Scherba, RN, IBCLC (530)332-3970

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Butte County WIC Gridley Office
Wendy Cervantes, IBCLC (530)552-3967

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OROVILLE

Butte County WIC Oroville Office
Dr Megan Mitchell, IBCLC (530)552-3972
Wendy Cervantes, IBCLC (530)552-3967
Oroville Hospital
Della Corral, RN, IBCLC, Megan Wright, IBCLC & Megan Latta, IBCLC (530)532-8441

SHASTA COUNTY

Redding Midwifery
reddingmidwiferygroup.com/breastfeeding-support
Judy Cassidy, IBCLC (530)515-9332
Dignity Health
Certified Lactation (breastfeeding) consultants, who are registered nurses, offer a personal breastfeeding class and one-on-one breastfeeding support. (530)225-7480
Milkin' Mamas
Teaches women to hand pump instead of using a breast pump. There offer videos to watch and lots of education. (877)522-6262

Shasta Community Health Center
Certified Lactation (breastfeeding) consultants, who are registered nurses, offer a personal breastfeeding class and one-on-one breastfeeding support. (530)225-7480. shastahealth.org/maternity
WIC Breastfeeding support
(530) 245-6466

- Telephone assistance to answer brief questions and evaluate the need for a comprehensive consultation
- One-on-one breastfeeding counseling
- Referrals to the WIC Breastfeeding Peer Counselor Program
- Referrals to various agencies within Shasta County to assist new mothers and their families with additional services

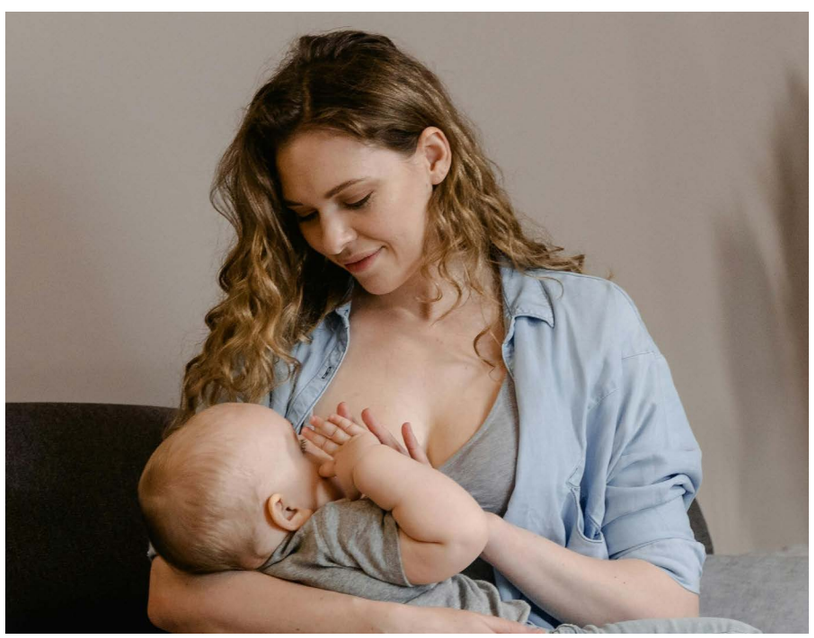
Breast Pump Rentals
Call for an appointment
Anderson – (530)225-5168
Burney – (530)225-5168
Enterprise – (530)224-4200
Shasta Lake - (530)225-5168

SISKIYOU COUNTY

Andrea Vyenielo, IBCLC, RN
Certified Lactation Consultant
(760)709-1313, drey@first5siskiyou.org
First5siskiyou.org
Brenda Montaño, Sol y Luna Birth Work
Full-Spectrum Doula and Lactation Educator. zineswithsol.com, zineswithsol@gmail.com
"Se Habla Español"
Chelsy Marriott, BS, CD/PCD(DONA), SBD, CFFE
Lactation Education Counselor
nurturedguidance.com
chelsymarriott@gmail.com
facebook.com/nurturedguidance

TEHAMA COUNTY

Tehama County Health Services Agency
WIC Lactation Support (530)527-8791



CARENET®
PREGNANCY CENTER OF PARADISE
(530) 876-1113

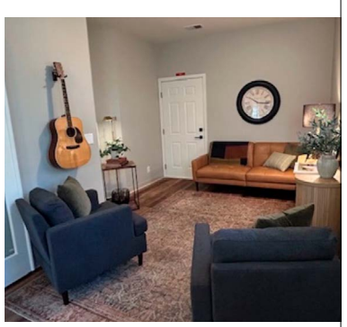
CareNet Pregnancy Center of Paradise offers a safe and welcoming place where individuals can receive compassionate care, talk openly, ask questions and explore their options. We provide free medical services, education, practical resources and referrals to support each person's unique situation.

Services we offer but are not limited to:
Pregnancy testing, limited OB ultrasounds, education on all pregnancy/birth options, STD testing and treatment, UTI testing and treatment, Abortion Pill Reversal, sports physicals, grief care for reproductive loss, professional and community referrals, pregnancy and parenting classes, a baby boutique and more.

Our goal is to walk alongside women and men throughout pregnancy and beyond, helping to meet their practical needs by empowering them to build strong families. We offer support to men through our Men's Legacy Center. The MLC helps men acquire practical skills as well as personal support in their pursuit of becoming better fathers, partners and community members. Whether this is his first experience with pregnancy or he is already raising children, the MLC is committed to walking alongside him in the journey of fatherhood.

The Men's Legacy Center is currently offering parenting classes, financial classes, assistance with career development, housing support, Abortion Recovery classes and healthcare resources. The MLC has various resources dedicated to helping men build a healthy family legacy that will last for generations. Our vision is that together, the Men's and Women's Centers of CareNet will create a seamless network of care and mentoring for young families.





(530) 876-1113
6585 Clark Rd. #320, Paradise, CA 95969
and 2362 Lincoln St. Oroville, CA 95966

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FIRST 5 Siskiyou
CHILDREN & FAMILIES COMMISSION

CAPC CHILD ABUSE PREVENTION COUNCIL OF SISKIYOU COUNTY

Call us at
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GLENN COUNTY HHSA HEALTH & HUMAN SERVICES AGENCY

Butte County PUBLIC HEALTH

This project is/was supported by the Health Resources and Services Administration MIECHV grant. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government


Babies & Toddlers
Resources
SPECIAL SECTION

First Foods for Baby

BY ERIN BIANCHI





Hi, families with young babies. This one's for you! Giving someone their first real taste of food can be daunting. Let's break it down and make it a process you can cherish and not fear.

When is the best time to begin your baby on solid foods?
Most sources indicate four to six months as a good period to begin solid foods. I lean toward six months because the digestive tract becomes more fully developed at that age and better able to break down solid foods. Six months is also the time that your baby may start needing higher amounts of some nutrients such as iron and zinc. Adding solid foods at this age can help achieve this.

How do I know my baby is ready for solid foods?
Once your baby has hit that four to six month mark, check for signs that they are ready for solid foods. All babies progress at their own rate. Look to see if your baby is sitting up on their own, starting to use a pincer grasp and if they are showing interest in foods. Is your baby eyeing what you eat? Are they trying to grab food from you? Does your baby have teeth? All of these can be indicators that they are ready for solid foods.

What food do I start with?
There is no one perfect food. Choose real food and make sure the size and texture are appropriate for your baby. What is appropriate for each baby varies, so observe how your baby maneuvers food. There are two popular food introduction techniques: baby-led weaning (BLW) and the more traditional pureed or soft foods on a spoon. I like both and have used a combination of the two styles. BLW focuses on providing your child with foods they can feed to themselves, typically a steamed vegetable or fruit sliced in a wedge so they can pick it up and take bites. Most of the recommendations below offer both versions.

Avocado
Bring on the healthy fats for brain development, the fiber for proper gut function and the creamy softness that makes it easily palatable. Mash and offer on a spoon or place a slice in front of your baby to encourage them to feed themselves.

Steamed Carrot or other steamed vegetable
Steam until vegetable is easily mashed with the tongue. Offer mashed on a spoon or whole for your child to pick up.

Peas
Soft peas give your baby opportunity to practice picking up their food.

Banana
Mash and offer on a spoon or slice in half and quarter lengthwise for your child to hold.

Egg yolk is a good source of iron and choline. Hard-boil an egg, eat the white and save the yolk for baby. Mash the yolk up and mix in breast milk or water until the texture is no longer dry. Serve on a spoon.

Scrambled Egg
Scramble a whole egg in butter or coconut oil. Serve on a spoon or in small pieces they can pick up.

Pureed Meat
Use a blender or food processor to puree cooked meat. Add in breast milk, formula or water to achieve a soft texture.

Things to observe once you begin offering food
Does your baby push the food out of her mouth with her tongue? This reflex may indicate that your baby is not quite ready for solid foods. Does your baby cough or have trouble gumming the item you offered? If so, try a different size, make the food softer or try a different food item next time. If your baby is feeding himself, does he take bites or shove the food item in all at once? Too much food in the mouth can be difficult for your little one to maneuver.

You may want to try different techniques to regulate intake at the beginning, like offering only one bite at a time or offering on a spoon, so that you control the amount. Serving sizes don't need to be large for your baby to get the benefit of solid foods as most of their nutrition will still be coming from breastmilk and/or formula.

It's OK if your baby would rather explore the food you offer than eat it. This is all new and your baby will progress in eating at their own pace. Feel confident taking cues, such as your baby pushing a food offering away. This can indicate that they are full or not ready for solid foods yet. Enjoy providing your child exposure to new foods and learning with them. ■





Let your baby lead the way and don't insist. Open mouth means "Yes, yum." Closed mouth or turned head means "No, I'm full" or "No, I don't like that."

NORTH STATE LA LECHE LEAGUE CHAPTERS

Greater Redding La Leche League
Meetings: Please check with a Group Leader as dates and times for virtual meetings may change. Leaders: Nancy – (413)563-1424, nancydellamaria@gmail.com
facebook.com/reddingcalalecheleague

La Leche League of Red Bluff
No in-person meetings at this time. Contact a leader for support.
Leaders: D'Lorah – (530)526-6818, hurton@sbcglobal.net

Chico La Leche League
Meetings: See the Facebook page for meeting information. Free weekly meetings for pregnant and new moms every Friday, 10-11:30am, 2341 Floral Avenue, Chico.
Call or text the help line (530)487-4109.Leave a message and one their La Leche League leaders will return your call. Or email lllofchico@gmail.com. They can help troubleshoot issues you're having and provide resources if greater help is required.
Leaders: Shanna, Maureen, Rachel and Kate (530)487-4109, llnorcal.org/chico/
Join their Facebook group. facebook.com/groups/lllofchico

NORTH STATE LACTATION EDUCATORS AND CONSULTANTS

BUTTE, GLENN, TEHAMA COUNTIES

Sierra Negrete, CPM
Bilingual Lactation Support (530) 709 8476, midwifesierra@gmail.com

BUTTE COUNTY

The Best Place for Moms
Serving Chico, Paradise, Magalia, Oroville, Durham and more (530)287-8222, thebestplaceformoms.com

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Butte County WIC Chico office
Megan Mitchell, IBCLC (530)552-3972 • Wendy Cervantes, IBCLC (530)552-3967
Chico Pediatrics
Jennifer Clements, IBCLC (530)343-8522
Northern Valley Indian Health (NVIH) Better Babies
Keri Dowell, Rn, IBCLC & Molly Plummer, LVN, IBCLC (530)433-2500
Enloe Mother and Baby Education Center
Lyndsey Williams, RN, IBCLC & Cassidy Scherba, RN, IBCLC (530)332-3970

GRIDLEY

Butte County WIC Gridley Office
Wendy Cervantes, IBCLC (530)552-3967

PARADISE

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Mikalia Dyer, IBCLC & Teresa Rein, RN, IBCLC (530)287-8222

ORLAND

Glenn County Public Health WIC
Jennifer Clements, IBCLC & Marcy Torres, CLE (530)865-8791

OROVILLE

Butte County WIC Oroville Office
Dr Megan Mitchell, IBCLC (530)552-3972
Wendy Cervantes, IBCLC (530)552-3967
Oroville Hospital
Della Corral, RN, IBCLC, Megan Wright, IBCLC & Megan Latta, IBCLC (530)532-8441

SHASTA COUNTY

Redding Midwifery
reddingmidwiferygroup.com/breastfeeding-support
Judy Cassidy, IBCLC (530)515-9332
Dignity Health
Certified Lactation (breastfeeding) consultants, who are registered nurses, offer a personal breastfeeding class and one-on-one breastfeeding support. (530)225-7480
Milkin' Mamas
(877)522-6262
Teaches women to hand pump instead of using a breast pump. There offer videos to watch and lots of education.

Shasta Community Health Center
Certified Lactation (breastfeeding) consultants, who are registered nurses, offer a personal breastfeeding class and one-on-one breastfeeding support. (530)225-7480. shastahealth.org/maternity

WIC Breastfeeding support (530) 245-6466
- Telephone assistance to answer brief questions and evaluate the need for a comprehensive consultation
- One-on-one breastfeeding counseling
- Referrals to the WIC Breastfeeding Peer Counselor Program
- Referrals to various agencies within Shasta County to assist new mothers and their families with additional services
- Breast pump rentals

Call for an appointment
- Anderson – (530)225-5168
- Burney – (530)225-5168
- Enterprise – (530)224-4200
- Shasta Lake - (530)225-5168

SISKIYOU COUNTY

Andrea Vyenielo, IBCLC, RN
Certified Lactation Consultant (760)709-1313
First5siskiyou.org, drey@first5siskiyou.org

Brenda Montaño, Sol y Luna Birth Work
Full-Spectrum Doula and Lactation Educator - "Se Habla Español"
zineswithsol.com, zineswithsol@gmail.com

Chelsy Marriott, BS, CD/PCD(DONA), SBD, CFFE
Lactation Education Counselor, nurturedguidance.com, chelsymarriott@gmail.com
facebook.com/nurturedguidance

TEHAMA COUNTY

Tehama County Health Services Agency
WIC Lactation Support (530)527-8791



A lactation consultant or a local Le Leche League volunteer can help mother and child have a positive, bonding nursing experience.

From Chaos to Gratitude:
Survival Tips for New Parents

BY SARAH STEGER

Delighted, anxious, excited, tired - congratulations on being a new parent! The reality is that sometimes parenting can feel like survival, other times it is the best feeling in the entire world and oftentimes it is both. As a mama who works full time, helps my husband run his business and has a 3-year-old and an 8-month-old, the struggle is real. These five steps to survival have taught our family how to thrive in the chaos, so I wanted to pass them along because our communities are all better when parents can find ways to thrive. These steps are easy (with a little practice) and completely free to implement, too.

The hardest thing and the best thing

Parenting truly is the hardest thing I've ever done and the best thing. Think about your pre-parent life. Remember all the times you slept in or enjoyed your morning coffee in peace? How about the times you would leave your house in 10 minutes? Those might seem like enduring scenes from a past life now. Yet, my daughter's "I love yous," are better than any amount of quiet that I've lost from being a parent. Remembering the blessings of parenthood helps you stay in that feeling of it being the best thing, which makes survival so much easier.

Just when you have your routine down, it will change

Once you start to feel like you've found a flow to your day, the little one suddenly can climb over the baby gate or figures out how to get onto the kitchen counter. They no longer like eggs, even though you've been eating them for breakfast for weeks. They begin taking shorter naps. The point is, make flexibility your superpower because you are going to need it.

Learn when to rest, not quit

Let's face it, when you're a parent, you never get to quit, but this one phrase has been the glue that keeps me sane. When I'm feeling burned out it is not a luxury - it is a necessity - to take time and rest. We all do this in different ways: baths, hiking, etc. Rest leads to emotional regulation, which is paramount to a healthy family. Plus, it is necessary to model for our children that self-care is important and non-negotiable.

Find Your Tribe

You are not in this alone. Connecting with parents is a survival lifeline. It is so nice to talk to someone else who is going through the pains of teething or a toddler who refuses to eat anything besides cheese. Playgroups in your community are spectacular ways to meet other parents and scheduling playdates gives you and your kiddos a chance to make what might turn into lifelong friends.

"18 summers"

On the hard days, I remind myself that you only have 18 summers with your kids and then they go off to college or out into the world on new adventures. Remembering I probably only have 18 or so summers with them to have them close in our home, to influence their lives before they embark on adulthood, puts it all into perspective, pulling me back into the present with more gratitude and patience. People always say, "they grow so fast." I know there must be some truth to it, which is why I don't want to miss a minute of it, even the hard ones.

Perspective and mindset are gamechangers for helping new parents survive and, dare I say, thrive. It's OK to make mistakes and no parent is perfect, but these five tips have helped our family feel empowered through the journey on what might be one of the greatest adventures of all time: parenthood.

To find parent groups and outings where you can connect with other parents, check out North State Parent's comprehensive online calendar at northstateparent.com/calendar. ■







Meadow Lane Preschool



LOCAL DAYCARE AND PRESCHOOLS





BUTTE COUNTY

Chico Montessori Children's House

Learn about our preschool at our

Open House May 9, 9:30-11:30am.

814 Glenn St. • (530) 342-5518 chicomontessori.com
ⒹⓈ Ages: 2 years 6 months - 5 years • M-F, 8am-5:30pm
Montessori-trained teachers for the development of the whole child. Emphasis on inner motivation, using the child's natural curiosity and delight in discovery. Sessions offered: morning, afternoon, and full day. Lic# 045406630

Palermo Union Elementary School District

Call for more info about our three different locations.
(530) 533-4842 ext.6001 • palermoschools.org
ⒹⓈⓂ Ages: 18mo-5 yrs • M-F, 7:30am-5:30pm
Our qualified staff works with you and your child to develop the foundation for future academic success, recognizing and valuing each child's unique traits and potential. Lic# 041370378, 041372369, 045407779

SHASTA COUNTY

Columbia's Lion Cubs Preschool

10142 Old Oregon Trail, Redding • (530) 223-4070 x315
ⒹⓈⓂ Ages: 2-5 yrs • M-F, 7:30am-5:15pm
Experienced, qualified and nurturing teachers. Full, extended and half-day programs, small class sizes, kindergarten readiness. Lic# 455403185

Enterprise Elementary Preschool

795 Hartnell Avenue, Redding • (530) 224-4178
eesd.net/ourschools/preschool Licensed programs build confidence, skills and school readiness in a safe, nurturing environment. Free options available for qualifying families.
Lic# 455403855

Kids Interconnections Preschool & TK

4672 Loch Pl • Shasta Lake City • (530) 227-9191
kidsinterconnectionspreschool.com
Ⓜ Ages: 3-6 yrs • AM class 8:45am-11:45pm •
PM class 12-2:45pm. Experienced preschool teacher with a BA in early childhood education; accepts SCOE Alternative Payment. Your child will be prepared for kindergarten and develop social, emotional, physical, language and cognitive skills in a warm, home-like small class. Lic# 455408509

Meadow Lane Preschool

2770 Balls Ferry Rd. Anderson • (530) 378-7030
cuesd.com ⒹⓈⓂ Ages: 2.9-5 yrs • M-F, 7:45am-5:30pm
Afternoon care available until 5:50pm. Every child deserves a nurturing and engaging environment to learn and grow. Our play-based curriculum encourages creativity and social development, laying a foundation for future success. Lic# 455402120

Redding Christian Preschool & TK

21945 Old 44 Dr., Palo Cedro • (530) 547-5600
reddingchristian.com.
Preschool: Ages: 2.5-4 yrs • M-F, 7:30am-4:30pm; mid-Aug to beginning of June. 3-5 half or full days.
TK: Ages: 4-5 years • M-F AM class 8-11am; PM class 11:45-2:45pm; mid-August to beginning of June.
Private Christian preschool and pre-kindergarten offers hands-on learning and academic skill-building, focusing on spiritual, academic, social and physical development. Lic# 455406244

Shasta Head Start Child Development, Inc.

375 Lake Blvd. Redding • (530) 241-1036
shastaheadstart.org. ⒹⓈⓂ Ages: 0-5 yrs • M-F, 8am-4:30pm
Private, non-profit provides high quality childcare and social services to low-income children and their families in Shasta, Siskiyou and Trinity counties. Lic# 4455406084

Trinity Lutheran Early Learning Center

2440 Hilltop Drive, Redding • (530) 221-6686
reddingtlc.org • crystal@reddingtlc.org. ⒹⓈ Ages: 0-5 yrs, M-F, 7:30am-5:30pm. A meaningful Christian education. Experienced teachers teach the love of Christ and curriculum to ensure each child is ready for kindergarten and beyond.
Lic# 4151373105

West Redding Preschool

3490 Placer Street, Redding • (530) 243-2225
westreddingpreschool.com
ⒹⓈⓂ Ages: 6wks-12 yrs • M-F, 7am - 5:30pm
An educationally based curriculum. Our goal is to prepare each child today for the educational challenges that they may face tomorrow. Lic# 455401406



Ⓓ = Diapers Accepted
Ⓢ = Snacks Served
Ⓜ = Meals Served



SISKIYOU COUNTY

Shasta Head Start Child Development, Inc.

710 Everitt Memorial Hwy, Mt Shasta • (530) 918-2550
shastaheadstart.org
ⒹⓈⓂ Ages: 0-5 yrs • M-F, 8am-4:30pm
Private, non-profit provides high quality childcare and social services to low-income children and their families. Locations in Mt Shasta, Weed and Yreka. Lic# 445406084

Siskiyou Child Care Council

Fort Jones, McCloud, Dunsmuir, Lane Street (Yreka)
SisQ Kids (Weed) • (530) 938-2748
tstacher@siskiyouchildcare.org
siskiyouchildcare.org
We believe that every child is unique and of supreme worth. Our state preschools provide care in a nurturing environment designed to foster development of positive self esteem, emotional well-being, social skills, independence, creativity, and problem solving.Call for more information about any of our schools. Lic # 475403153, 475404269,475404757,475408055, 475408138.

TEHAMA COUNTY

First Church of God Preschool

1005 S. Jackson Street, Red Bluff • (530) 527-4516
Sept-May • M-F, 8:30am-12noon
Ages: 3-5 yrs
A Christian preschool whose mission is to equip the whole child in a Christ-centered environment. Our staff works alongside families to help their children have a wholesome educational foundation. Lic# 521300231

Kotasik Daycare

2 Sutter Street, Suite C, Red Bluff • (530) 727-9607
ⓈⓂ Ages: 2-5yrs • M-F, 7:30am-5:30pm
All staff are fully qualified, first aid and CPR certified. Drop-ins welcome. Subsidized payment accepted. Breakfast and Lunch served family-style. Lic# 525407977





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ospshasta.org/giving

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Do You Have Concerns About Your Baby's Development?

Most Babies At...

3 Months Look from one object to another. Hold up their heads. Give eye contact.

6 Months Reach and grasp objects. Look when their name is called. Roll over.

9 Months Sit alone. Imitate gestures. Wave bye-bye.

12 Months Take their first steps. Play with a variety of toys. Begin to say "mama."

18 Months Walk alone. Build a tower of three blocks. Use up to 15 words. Enjoy interacting with caregivers.

24 Months Begin to use two-word phrases to communicate. Eat and drink independently. Walk up and down stairs.

FAR NORTHERN
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Infants and toddlers from birth to age 36 months may be eligible for early intervention services through Far Northern Regional Center.



Call our referral line: (530) 332-1529 www.farnorthernrc.org

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Nora McNeill

50 Years of Midwifery Community Celebration

Sat. March 21, 2026

4 PM - 8PM

Shasta District Fair & Event Center

1890 Briggs St. Anderson

For post event highlights and more about Nora's work visit ReddingMidwife.com

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LIFENET FAMILY RESOURCE & PREGNANCY CENTER
RED BLUFF (530)727-9888

CARING FOR WOMEN CTR
OROVILLE (530)533-8388

CARING FOR WOMEN CTR GRIDLEY
(530)649-2315

Enloe Health's Trees for Babies

Graduate from one of these classes to be eligible for a tree to honor your baby's birth:

- Childbirth Preparation
- Bittie Babies
- Infant/Child CPR
- Understanding Grandparenting
- Understanding Fatherhood

To learn more, call 530-332-3970.

ENLOE HEALTH
MOTHER & BABY EDUCATION CENTER

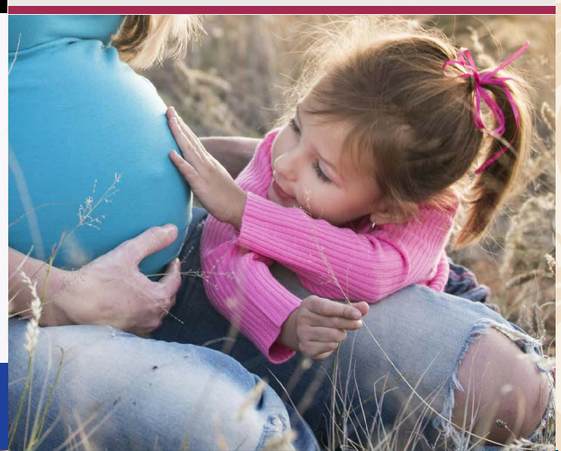


Do You Have Concerns About Your Baby's Development?

Infants and toddlers from birth to age 36 months may be eligible for early intervention services through Far Northern Regional Center.

FAR NORTHERN REGIONAL CENTER

Call our referral line: (530) 332-1529
www.farnorthernrc.org



Choices

Pregnant? Parenting? Welcome!

Supportive friendships, essential resources, and kindness.
A place to belong.

530.926.6726 & 530.331.3762

Choices Siskiyou



Shasta Community Health Center
a california health center

WOMEN'S, BABIES', AND CHILDREN'S CENTER

1000 Placer Street
Redding, CA 96001

shastahealth.org



Maternity: (530) 225-7480
Pediatrics: (530) 246-5702
Vision: (530) 229-5101

Need help with health insurance or Medi-Cal?
Call us at (530) 229-5117.
Se habla espanol.

UPK Universal PreKindergarten

Give Your Child a Great Start!

Every child deserves a strong, joyful beginning—and every family deserves choices that fit their life.

Universal PreKindergarten (UPK) offers flexible early learning designed to support your child's growth, confidence, and success—at school and beyond.

Learn More
greatstartbutte.org

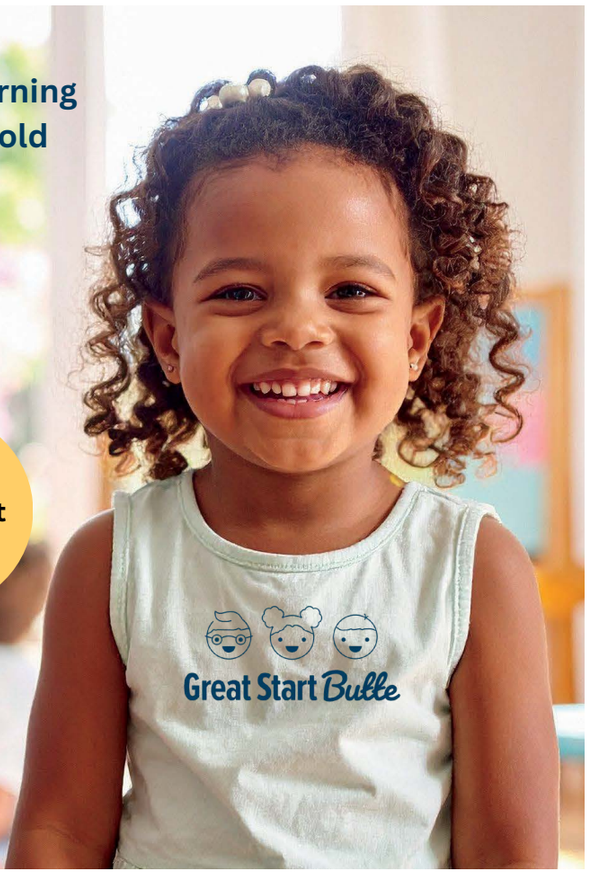
Discover high-quality early learning options for your 3- and 4-year-old

Private Pay Preschool

California State Preschool Program

Head Start

Transitional Kindergarten



¿Embarazada con su **primer bebé**?

¡Lo tienes!

con una enfermera personal gratis que le ofrece soporte, consejos, y nueva información que le ayudaría navegar su primer embarazo.



Para aprender mas de **Nurse Family Partnership**

Escanea el código QR o visita:
tinyurl.com/ButteNFP

Nurse-Family Partnership
HHSA
Butte County Public Health

This project is/was supported by the Health Resources and Services Administration MIECHV grant. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government

Tu historia de éxito comienza en Shasta College

¿Eres madre o padre que trabaja y está tratando de balancear la familia, el trabajo, las finanzas y el sueño de un mejor futuro? Tal vez pensaste en ir al colegio para avanzar en tu carrera o intentar algo nuevo, pero no sabes por dónde empezar o en quién confiar.

En Shasta College, tenemos más de 75 años ayudando a miles de adultos alcanzar el éxito.

Sabemos que dar el primer paso o tomar la primera clase puede dar miedo. Nuestros consejeros y personal de apoyo están aquí para ayudarte en cada paso. Ofrecemos tutoría gratis, ayuda para estudiantes con necesidades especiales, un centro de salud y bienestar, becas y ayuda financiera, servicios para veteranos y mucho más.

¿Sabías que Shasta College tiene 5 campus en el norte del estado? Nuestro campus en Tehama apoya con orgullo a las familias locales y es un recurso confiable en la comunidad. Tenemos personal bilingüe que puede ayudarte con admisiones, inscripción y cualquier pregunta que tengas.

Estamos comprometidos a ofrecer un ambiente seguro y acogedor para todos los estudiantes. Aquí, cada persona es respetada, valorada y apoyada.

Nuestras clases de ESL (inglés como segundo idioma) son completamente gratis y están diseñadas para todos los niveles, desde principiante hasta avanzado. Los estudiantes pueden pedir prestados materiales como Chromebooks y libros. También pueden usar nuestro Centro de Aprendizaje para recibir apoyo académico adicional.

Reconocemos que las familias que trabajan necesitan flexibilidad. Puedes inscribirte en cualquier momento del semestre. Ofrecemos clases en la mañana y en la noche, además de opciones en línea y clases híbridas que combinan en persona y en línea.

El dinero puede ser una barrera para muchas personas. En Shasta College, ofrecemos 2 años de matrícula gratis para estudiantes de tiempo completo. También hay otras becas disponibles. Además, muchas clases ahora no requieren comprar libros.

Desde programas de un semestre como la Academia de Bomberos o el programa de EMT (técnico en emergencias médicas), hasta nuestra nueva clase de ESL Salud para Carreras y las clases de Equipo Pesado, Shasta College tiene algo para todos.

¿Listo para comenzar? Visita nuestro sitio web o llama a nuestro campus hoy mismo para hablar con un consejero que te guiará en los próximos pasos. Tu nuevo comienzo puede empezar hoy.



Shasta College
www.shastacollege.edu

¡Solicite hoy!
shastacollege.edu/**Apply**

Shasta College es un educador y empleador que ofrece igualdad de oportunidades.



escanea aquí:
y selecciona
Help Me Grow

CONECTESE CON FIRST 5 TEHAMA *para familias*

En First 5, sabemos que los niños prosperan cuando las familias están rodeadas de apoyo y conectadas a recursos que fomentan la resiliencia. También reconocemos que los padres se benefician más cuando los programas se ofrecen en un entorno confiable y culturalmente respetuoso, y en el idioma que eligen: inglés o español.

Help Me Grow Tehama ofrece apoyo bilingüe y sin juicios para familias con niños de 0 a 5 años, incluyendo pañales, exámenes y referencias. Conectando a las familias con recursos a través de relaciones culturalmente inclusivas.

Escanea el código de arriba y selecciona Help Me Grow. O solicita el formulario de referencia Help Me Grow O 211 pregunte por Help Me Grow PREGNANCY TO PRESCHOOL REFERRAL FORM (ESPAÑOL)

NADIE MERECE ABUSO.

Si está experimentando **asalto sexual**, **violencia doméstica** o **tráfico de personas**, llame a la línea directa de crisis las 24 horas de Empower Tehama.

530-528-0226

Si está en peligro inmediato, llame al 911.

Intervención contra la violencia doméstica y apoyo para la agresión sexual

Visite **www.empowertehama.org** o escanee el código QR para obtener más información

EMPOWER *Tehama*



De pequeñas chispas a grandes sueños: crecemos juntos.

450 & 446
Walnut Street
Red Bluff
530.255.4180

igniteyourflare.com

FREE Family Activities

BUTTE COUNTY

Bidwell Park
Chico
(530)899-1500 (530)225-4095
Daily 5am to 11pm
chicoca.gov/Our-Community/Parks-Recreation-and-Experience-the-Outdoors/Bidwell-Park/

Free. From the mild Lower Bidwell Park to the wilder Upper Bidwell Park, there's plenty to do for every level of ability and outdoor desire. Swimming holes, trails, picnic areas and paved bike trails throughout the park.

Bille Park
501 Bille Rd, Paradise
paradiseprpd.com/
(530)872-6393

Free. Surrounded by a redwood grove, this serene natural space is perfect for picnics, leisurely walks, and reconnecting with nature. Features expansive views of the Butte Creek Canyon. bille-park

Caper Acres
600 Woodland Dr.
(530)896-7800

Free. A fairy tale themed playground located near Sycamore.
explorebuttecounty.com/places/caper-acres

Chico Air Museum
165 Ryan Ave, Chico
Thurs-Sun 10am - 3pm
chicoairmuseum.org
(530)345-6468

Free. Aviation enthusiasts will love the collection of aircraft and exhibits that showcase the region's aviation history. A host of decommissioned planes — some of which children can even climb inside.

Chico Community Observatory
https://www.facebook.com/ChicoCommunityObservatory/
1 Observatory Way
(530)895-4711

Free use of telescopes, knowledgeable docents and outdoor planetarium. Open year-round on clear nights Fri-Sun, sunset to when park closes. Near Horseshoe Lake in Upper Bidwell Park, look for sign at the intersection of Wildwood Ave.

Chico Children's Museum
325 Main St., Chico
Tues-Sun 10am-4pm
chicochildrensmuseum.org
(530)809-1492

Lots of fun activities for children and families. Free for Members and children UNDER 2. $12 for adults and children. $10 for Military, Grandparents, Seniors 60+, Teachers & First Responders. $6 with ACM Reciprocal Network Benefits from a participating Children's Museum. $3 with EBT card for SNAP benefits through Museums for All, up to four people.

First 5 Butte
Chico 655 Oleander Avenue
Gridley (530)782-0293, 630 Washington St
Magalia (530)877-6787, 14144 Lakeridge Court
Oroville (530)230-3996, 2185 Baldwin Ave

Family Centers in Chico, Gridley, Magaila and Oroville offer free playgroups and story times as well as many other free services. Go to first5butte.org/family-center for links to center websites.

Grey Wolf Lodge Wildlife Area
3207 Rutherford Rd, Gridley
Daily sunrise to sunset.
wildlife.ca.gov/lands/places-to-visit/gray-lodge-WA#606523946-getting-there
(530)846-7500

Requires CDFW Lands Pass for 16+, $5.56pp. Reflective ponds, grassy fields and wooded riparian areas provide food, water and shelter for more than 300 species of resident and migrant birds and mammals.

Gridley Museum
601 Kentucky St, Gridley
Tues-Fri 11am - 3pm
gridleymuseum.com/
(530)846-4482

Free local gem offers a glimpse into Gridley's rich past through exhibits, artifacts, the offices of dentists, doctors, and attorneys preserved just as they were nearly a hundred years ago.

Lake Oroville Visitor Center
917 Kelly Ridge Rd, Oroville
Daily 7am - 5pm
water.ca.gov/What-We-Do/Recreation/Visitors-Centers
(530)538-2219

Free. Overlooking both Lake Oroville and the dam, explore interpretive displays, an audio-video room and ascend the 47-foot viewing tower for panoramic views through high-powered telescopes. Pair your visit with a hike on one of Lake Oroville's trails for the full experience!

Manuel Vierra Park
194 Washington St, Gridley
Open daily 7am - 7pm
(530)846-3264

Free. With a summer splash pad, plenty of playground equipment, and public fields and courts, there's plenty to keep the young ones occupied.

Movies at the Oroville State Theater
1489 Myers St, Oroville
Check event calendar for movie times and dates.
orovillestatetheater.com
(530)538-2470
info@orovillestatetheatre.com

$5 movies, classic and contemporary. Reasonable ticket prices for special events. The Oroville State Theater is a cultural landmark that offers a glimpse into the 1920s with its restored interior, vintage marquee, and authentic Wurlitzer pipe organ.

Riverbend Park
50 Montgomery St, Oroville
Daily 7am - 5pm
frrpd.com/riverbend-park
(530)533-2011

Located along the scenic Feather River, offers an abundance of free activities for the whole family. Splash around on a sandy beach, climb the playground equipment, stroll paved trails, host a BBQ, and even play a few rounds of disc golf.

National Yo-Yo Museum
Inside Bird in Hand
320 Broadway, Chico.
Mon-Sat 10am-5pm, Sun 11am-4pm
nationalyoyo.org/
(530)893-0545
info@birdinhand.com

Features the world's largest public display of yo-yos, memorabilia, and competition awards. Also home to BIG-YO, the 1982 Guinness Book of World Records holder for World's Biggest Working Wooden Yo-Yo. Stop by on Saturdays at 2pm for a free yo-yo lesson.

Paradise Lake
Paradise
paradiseprpd.com/paradise-lake
(530)877-4971

Immerse yourself in the beauty of Paradise Lake, where outdoor enthusiasts can fish, hike, and appreciate the scenic surroundings. All it costs is a $3 parking fee. Paradise Lake provides paddling, fishing, hiking, mountain biking, and other activities.

in the North State

GLENN COUNTY

Honeybee Discovery Center
honeybeediscoverycenter.org
(530)805-BUZZ
Learn about honeybees and beekeeping. See living hives, taste honey, explore exhibits. Low-cost. $3 adults, $2 kids ages 6-12, kids 5 and under free.

The Hive Kitchen & Bar
thehivekitchenandbar.com
730 Sixth St, Orland
(530)865-8000
Has a living bee hive exhibit in the lobby, free to view.

The Orland Art Center
732 4th St. Orland
Tues-Sat Noon-5pm, during the duration of each show.
orlandartcenter.com
(530)865-2215
Free admission. Occupies the first floor of the handsome three story 1913 Orland Laurel Masonic Lodge building, featuring a beautifully carved ceiling, wonderful 12 foot high display walls and stately columns. The gallery features fine art created by local, national and internationally recognized artists.

SISKIYOU COUNTY

Discover Siskiyou
discoversiskiyou.com
Website has information on many natural areas to visit for free in Siskiyou County.

First Five Siskiyou
first5siskiyou.org/parenting-education-classes
Free playgroups and story times in Dunsmuir, Mount Shasta, Lake Shastina, Yreka and Happy Camp.

Karuk Tribe People's Center Museum & Gift Shop
64236 Second Ave, Happy Camp
Mon-Sat 9:30am-5 pm, closed for lunch 1-1:30 pm.
Free. Devoted to the preservation, promotion and celebration of Karuk history, language, traditions.

TEHAMA COUNTY

Tehama County Sheriff's PAL program
tehamaso.org/pal-programs/
(530)-527-8282
Provides safe opportunities for community youth to participate in a wide range of fun and stimulating activities free of charge while teaching life lessons about community, leadership, education and team building.

Gaumer's Mineral & Mining Museum
78 Belle Mill Road Red Bluff
Mon-Fri 9am-5pm
gaumers.com/gaumers-mineral-and-mining-museum
gaumer5950@sbcglobal.net
Showcases over 50 years and four generations of collecting beautiful and rare gem and mineral specimens from around the world, stone carvings, fossils, Native American artifacts. Free admission.
(530)527-6166

Tehama County Library
Many free activities and events like Board Game & Table Top play, Crafternoons, Storytime for toddlers, Dr. Seuss Story Hour, LEGO at the Library, Mario Day and STEM Days. Check hours for each branch at tehamacountylibrary.org/

First 5 Tehama
first5tehama.org/
(530) 528-1395
Red Bluff. Resources and support for families, providers, leaders and the community.

SHASTA COUNTY

City of Redding Parks and Rec
777 Cypress Ave. Redding
Check website for days/times.
(530)225-4095
cityofredding.gov/government/departments/parks_and_recreation/
Many free and low cost classes and sports for adults and children of all ages and adults, too.

First 5 Shasta free events
Check their website for weekly activities, times and locations.
first5shasta.org/events
(530)646-3780
info@first5shasta.org
First Five Shasta has free tumbling, storytime, and other fun activities located throughout Shasta County.

Holy Spirit Horses
holyspiritandhorses.org
(916)872-3879
Free 6–8-week horsemanship program for teens 11+ in Red Bluff.

The Library of Things
Shasta County Library Anderson, Burney and Redding branches
www.shastalibraries.org/library-of-things/
(530)225-4095
Useful items that can be checked out at Shasta County Library branches include: Blood Pressure Monitor, Bocce Ball Sets, Board Games: California State Library Parks Pass, DIY Home Energy Saving Toolkits, Mobile Hotspots, Watt Meter, LeapPad and more.

Redding Library
1100 Parkview Ave, Redding
Mon-Thurs 10am - 8pm Fri & Sat 10am-6pm Sun 1pm-5pm
shastalibraries.org/redding-library/
(530)245-7250
Besides storytime and engaging activities for young children, the library is a great resource for teens for homework help and tutoring, as well as other databases and e-resources for education support. The Redding Branch offers STEAM-related technology in the Create It! Space, such as 3D printers, virtual reality devices, sewing machines, podcast studio and more.

Sacramento River Trail
Starts at 777 Auditorium Dr. near the Sundial Bridge
Open 24/7 all year round.
chooseredding.com/sacramento-river-national-recreation-trail
(530)225-4100
Free. This winding trail is popular with locals and visitors alike who want to take a casual stroll, a bike ride, or a long run. Parks, bathrooms, trailheads, and scenery along the trail make it a convenient and pleasant way to get some fresh air while enjoying Redding's famous river. The trail is paved and wheelchair accessible.

Shasta State Historic Park
15312 Highway 299 West, passes through the park.
Courthouse Museum and Gift shop Thurs-Sun 10am-4pm
(530)243-8194
Free. This historic park houses the remains of Shasta City, alive and bustling in the Gold Rush days and now a ghost town, with restored stagecoach, barn and courthouse.
parks.ca.gov/?page_id=456

Turtle Bay First Fridays
844 Sundial Bridge Drive, Redding
First Friday of the Month
turtlebay.org/first-fridays
(530)243-8850
info@turtlebay.org
First Fridays with First 5 Shasta provides children ages 0 – 5 and their caregivers free access to Turtle Bay Exploration Park on the First Friday of every month. Reserve tickets for this day and gain access to world-class exhibitions, interactive playgrounds, animal exhibits and more. Tickets are limited, registration required.

- Budgeting & Financial Planning Assistance
- Consignment Stores
- Food Banks, Free Meals And Services For The Unhoused
- Surplus Stores & Reconstructed Goods
- Thrift Stores



BUDGETING & FINANCIAL PLANNING ASSISTANCE

ONLINE AND MULTIPLE COUNTIES

Financial Peace University. Through a 9-week course, learn how to pay off debt, budget and save for the future. Many local churches also offer the courses in a group setting to inspire and encourage participants to control their money instead of letting their money control them. daveramsey.com.
Intuit Mint. Free personal finance software that assists with money management and financial planning. Set a budget, track your goals and more. Simple and streamlined, pulls all your financial information into one place to get a financial overview. mint.com.
Life Happens. Insurance 101 and online calculators to help families determine how much life insurance they need for their situation. Non-profit organization. lifehappens.org.
You Need A Budget (YNAB). Personal budgeting system with coordinating tablet and phone apps. Track your budget and expenses in one place, pay off debt and prevent overspending using the YNAB philosophy. Free trial, low monthly/yearly fee. youneedabudget.com.

SHASTA COUNTY

Pennies On Purpose; Redding. 60-minute sessions presented in school classrooms to develop fundamental knowledge of finances. Kids learn about paychecks, budgeting concepts, types of bank accounts and using credit cards responsibly. Info on how parents can lobby to get the classes taught in their children's school. Sessions for grades 4, 8 & 11 at public, private and independent classes for a fee. facebook.com/PenniesOnPurpose, or instagram.com/penniesonpurpose. (530)806-5899.

CONSIGNMENT STORES

BUTTE COUNTY

Apple Blossom Baby; Chico. Find unique, locally crafted treasures, hard-to-find new items, maternity clothing and high-quality resale clothing, toys, and strollers for infants and toddlers. "So much more than just a store." 1356 Longfellow Ave. (530)345-1617.
Bootleg; Chico. Buy sell trade. Exchange modern, vintage and classic men's and women's clothing for cash. facebook.com/bootlegchico/. 126 W 2nd St. (530)895-1426.
Four Leaf Clothing Co.; Chico. Small, local business with gently used clothing of latest styles & trends. Buy, sell & trade available. Diverse selection of clothes for men & women. fourleafclothingco.com. 152 East 2nd St. (530)781-2798.
Jeannie's; Paradise. Antique furniture, art, tools, home & yard decor all offered. 10am-4pm Fri-Sun. facebook.com/jeanniesconsignmnt/. 491 Pearson Rd. (530)762-4960.
Once Upon A Child; Chico. Buys and sells gently used kids' clothing, shoes, toys, and baby gear. Pays cash on the spot and provides a convenient way to recycle items children have outgrown, giving those items a second life. Ever-changing selection of top name brands at up to 70% off regular retail prices. onceuponachild.com/locations/chico-ca. 801 East Ave Ste #106. (530)592-3824.
Orange Street Consignment; Chico. 15,000 square foot warehouse that sources for all things new, vintage, and unique. facebook.com/orangestreetconsignments. 514 Orange St. (530)519-7805.

GLENN COUNTY

YaYa's Children's Boutique; Orland. Children only, offering very gently used, stain free/odor free clothing sizes NB - Child 16 (XL) Children's new and used toys, baby items, furniture, decor & more. facebook.com/groups/1632946046856867. 619 5th St. (530)517-1555.

SHASTA COUNTY

Friday's Vintage Co.; Redding. Mission is to offer affordable, sustainable, high-quality fashion while building community. Clothes for men & women. Visit website or call to sell. fridaysvintage.co. 1320 Yuba St. (530)969-4220.
Gather Downtown; Redding. Home to Chosen Clothing Consignment Co., this boutique offers a selection of women's, men's, children's, and baby clothing, gear and accessories in a variety of sizes. Customers can shop online. Nestled among 41 independent merchants and artisans, shoppers can enjoy a wide array of shops. gatherdowntown.com/chosen. 1322 Butte St. (530)215-1117.
Main Street Kidz; Cottonwood. In The Mercantile, offering resale clothing for babies, kids, teens and women. Wed-Fri 10am-4pm, Sat 10am-2pm facebook.com/mainkidz. 20633 Gas Point Rd. (530)870-7236.
Rags Consignment & Costumes; Redding. Quality used name brand clothing, accessories, purses and shoes, rental costumes, vintage & retro clothing, wedding dresses & formal wear and more. ragsresale.com. 810 Butte St. (530)241-5865.
That Baby Store; Redding. Quality items for infants, children & adults. Clothes, shoes, toys, baby gear, books, movies, games and more. $1 clothing room. Buys, sells & trades. facebook.com/That-Baby-Store-154172704677717/. 2990 Churn Creek Dr. (530)355-0557.

TEHAMA COUNTY

Amazing Finds; Red Bluff. Family owned and operated. New and used furniture store and consignment warehouse. Offers variety of furniture, entertainment stands & more. amazingfindsredbluff.com. 616 Cedar St. (530)917-1138.
Dandy Lions Children's Shop; Red Bluff. New & consignment clothing, toys and gear for infants, children and moms-to-be, decor & more. dandylions.shop. dandylions@att.net. 623 Main St. (530)527-7755.

SISKIYOU COUNTY

Broadway New 2 You; Yreka. Thrift & consignment. Variety of furniture, clothes, home decor & more. facebook.com/p/Broadway-New-To-You-100085068534607. 201 S Main St. (530)842-1313.
2nd Chance Consignments; Mt. Shasta. Filled with beautiful antiques, contemporary furniture, artwork, home furnishings, designer clothes, jewelry & more. 2ndchanceconsignments.com. 909 South Blvd. (530)926-2710.

FOOD BANKS, FREE MEALS AND SERVICES FOR THE UNHOUSED

FOOD BANKS

BUTTE COUNTY

Catholic Ladies Relief Society; Chico. Gives out food according to the number of people in the family, once a month per family. Must provide an ID for everyone in their household. Emergency food given away on an as-needed basis as long as food supplies last. Mon-Fri, 9am-12pm. 1386 Longfellow Ave. (530)895-8331.
Chico Community Food Locker; Food distribution Mon – Fri, 9am-Noon. 1386 Longfellow Ave. (530)895-8331.
Chico Rescue Mission; Food boxes available every Tuesday at 10am. chicorescuemission.com. 2612 Esplanade. chicorescuemission@yahoo.com. (530)343-1935.
Chico Salvation Army; Food distribution Tues. 2-4pm. 567 East 16th St. (530)776-1009.
First Baptist Church; Paradise. Food distribution Fri, Noon-4pm. 6500 Clark Rd. (530)877-9923.
First Christian Church; Paradise. Food distribution Sat, 11am-1pm. 5738 Pentz Rd. (530)877-9923.
Food Bank at Hope Commons Church; Chico. Food distribution Mon, 4:30pm 1184 East Ave. (530)342-1806.
Hungry Wildcat Food Pantry; Chico. Open to Chico State students and staff facing food insecurity. Provides a wide assortment of nutritious, student-friendly food products. Specializes in the distribution of local, farm-direct, organic produce and foods. csuchico.edu/basic-needs/resources/pantry.shtml. (530)898-4098.
Magalia Community Church; Food distribution Thurs, 11am-1:30.13700 Old Skyway, Magalia. (530)877-7963.
North State Food Bank; (530) 712-2600. Tues, 10:30-11:30am, 410 Jackson St., Gridley. Tues, 9-11am & 6-7pm. 441 C St., Biggs. Wed, 10-11:30am. 895 Virginia St., Chico. Wed, 11am-Noon. 4967 Schott Rd., Forest Ranch. Wed, 11am-1pm. 11 Maple Creek Ranch Rd., Cohasset. Fri, 10am-Noon. 13700 Skyway, Magalia. (530)712-2600.
Sacred Heart Parish; Gridley. Food distribution Tues & Wed 9:30-11:30am. 1561 Hazel St. (530)846-2140.

GLENN COUNTY

Assembly of God Food Pantry; Corning. Available to anyone in need. Fresh Food Giveaway: Mon, 10-11am (or until gone). Bagged Groceries: 4th Wed each month 9-11am. 660 Solano St. (530)824-3426

SHASTA COUNTY

Shasta Senior Nutrition Program – Friday Food Bank; Redding. Not just for seniors, but for all low-income people. 1st & 3rd Fri, 8-9am. Photo ID, proof of address req. ssnpweb.org. 100 Mercy Oaks Dr. (530)226-3071.
Shingletown Emergency Food & Outreach Center. Provides emergency food to those in need in Shingletown, Manton and Viola. Available Wed by appointment and other times as able for urgent needs. Delivery is often available for seniors in Shingletown depending on weather and staffing. Items include non-perishable foods, fruits and vegetables as available, pet food and some hygiene items. shingletownmedcenter.org/community-services#emergency-food-closet. info@shingletownmedcenter.org. (530)474-3390 ext.343.
The Salvation Army; Redding. Weekly pantry and homeless food bags. Every Tues-Thurs.10am-noon. Bring photo ID and 1 month proof of residency. redding.salvationarmy.org. 2691 Larkspur Lane. reddingcorps@usw.salvationarmy.org (530)222-2207.

SISKIYOU COUNTY

Siskiyou Community Food Bank; Yreka. Food bank for low-income individuals and families. SCFB earned a gold seal from Guidestar. Provides financial literacy classes at Weed High School. Partners with Health Ministry Foundation in Mount Shasta to provide a large teaching garden and green house for SFA clients to learn how to grow food, even in small spaces. Provides fiscal management of the Weed Farmers Market, allowing Cal Fresh clients to purchase fresh, organic foods with their benefits and a market match up to $20. siskiyoufoodbank.org. 1601 S. Oregon St., Suite B (entrance on Kegler Lane). (530)340-6382.
Siskiyou Food Assistance Corporation; Weed. We serve nutritious food and prayer to our neighbors in need. Our mission is to help our neighbors with sustainable, nutritious food supplies to fulfill what Jesus said: "Whatever you did for one of the least of these brothers of mine, you did for me" - Matthew 25:40. siskiyoufoodassistance.org. 780 South Davis Avenue. (530)408-6115.

Yreka Food Bank. Has served the community for over 40 years and provides monthly food, clothing, and houseware assistance. jmpatterson1995.wixsite.com/yrekafoodbank. 1249 South Main Street. yrekafoodbank@yahoo.com or yrekafoodbank45@gmail.com. (530)643-2507 or (530)598-2178.

TEHAMA COUNTY

Anderson-Cottonwood Christian. An emergency food program serving the needy. facebook.com/andcca. 2979 E Center St, Anderson, CA 96007. Accafoodshelf@gmail.com. (530)365-4220.
Assembly of God Food Pantry; Corning. Provides nutritious food to individuals and families in need through their network of food pantries, mobile distribution programs and partnerships with local organizations. Fresh food giveaway Mondays 10am-11an (or until gone). Bagged groceries: 4th Wednesday each month 9am-11am. newlifecorning.org/food-pantry. info@newlifecorning.org. 660 Solano Street. (530)824-3426.
Orland Pantry. Providing emergency food up to 12 times in a calendar year for the communities of Artois, Capay, Hamilton City, Ord Bend and Orland. Food is distributed based on family size and a nutritionally balanced diet. Families must show proof of residency and ID. Eligible families may pick up food boxes up to twelve (12) times in a calendar year at the First Lutheran Church Hall in Orland. Please wear a mask to protect our volunteers. Check website for pick-up times and location. orlandpantry.org. (530)681-6334.
Tehama County Food Bank. Distributes USDA Commodities (surplus food) each month for Tehama County residents with low income at locations throughout Tehama County. Food giveaway locations, days and times each month are posted on their Facebook page. Emergency food available on non-giveaway days. facebook.com/p/Tehama-County-Gleaners-and-Food-Bank-100064956361363. (530)529-2264.
Los Molinos: Masonic Hall, 25020 Tehama-Vina Rd.
Manton, Paynes Creek & Ponderosa Sky Ranch: Services available for residents.
Rancho Tehama: Recreation Center, 17357 Stagecoach Rd.
Red Bluff: 20699 Walnut St.

FREE MEALS AND SERVICES FOR THE UNHOUSED

BUTTE COUNTY

Chico Rescue Mission. Guides men grappling with addictions and life challenges towards the healing embrace of Jesus Christ. We're confident that through Christ, they can find healing and lead enriched, fulfilling lives. We empower these men with essential job and life skills through our vocational training initiatives. chicorescuemission.com. 2612 Esplanade. (530)343-1935.
Oroville Resource Center and Rescue Mission. Helps those in the community meet their basic needs by providing emergency shelter, three meals a day and access to toilets/showers in a safe environment. Provides emergency shelter, food and clothing for people facing hunger, homelessness and addiction. Aids residents of Oroville, South Butte County and its outlying areas. orovilleresourcecenter.org. 4250 Lincoln Blvd. (530)533-9120.
Shalom Free Clinic; Chico. Sun. 1-4pm. 1010 Mangrove Ave., Chico. (530)342-2445

SHASTA COUNTY

Good News Rescue Mission: Bringing the Good News to the poor, homeless, or needy of Shasta County by sharing the love of God exemplified by the life and ministry of Jesus Christ. Providing emergency subsistence services (food, shelter, clothing) and long-term recovery services. Educating and equipping the people of Shasta County to effectively minister to needy people. gnrm.org. 3100 Market Street. Business hours: (530)242-5920. 24-hours/day: (530)241-5754.

TEHAMA COUNTY

Empower Tehama (Domestic Violence Intervention and Sexual Assault Support. A nonprofit promotes healthy relationships and social change in the community through education, intervention and responsive services designed to inspire personal transformation. Provides crucial social services that empower and support its residents, thereby strengthening and enriching the community. empowertehama.org. 24-Hour Crisis Hotline: (530)528-0226. Prevention Center; Red Bluff. 151 Sale Lane. (530)727-9423.
Child Advocacy Center; Red Bluff. 206 Hickory Street. (530)727-1277.
South County Center; Corning. 275 Solano Street, Suite. (530)838-9124.
P.A.T.H. (Poor And The Homeless: Tehama County Coalition). Emergency shelter and housing options for individuals and families experiencing homelessness in Tehama County. Transitional living home for homeless women and their children, includes program to help women become self-sufficient and secure permanent housing. Transitional living programs for homeless men, includes two-year program to address the needs and guide homeless men to become self-sufficient. pathplaza.org. Sale House Women's Transitional Living. (530)727-9291. Pathways Men's Transitional Living (530)727-9291. Rapid Rehousing (530)727-9291. Emergency Winter Shelter (530)727-9291. pathplaza.org/path-tehama-programs-winter. info@pathplaza.org.
Salt Ranch; Red Bluff. A nonprofit organization and ministry helps the homeless population in Red Bluff. saltranch.org. Randy & Felicia Dueck, 12865 State Highway 99 East. Call or Text (530)200-6871.

SURPLUS STORES & RECONSTRUCTED GOODS

MULTIPLE COUNTIES

Habitat For Humanity ReStores; Nonprofit home improvement store selling surplus construction items, including doors, fixtures, paint and hardware.
Chico: buttehabitat.org. 220 Meyers St. (530)895-1271.
Medford, OR: roguevalleyhabitat.org. 2233 S. Pacific Hwy. (541)773-9095.
Urban Ore; Berkeley. Three acres packed with recycled goods, including building materials, art supplies, garden and household items, sporting goods, clothing, a bookstore, gallery and more. urbanore.com. 900 Murray St. (510)841-7283.

SISKIYOU COUNTY

Hospice Heartisans Boutique; Yreka. Volunteers salvage donated items that would otherwise be discarded and transform them into treasures. One-of-a-kind items include quilted blankets, children's sweaters, knitted socks, home décor, doll beds and more. madronehospice.org/ourshops. 217 W. Miner St. (530)842-2547.

THRIFT STORES

BUTTE COUNTY

ARC Store; Chico. Nonprofit organization selling quality used clothes, home goods and furniture. Benefits ARC of Butte County. Provides work for experience for adults with intellectual and developmental disabilities. thearcstore.org. 2020 Park Ave. (530)891-5865.

The Discovery Shoppe; Chico. Non-profit organization selling quality clothing, household goods, toys, puzzles, books, jewelry etc. Staffed 100% by volunteers and profits go to local. Accepting gently used donations during business hours. Wed.-Fri. 10-4 and Sat. 10-1. 315 Flume Street.
Pawprints Quality Thrift Boutique; Chico. Donations to the store benefit spay/neuter and trap-neuter-return programs. pawprintsthriftboutique.org. 1360 E. 1st Ave. (530)892-2687.
Salvation Army Thrift Stores; Chico. Sales fund The Salvation Army Adult Rehabilitation Program. salvationarmyusa.org. 700 Broadway. (530)342-2192.

SHASTA COUNTY

All Saints Thrift Shop; Redding. Benefits people in need in the Shasta County community. 3268 Bechelli Ln. (530)223-2523.
Another Chance Animal Welfare League Thrift Store; Palo Cedro. Benefits programs that assist animals. acawl.org. 9384 Deschutes Rd., Suite D. (530)547-7387(PETS).
ETC Thrift Shop; Anderson. Benefits Frontier Senior Center. Household items including clothing. frontierseniorcenter.com/etc-thrift-store. 2965 E. Center St. (530)365-2534.
Just Between Friends; Redding. Save 50% to 90% on clothes, shoes, books, toys and all the baby gear. Twice-yearly pop-up stores are offered seasonally in spring and fall. jbfsale.com. (Redding franchise available)
Salvation Army Thrift Store; Redding. Sales help fund The Salvation Army Adult Rehabilitation program. salvationarmyusa.org. 4460 Westside Rd. (530)244-2296.
Second Helpings; Redding. A boutique shopping experience with low prices. Supports organizations benefiting the community. fccredding.org/thrift-store.html. 2636 Churn Creek Rd, Suite B. reddingfcc@gmail.com. (530)226-8000.

SISKIYOU COUNTY

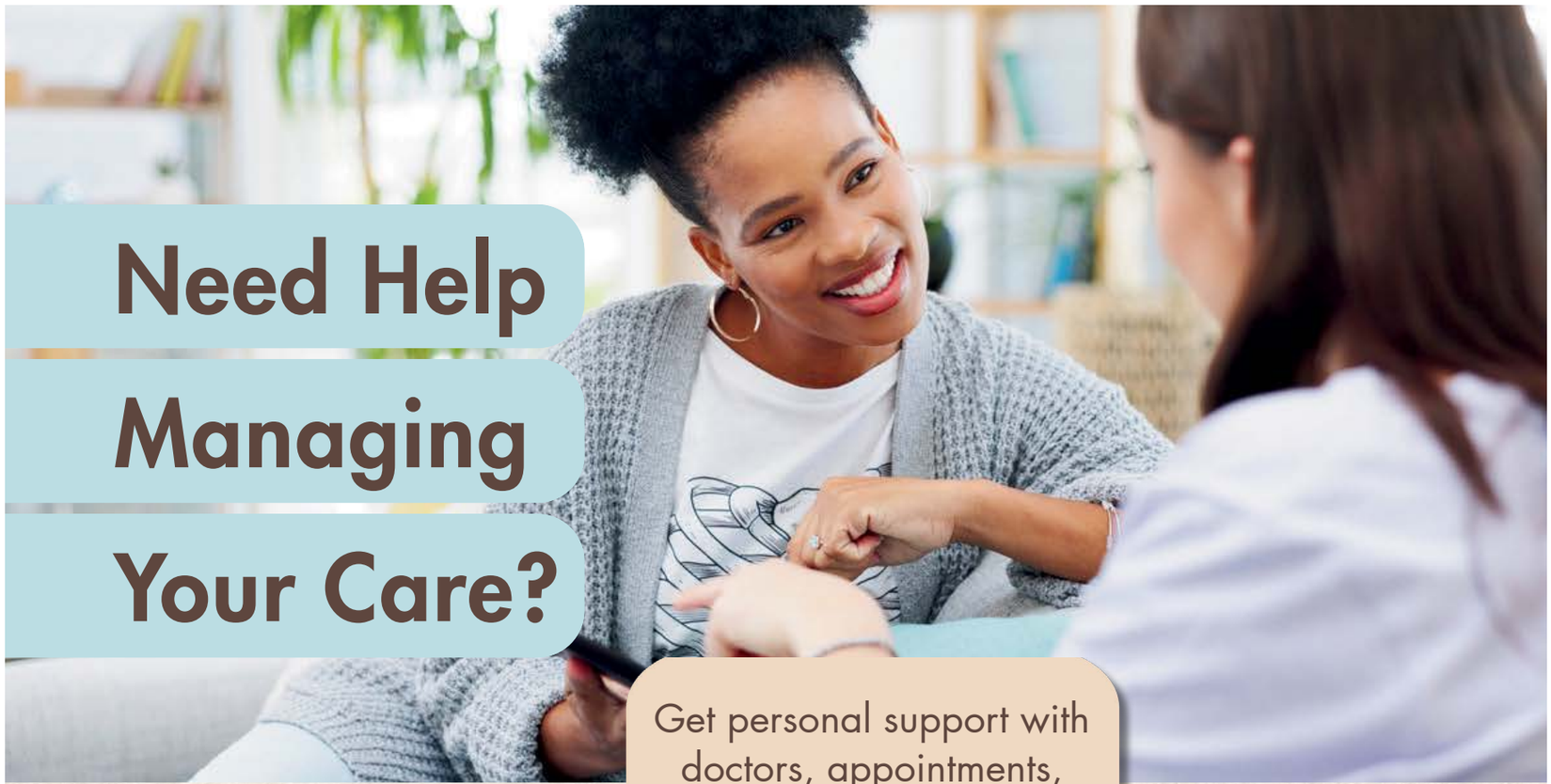
Eagle's Nest Resale Shop; Weed. Benefits College of the Siskiyous student-centered activities and scholarships. siskiyous.edu/eaglesnest. 123 Main St. eaglesnest@siskiyous.edu. (530)938-4663.
The Hospice Shop; Yreka. Quality clothes, shoes, jewelry, furniture, books, housewares and some medical equipment at very reasonable prices. madronehospice.org/our-shops. 209 W. Miner St. (530)842-6025.
Paws & Shop; Mt. Shasta. Benefits Siskiyou Humane Society. siskiyouhumane.org/support/thrift-stores. 110 W. Lake St. (530)926-8878.

TEHAMA COUNTY

Hope Chest; Red Bluff. Benefits Family Counseling Center. 1359 Grant St. (530)527-0270.
Salvation Army Thrift Store; Red Bluff. Sales help fund The Salvation Army Adult Rehabilitation program. salvationarmyusa.org. 493 Antelope Blvd. (530)529-1590.

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Empathy and Aging: Navigating Changes in Your Parents' Later Years

BY CATHERINE VINCENTE PAINE

Imagine your children are in high school or college. You thought things would lighten up. You might be planning on retirement, but now your parents are needing some major care and attention. You are not alone. According to the Pew Research Center, 23% to 28% of US adults, usually aged 40-59, are part of the sandwich generation; those caring for both children and aging parents.

With the improvement in medical care and healthy lifestyles, many people are living independently into their 80s and 90s. As I and many others in this situation have experienced, taking care of aging parents can bring huge changes to both our emotions and the roles we are required to play. As parents, we expect our children to go through many stages, needing support as they mature. One may not be prepared to face a similar situation with one's parents. In fact, many may not have ever considered the potential of taking care of our elders and our children concurrently.

Having Empathy with Elderly Parents Can Be Challenging

Some people may not have felt supported when they were growing up. Yet as a child of an aging parent, they may now feel morally obligated to assist their family. This requires emotional processing, but it can provide the opportunity to forgive past transgressions, which can lead to a place of strength and empathy. This can be a great blessing.

Even if our parents are not dealing with major medical issues, the day-to-day frustrations as a result of aging can manifest as anger expressed by the aging parent as they struggle with the loss of independence. Unfortunately, especially with Alzheimer's or dementia, a person can become angry at caregivers. The challenge is to have empathy for yourself and your parents as you go through this emotionally charged time.

Don't Go It Alone

There are many issues which need to be addressed when assisting aging parents. These can include financial management and assistance, meal prep, house cleaning, transportation, attending medical appointments, documentation of end of life wishes and being available to address emergencies. When facing these situations, it is best if the burden can be shared. This gives a family the opportunity to reconnect with one another, to make sure everyone is aware of the needs of their elders, to be involved in the planning of how to meet those needs and to share the responsibility of providing the needed assistance.

The Added Burden of Elder Care Can be Managed with Planning

The first step is to communicate with other family members who might be able to help and with your elderly parents so that everyone recognizes the needs and can be a part of the plan. It is best to have these conversations before an emergency arises. Depending on your situation, it could be helpful to have a joint family planning meeting where it can be decided who can help best with the parent's needs.
Knowing ahead of time what is expected can provide the opportunity to include the needs of parents when you are scheduling your own commitments or travel. This includes making sure someone is available for emergencies that may arise. One might consider inviting elderly parents for dinner regularly to facilitate these discussions as needs evolve. This can nurture relationships through this time of major change.

Balancing the added burden of parental care can cause emotional strain. Patience, both with parents and yourself, is key. Keeping calm and maintaining a sense of humor can go a long way in dealing with these changes. Specifically asking about their preferences when planning activities that they enjoy can make time together more pleasurable.

Empathy Helps Ease Difficult Conversations

This is the time to address financial matters, along with end of life and burial preferences. These can be difficult issues to discuss. It is important to approach these issues with empathy. The first step is to find out where important papers are kept. Make sure account numbers and passwords are written down and kept in a safe place, such as a safety deposit box.

Ensure that your parents have written a will (inexpensive will kits are available online and at office supply stores) even if they have few assets to pass on. It is important for them to name beneficiaries and an executor. Durable power of attorney documents are important to have in place, especially if a parent develops dementia. A Living Will might be appropriate. Seeking professional advice can put your mind at ease about these preparations.

Planning for funeral arrangements and discussing how to pay for these arrangements is especially important. It is difficult to make these decisions once your parent is gone and you are in the midst of grief. End of life classes, available online and through many faith-based organizations, can assist with these discussions and documentation. The National Institute of Health has an Advance Care planning: A Conversation Guide with lists of questions to start the conversation at nia.nih.gov/publication/advance-care-planning-a-conversation-guide. Some health care insurance companies also offer guidance.

When you care for aging parents, be sure to acknowledge your limits, set boundaries and take care of yourself. Build trust through open communication, locate local support services and lean on professional resources. Most of all, enter this time with empathy and grace. These will be the last times you will get to share with your parents. It can be a precious time of growth and joy for all involved. ■

Photos: Kate Hiller

GRANDPARENTS GENERAL RESOURCES

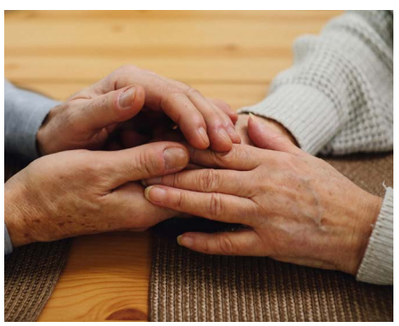
MULTIPLE COUNTIES

Visiting Angels. Helps seniors remain safe, comfortable and independent in their own homes. Personalized, non-medical in-home care that can include assistance with personal care, meal preparation, light housekeeping, companionship, transportation, medication reminders, Alzheimer's support, Veteran care and respite for family caregivers. Whether you need just a few hours of help each week or around-the-clock care, services are tailored to meet your loved one's unique needs. Serving families across Shasta, Tehama, and Siskiyou counties for over 17 years, locally owned and operated. visitingangels.com/redding. (530)223-2400.

SHASTA & SISKIYOU COUNTIES

Dignity Health Connected Living AmeriCorps Seniors, Redding; Shasta and Siskiyou Counties. Be a Paid Volunteer! Foster Grandparent Program (FGP) volunteers, age 55 and older, partner with public and private schools to serve as classroom grandparents to help, guide and assist children by developing skills in literacy, language, math and cognitive development. FGP volunteers receive a tax exempt stipend, mileage reimbursement, earned paid time off, holiday pay, ongoing training, supplemental accident and liability insurance while volunteering and attend two annual recognition events. Call our Redding office at 530-226-3098 to find out more. Check out our Facebook page at AmeriCorps Seniors of Northern CA.

Grandparent and Relative Support Group: Located in Mount Shasta, group support is available online to anyone throughout the North State who can join by Zoom. Also meets in-person weekly as the Mt. Shasta Community Resource Center, 109 East Lake Street.
Call (530)926-1400 for Zoom and in-person meeting dates and times.



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NORTH STATE Parent

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- **Practical caregiving tips**
- **Helpful community resources**
- **A community that truly understands**

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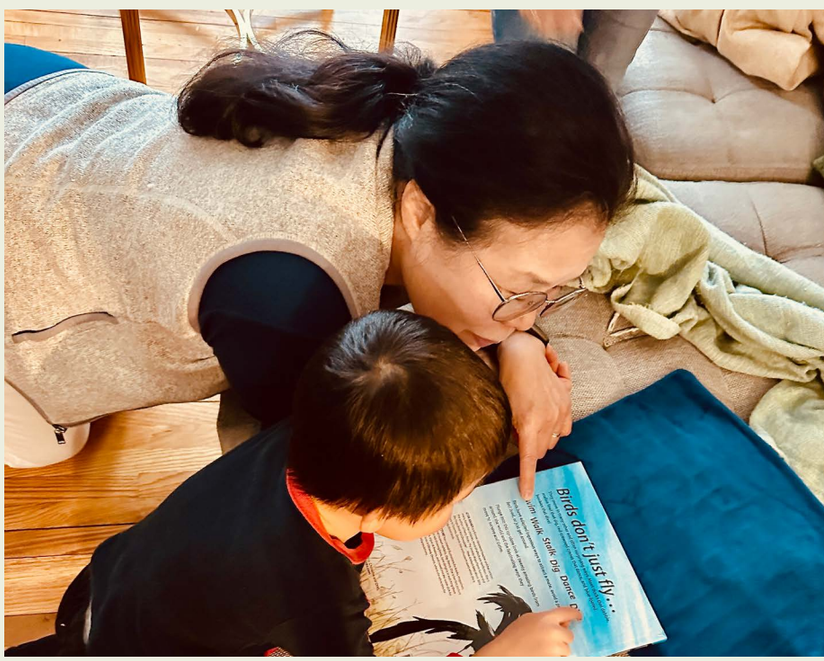
CONTACT US

Redding: 530.221.1900
Chico: 530.898.5925
Mcrc@csuchico.edu

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Grandparents,
we invite you to submit your very special photos of you and your grandchildren to share with our readers.
Send them to pn@northstateparent.com.

DAYLIGHT SAVING TIME AND CHILDREN'S SLEEP: WHY THE CLOCK CHANGE HITS FAMILIES HARD

BY SHANNON DEAN

The Monday after the springtime time change often looks the same in many households. A preschooler is wide-awake before dawn, convinced it is time to start the day. A middle schooler moves through breakfast in a fog, insisting they went to bed "on time" and still feel exhausted. Parents wonder how a single hour can throw everything off so completely.

For children that hour matters more than one might assume. Daylight Saving Time does not simply shift the clock. It disrupts the body's internal clock, which controls sleep, alertness, hormones and mood. Unlike adults, children have fewer reserves to absorb that disruption and their bodies often take longer to catch up.

What Happens to Sleep After the Clock Changes

Clinical research shows that children do not adjust instantly to the time change, especially in the spring when clocks move forward and sleep time is shortened. In studies of infants and toddlers, researchers have found that the spring transition leads to measurable reductions in nighttime sleep. Babies and young toddlers slept roughly 15 to 20 minutes less per night. Some children required several weeks for bedtimes and wake times to stabilize again.

Older children and teenagers face a different challenge. Research involving high school students shows that the springtime change is associated with a noticeable drop in total sleep during the school week. In one study, students lost more than 30 minutes of sleep per night in the days following the shift. Over a single week, that added up to hours of missed rest.

What stood out was not just the sleep loss, but what followed. Teens showed slower reaction times, more attention lapses and increased daytime sleepiness in class. The result was students who were less alert behind the wheel, less focused during lessons and more emotionally reactive throughout the day.

Why Children Are Especially Sensitive to Time Changes

Children's sleep is shaped by biology as much as behavior. Young children rely heavily on light exposure and predictable routines to regulate their sleep cycles. When the timing of daylight changes suddenly, their bodies do not automatically follow the clock.

Teenagers juggle a separate biological hurdle. During puberty, the release of melatonin shifts later in the evening, making it harder for teens to fall asleep early. Early school start times already clash with this natural rhythm. The spring daylight saving shift pushes that mismatch even further, asking teens to wake earlier while their biology is still signaling sleep.

This is why so many adolescents appear chronically tired even when they technically go to bed at a reasonable hour. Their internal clocks are misaligned and the time change makes that misalignment worse.



It doesn't help that the switch is abrupt rather than gradual. Dr. Joseph A. Buckhalt, author of *Child Sleep, From ZZZ's to A's*, notes, "With our standard system of keeping time, the changes have to be abrupt, rather than 'phased in' over a period of days or weeks. Since our body clocks are aligned with daylight and darkness, they have no mechanism to adjust quickly for a drastic change from one day to the next."

Helping Children Adjust to Daylight Savings Time

Sleep specialists agree that the abrupt clock change is the core problem. The body adjusts best to gradual shifts, but Daylight Saving Time does not allow for that. Still, there are ways parents can soften the impact.

Gradually adjusting schedules in advance can help. Moving bedtime and wake time earlier by 10 to 15 minutes for several days before the spring change gives the body a head start.

Light exposure also matters.

Morning sunlight helps signal the brain that it is time to be awake. Getting children outside earlier in the day can support adjustment, while dimming lights in the evening helps encourage sleepiness.

Consistency is another powerful tool.

Keeping familiar bedtime routines, even when the clock changes, provides a sense of predictability that helps the brain associate certain activities with sleep.

In the week after the change, it can also help to protect sleep more intentionally. Limiting late activities, reducing evening screen use and avoiding overscheduling give children a better chance to recover lost rest.

Pediatric sleep specialists often emphasize that sleep is biological, not a matter of willpower. Children cannot simply decide to feel rested earlier than their internal clocks allow.

A Broader Health Conversation About Daylight Savings Time

The challenges surrounding Daylight Saving Time have fueled debate about whether the practice should continue. Several medical and sleep organizations have argued that permanent standard time would better align social schedules with human biology, particularly for children and adolescents.

The clock will likely keep changing for now. Kids will keep feeling it. What parents can do is notice the signs earlier, lower expectations temporarily and respond with flexibility when routines stop working. Sometimes the most supportive response is simply recognizing that the struggle is biological, not behavioral. ■

- Childhood Cancer Patient Support
- Childhood Diabetes Patient Support
- Childhood Illness Patient Support
- Children's Low Cost/No Cost Health Insurance
- Dental: Low-Cost Clinics & Resources
- Dental: Pediatric Dentistry
- Fitness Centers & Clubs
- Hotlines
- Lactation Services
- Medical Care
- Mental & Emotional Health
- Occupational Therapy
- Pilates
- Smoking Cessation & Substance Abuse Help
- Speech Therapy
- Vision Therapy, Screenings & Pediatric Eye Exams
- YMCAs



CHILDHOOD CANCER PATIENT SUPPORT

ALL COUNTIES

American Cancer Society; Serving all upper CA counties. Offers cancer information, day-to-day help, emotional support, programs and services to those with cancer and their families and friends. Call 24 hrs a day/365 days a year. Free. cancer.org. (800)227-2345.
KICKcancER. Supports families with educational materials on diet, detox and more to help children thrive after being diagnosed with cancer. kickcancermovement.org.
Okizu; Serving all Northern California pediatric oncology patients. A variety of camp and peer support programs to children and families affected by childhood cancer. okizu.org. (415)382-9083.

BUTTE COUNTY

Making Strides Against Breast Cancer Walk; Chico. Annual 5K walk celebrates breast cancer survivors, raises awareness and raises money to find cures and support services. makingstrideswalk.org/redding. (800)227-2345.
VIVA!; Chico. Free support for kids living with cancer in the family. enloe.org/care-treatment/cancer-care/support-education. (530)332-3856.

CHILDHOOD DIABETES PATIENT SUPPORT

BUTTE COUNTY

Children's Type 1 Diabetes Social Group; Chico. A fun time for children with Type 1 diabetes and their families. facebook.com/groups/chicot1d.
Diabetes Education Services, Enloe Medical Center; Chico. By physician referral. enloe.org/diabetes. (530)332-6840.

SHASTA COUNTY

Diabetes Care; Redding. Shasta Regional Medical Group. shastaregional.com. 1355 East St., Suite 200. (530)605-4260.

CHILDHOOD ILLNESS PATIENT SUPPORT

MULTIPLE COUNTIES

Alyssa Araiza Wings of Angels; Redding. Aids families who have children suffering with pediatric cancer or life-threatening illness by providing support in ways other organizations do not. Aid may include financial assistance. Families served live in Shasta, Siskiyou, Trinity, Lassen and Modoc Counties. aawoa.com. (530)378-2373.
California Children's Services. Serves all counties. Helps provide necessary healthcare and services for children (birth–21yrs) with certain diseases or health problems. Connects patients with doctors and trained healthcare professionals and can help with expenses not covered by insurance. dhcs.ca.gov/services/ccs/Pages/default.aspx.
Butte: (530)552-3891.
Shasta: For Partnership Health Members with CCS, please call (800)863-4155. Non-Partnership clients with last names starting with A-G and T-Z call: (530)229-8436. Last names starting with H-S call: (530)229-8107.
Siskiyou: (530)841-2132.
Tehama: (530)527-6824.
CordBloodBanking. Umbilical cord blood contains valuable stem cells used in the treatment of over 80 diseases. cordbloodbanking.com. (888)894-6412.
Enloe Medical Center Support Groups; Chico. Numerous support groups addressing a variety of needs incl. fibromyalgia, diabetes, cancer and infertility. enloe.org/community-health/support-groups.
Wings of Eagles. Joseph Alvarez Organization for Seriously Ill Children, helping and financially assisting families with seriously ill children in Butte, Glenn, Colusa, Tehama, Sutter and Yuba Counties. Founded in memory of Joseph Alvarez, who died of a rare form of leukemia a month before his tenth birthday. Helps families that have seriously ill children with their out-of-pocket expenses, including gas, food and lodging. Wings of Eagles Hospital Care Kit program donates kits of supplies families need for an extended hospital stay. wingsofeagles.org. (530)893-9231 or (530)570-5985.



A therapy dog can be a powerful healing force in the life of a child dealing with health issues. Meet Oakley, Dr. Zufall's Dental Dog!

CHILDREN'S LOW COST/NO COST HEALTH INSURANCE

MULTIPLE COUNTIES

Covered California. Affordable, quality health insurance coverage for Californians. Compare and choose health coverage, get advice on whether you and your family qualify for Medi-Cal. coveredca.com. (800)300-1506.
Medi-Cal For Children. No-cost coverage to qualifying children and pregnant women. coveredca.com/health/medi-cal/children.
Butte: (877)410-8803.
Shasta: (877)652-0731.
Siskiyou:. (530)841-2700.
Tehama: (530)527-1911.

DENTAL: LOW-COST CLINICS & RESOURCES

MULTIPLE COUNTIES

California Dental Association. Find helpful dental information for families and individuals in the Public Resources section at cda.org. 1201 K. St., Sacramento. (800)232-7645.
Northern California Dental Society. Northern Butte, Shasta, Siskiyou and Tehama Counties. Resources for dental clinics and services in the area. ncdsonline.org. (530)527-6764.

BUTTE COUNTY

AMPLA Health Chico Dental; Sliding scale program for people without insurance. amplahealth.org. 236 W. East Ave., Suite H. (530)674-4261.
Butte-Sierra District Dental Society; Southern Butte County. Offers resources and information about low-cost dental clinics for children. buttesierradds.org. (530)265-2569.
Feather River Dental Clinic; Paradise. Open to anyone who has only Medi-Cal insurance. adventisthealth.org/feather-river. 5125 Skyway. (530)872-2000.
Northern Valley Indian Health; Chico. Medical, Dental and Behavioral Health clinic serving all people. Sliding scale for those without insurance. nvih.org. 845 W. East Ave. (530)896-9400.

Northern Valley Indian Health Mobile Dental Unit. For children ages 0-12 and pregnant women. Fully equipped dental clinic comes to regular Butte, Glenn and Tehama Co. locations. View our calendar online. Accepts most insurances including Medi-Cal; sliding scale available. nvih.org/locations/mobile-dental-clinic. (530)520-6913.
Western Dental; Chico. Offers preventative dental care and orthodontics. Discounted services for those without insurance. westerndental.com. 2471 Cohasset Rd. (530)342-7500.

SHASTA COUNTY

Happi Hippo Plant Organics; Redding. Eco-friendly, vegan, all-natural dental and body care company founded by a dentist. Toothpaste tablets, biodegradable vegan floss, bamboo toothbrushes, lip balms, lotion bars, bath salt soaks and soaps. Our body care products are made right out of our founder's kitchen! Our mission is to help people to reduce their risk for toxicity, be inspired to choose eco-friendlier options and to offset our carbon footprint by replenishing our planet's trees with each purchase. hippotanicals.com.
Hill Country Health & Wellness Center Dental Clinic. Sliding scale and payment programs for those without insurance. hillcountryclinic.org. 1201 Industrial St. (530)337-5750.
Pit River Health Service; Burney. Serves children ages 21 and under that have Medi-Cal or another form of insurance. Serves adults who have Medi-Cal or are of Native American heritage. pitriverhealthservice.org. 36977 Park Ave. (530)335-3651.
Shasta Community Health Dental. Sliding scale program for Shasta County residents without insurance. shastahealth.org. 3 locations:
Anderson: 2965 East St. (530)365-3147.
Shasta Lake City: 4215 Front St. (530)276-9129.
Redding: 1400 Market St., Suite 8103. (530)246-5700.
Western Dental; Redding. Offers preventative dental care and orthodontics. Discounted services for those without insurance. westerndental.com. 1667 Hilltop Dr., Suite E. (530)223-5500.

SISKIYOU COUNTY

Butte Valley Dental Center; Dorris. No one will be denied access to service due to an inability to pay. mountainvalleys.org/butte-valley-health-center. 610 West 3rd St. (530)999-9070.
McCloud Dental Center. All ages. Accepts Medi-Cal and private insurance. Sliding scale offered for those without insurance. shastacascadehealth.org. 116 West Minnesota Ave. (530)964-2389.

TEHAMA COUNTY

Greenville Rancheria Dental; Red Bluff. Dental services for all ages. greenville-rancheria.com. 343 Oak St. (530)528-3488.
Northern Valley Indian Health, Inc.; Dental Clinic. All patients welcome. Offers sliding scale for those without insurance. nvih.org. 2500 Main St. (530)529-2567.
Rolling Hills Dental. Sliding scale programs for those without insurance. rhclinic.org.
Corning: 740 Solano St. (530)690-2827.
Red Bluff: 2540 Sister Mary Columba Dr. (530)690-2778.

DENTAL: PEDIATRIC DENTISTRY

BUTTE COUNTY

Children's Choice Dental Care; Chico. Children's dentists and care teams for infants, children and teens including those with special needs. All insurance plans accepted including Partnership and Denti-Cal. Fun office with kids' movies, games, books and more. mychildrenschoice.com. 1910 E 20th St. (530)936-5437.
Chico Pediatric Dentistry. Erick Roos, DDS & Ann Tornabene, DDS. Promotes oral health for ages infant-12yrs. Accepts new patients to age 11. Also serves youth, teens and adults with special needs. chicopediatricdentistry.com. 2775 Esplanade. (530)893-4044.

SHASTA COUNTY

Moore, Pascarella & Heinzen Dental; Redding. Dr. Moore, DMD; Dr. Pascarella, DDS; Dr. Enos Heinzen, DDS. Dental services for the whole family, including young children and teens. mooreandpascarella.com. 2440 Sonoma St. (530)246-7626.
Sheva Nickravesh, DDS, PC; Redding. Child & adolescent dentistry. Also serves youth, teens & adults with special needs. 2950 Eureka Way Suite C. (530)605-3523.

TEHAMA COUNTY

Moore, Pascarella and Heinzen Dental; Red Bluff. Dr. Moore, DMD; Dr. Pascarella, DDS; Dr. Enos Heinzen, DDS. Dental services for the whole family, including young children and teens. mooreandpascarella.com. 1010 Jefferson St. (530)527-7800.

FITNESS CENTERS & CLUBS

MULTIPLE COUNTIES

Healthy Steps: The Lebed Method. Gentle exercise-movement program designed to get you moving and feeling better. Regardless of health or ability level, the goal of this program is to improve overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being. Zoom classes available. Classes offered through Chico Area Recreation Department and Enloe Regional Cancer Centre. healthysteps-maryjo.com. healthystepswithmjb@gmail.com. (530)228-4753.



Henrik and Shannon Karlsson of Redding get out on the trail whenever they can!

BUTTE COUNTY

Chico Sports Club. Broad array of sports and fitness activities. Aquatics (year-round heated therapy pool), basketball, Pilates, yoga and more. Youth fitness classes also offered. chicosportsclub.com. 260 Cohasset Rd., Suite 190. (530)345-9427.
Curves; Paradise and Redding. A fitness and nutrition program created specifically for women. curves.com.
Paradise. 6848 Skyway, Suite G. (530)877-8300.
Redding. 2485 Athens Ave. (530)246-7211.
In Motion Fitness; Chico. Large facility includes aquatics center featuring kids' area, pools and year-round swim lessons. Modern yoga and Pilates studios, full-court gym, CrossFit training, boxing, martial arts, women's-only area, youth and teen fitness classes, childcare and more. Full facility outdoor facilities available. inmotionfitness.net. 1293 E. 1st Ave. (530)343-5678.
NS Fit Athletic Club; Chico and Oroville. Pilates, yoga, weight room, year-round swimming, racquetball and basketball courts and more. Offers programs for youth. nsfclubs.com.
Chico: 1026 Skyway. (530)898-8348.
Oroville: 355 Oro Dam Blvd East. (530)763-0518.

SHASTA COUNTY

Fem Fit Redding; Strength and conditioning gym designed for women in all seasons of life. Classes offer women an educational health experience in a safe and supportive environment. Specialty training supports women through pre-conception, prenatal and postpartum, senior seasons and even teen athletes. A unique approach to fitness with breathwork practices, pelvic floor exercises, hormone health support and much more. femfitredding.com. 2704 Hartnell Ave Unit B. (530)780-8648.
California Soccer Park; Redding. 22-acre complex is family-oriented and provides a safe atmosphere for play. Four well-lit synthetic turf fields for year-round play, misting stations, mud-free walkways, a children's play structure and a restaurant. reddingsoccerpark.com. 9800 Old Oregon Trail. (530)505-4626.
Shasta Athletic Club; Redding. Aquatics, racquet and basketball courts, gravity yoga, Pilates, Boot Camp, personal trainers and a spa, youth lounge and childcare. shastaathleticclub.com. 1988 Park Marina Dr. (530)241-7711.
Sun Oaks Tennis & Fitness; Redding. Complete health and fitness facility with a family focus. Aquatics, tennis, kids' fitness activities and summer camps. Childcare on site. Styku 3D body scanning to help with targeted weight loss. sunoaks.com. 3452 Argyle Rd. (530)221-4405.

SISKIYOU COUNTY

Mountain Fitness Centers; Lake Shastina and Mount Shasta. One membership gives access to 3 facilities. Aerobic and circuit training equipment, weights, pools, varied fitness classes and personalized training. mountainfitnessca.com.
Mountain Fitness Shastina. 20508 Big Springs Rd. (530)926-6010.
Mountain Fitness South. Mount Shasta. 1630 S. Mt. Shasta Blvd. (530)926-3589.
The Wellness Center. Mount Shasta. 633 Lassen Ln. (530)926-6010.
StoneWay Athletics; Mount Shasta. Basic to advanced classes in functional exercise, athletic conditioning, plyometrics, kettlebell training, Olympic weightlifting, medicine ball and dumbbell training, powerlifting, gymnastics, rowing, running and jumping rope. stonewayathletics.com. 216 Mt Shasta Blvd. (530)643-4289.

TEHAMA COUNTY

Tehama Family Fitness Center; Red Bluff. Variety of classes for all ages and workout needs. Includes Zumba, spin (bicycle), Pilates, yoga, tai chi, circuit training and more. Also a kids fitness class, encouraging kids to turn natural wiggles into exercises for healthy bodies. tehamafamilyfitness.com. 2498 S Main St. (530)528-8656.

HOTLINES

988 Mental Health Hotline. Call or text the numbers 9-8-8 to be connected to a trained counselor at a local crisis center. If a local crisis center is too busy to respond right away, the call gets routed to one of 16 backup centers around the country. Available 24/7.
California Youth Crisis Telephone Line. 24/7 call or text. Target age range is 12-24, but no one is turned away. (800)843-5200.
Crisis Text Line. If you need help, text LISTEN to 741741. The Crisis Text Line will respond 24/7. alexproject.org.
National Suicide Prevention Telephone Lifeline. (800)273-TALK (8255).

BUTTE COUNTY

Butte County Behavioral Health; Chico. 3217 Cohasset Rd. buttecounty.net/behavioralhealth. Crisis line: (800)334-6622 or (530)891-2810.
Butte County Youth Outpatient Centers; Chico, Gridley, Oroville, Paradise. buttecounty.net/418/Youth. Crisis line: (800)334-6622 or (530)891-2810.

GLENN COUNTY

Glenn County Behavioral Health; Orland & Willows. See Department> Health & Human Services> Behavioral Health at countyofglenn.net.
By appointment only, unless calling the crisis hotline.
Willows: 242 North Villa Ave. (530)934-6582.
Orland: 1187 E. South St. (530)865-6459.
24-hr Mental Health Crisis Line: (800)507-3530.

SHASTA COUNTY

One Safe Place; Redding. A nonprofit organization dedicated to ending domestic and family violence, sexual assault and other forms of abuse. Through collaboration with community partners, One Safe Place provides comprehensive support to individuals and families in Shasta County and surrounding areas. Services include emergency shelter, crisis intervention, legal advocacy, prevention programs, support groups and safety planning, creating lasting change for generations in the North State. 2250 Benton Dr. ospshasta.org. 24/7 Crisis Hotline: (530)244-0117.
Shasta County Mental Health; Redding. 24-hr mental health line. Look for Child Mental Health in the search bar. co.shasta.ca.us/index.aspx. 2640 Breslauer Way. (530)225-5561 or (888)385-5201.

SISKIYOU COUNTY

Siskiyou County Behavioral Health; Yreka. North County Office. co.siskiyou.ca.us/behavioralhealth. 2060 Campus Dr. (530)841-4100 or Crisis Hotline (800)842-8979.

TEHAMA COUNTY

Tehama County Behavioral Health; Red Bluff. Tehama County Mental Health Division. tehamacohealthservices.net. 1850 Walnut St., Suite A. (530)527-8491. 24-hr crisis line: (530)527-5637 or (800)240-3208.

LACTATION SERVICES

ALL COUNTIES

Breastfeeding- Office on Women's Health; womenshealth.gov. (800)994-9662.
Mother's Milk Bank (San Jose); mothersmilk.org. (877)375-6645.
La Leche League Helpline; llli.org. (877)452-5324 or (800)525-3243(LALECHE).
Sutter Memorial Hospital Breastfeeding Services; Offers childbirth classes that include training on breastfeeding, breastfeeding classes and one-on-one support from lactation consultants. sutterhealth.org/patient-resources/classes-events.

BUTTE COUNTY

Butte County Breastmilk Donation Group; Chico. Network for new Butte County parents to donate, swap, or find local, drug and disease-free breast milk. facebook.com/groups/272306723101320.
Butte County WIC; Chico & Oroville. Private lactation consultation, classes and support groups in English and Spanish, breast pumps and supplies. buttecounty.net/1272/Women-Infants-Children-WIC. (530)552-4025.
Chico Pediatric Medical Group; Lactation consultant on staff for breastfeeding and lactation support. chicopediatrics.com. (530)343-8522.
Debbie Pierce; Chico. Debbie is a RN/IBCLC and provides lactation services to families. She worked at Enloe Medical Center, Oroville Hospital and for the Butte County Public Health Department. Debbie is a founding member of the California Breastfeeding Promotion Advisory and has been a faculty member for lactation courses and speaking events. 101 Raley Blvd., Suite 104. (530)893-8913.
Enloe Medical Center; Chico. Tours and childbirth, parenting, newborn and safety classes, breastfeeding education/support before, during and after childbirth. Offers rental of hospital-grade and personal breast pumps and supplies, spare parts, and breast milk collection and storage items. enloe.org/care-treatment/pregnancy-birth. (530)332-3970.
Enloe Health Mother Baby Education Center and Breastfeeding Supply Store; Chico. Offering lactation services and education before, during and after your delivery. We offer one-on-one breastfeeding consultations with an IBCLC lactation specialist for $40. Our Breastfeeding Supply Store offers rental of hospital-grade breast pumps and provides pumps covered by insurance. We also have pump parts, collection and storage supplies, pillows, cover-ups and more. enloe.org/care-treatment/pregnancy-birth/breastfeeding-support/supply-store. (530)332-3970.
La Leche League of Chico; Chico. Helps mothers in the Chico area breastfeed through mother-to-mother support, encouragement, information and education. Free weekly meetings for pregnant and new moms Every Friday, 10-11:30am. Check facebook for meeting information. Leave a message and one of their La Leche League leaders will return your call. They can help troubleshoot issues you're having and provide resources if greater help is required. lllnorcal.org/chico, facebook.com/groups/lllofchico or lllchico.org. 2341 Floral Avenue. lllofchico@gmail.com. Helpline: (530)487-4109. Leaders: Shanna, Maureen, Rachel and Kate (530)487-4109 or (530)487-4109.
Oroville Hospital Lactation Support. Free lactation services for patients of Oroville Hospital providers incl. OBGYNs, pediatricians and midwives. Search "breastfeeding" at orovillehospital.com.

GLENN COUNTY

Glenn County Health Services WIC; Orland. Peer counseling, private lactation consultations, breastfeeding support groups (Eng. & Sp.) (530)865-8791.

SHASTA COUNTY

Family First Maternity Center; Redding. Redding's first Midwifery-led Medi-Cal Maternity Clinic and Community Classroom. Currently taking: Medi-Cal and Cash Pay clients. Their team of providers is excited to serve your prenatal, postpartum, doula, well-woman/person and lactation support needs. Find them on Facebook. 1796 Churn Creek Rd., Redding. (530)932-2405.
La Leche League of Greater Redding. Meetings: Please check with a Group Leader as dates and times for virtual meetings may change. facebook.com/redding-calalecheleague. Leader: Nancy. nancydel-lamaria@gmail.com. (413)563-1424.
Mercy Medical Center; Redding. Childbirth education classes. dignityhealth.org/north-state/locations/mercy-redding/services/maternity-services.
North State Care Clinic; Redding. Childbirth education classes, free pregnancy testing and counseling. northstatecareclinic.org. (530)246-7075.
Shasta Community Maternity Center; Redding. Certified lactation consultants who are registered nurses offer personal breastfeeding classes and one-on-one breastfeeding support. 1900 Railroad Ave. shastahealth.org/maternity. (530)225-7480.
WIC Breastfeeding Support; Redding. Breastfeeding classes and consultations, Shasta Mom's Circle, breast pump rental. (530)229-8446.
Shasta Community Health Center; Redding. Certified lactation consultants who are also registered nurses offer personal breastfeeding classes and one-one-one support. shastahealth.org/maternity. Women's, Babies' and Children's Center, 1000 Placer Street. (530)225-7480.

SISKIYOU COUNTY

Mercy Medical Center; Mount Shasta**.** Breastfeeding education included in childbirth classes. dignityhealth.org/north-state/locations/mercy-mtshasta. (530)926-6111.
Siskiyou County WIC; Yreka. Breastfeeding education, support and breast pump loans for WIC clients. co.siskiyou.ca.us/publichealth/page/women-infant-children-wic. 700 South Main St, Suite 1. (530)841-2170.

TEHAMA COUNTY

St. Elizabeth Community Hospital; Red Bluff. Childbirth classes and educational support after baby is home. dignityhealth.org/north-state/locations/stelizabethhospital. (530)529-8000.
Tehama County WIC; Red Bluff. Breastfeeding support, lactation education, nutrition education. tehamacohealthservices.net/prevention/women-infants-children-wic. (530)527-8491.
Tehama County WIC; No in-person meetings currently. Contact a leader for support. Leaders: D'Lorah, hurton@sbcglobal.net. (530)526-6818.

MEDICAL CARE

MULTIPLE COUNTIES

Pulse Urgent Care Center. Accessible walk-in and urgent healthcare facility. Offers internal medicine, women's health, worker's comp, employer services and urgent care. pulseurgentcare.com.
Red Bluff: 2516 Sister Mary Columba Dr. (530)727-9147. Redding: 100 East Cypress Ave. (530)722-1111.
REACH Air Medical Services; Tehama and surrounding county Hospital's do not offer every medical specialty and critically ill and injured people must be flown out because ground transportation takes too long in life- and limb-threatening situa¬tions. Enroll in your local Emergency Air Ambulance provider, REACH Air Medical Services – as low as $99 a year covers your entire household, our patients never receive a bill – call Jennifer Hart 530-510-2915 amcnrep.com/jennifer-hart to meet Jennifer and to enroll.

BUTTE COUNTY

Butte County Public Health; Chico. Runs over 50 programs serving: children, mothers, families, adults, small businesses, animals and the environment. Promoting healthy behaviors and resources, preventing illness and protecting the health of residents and visitors in Butte County is our daily commitment. Operates public health clinics offering immunizations, testing and screening and family planning. buttecounty.net/610/Public-Health 2080 East 20th St., Suite 180. (530)552-4000.
Paradise Unified School District Health & Wellness Resource Center; Paradise/Magalia/Stirling City. Comprehensive services and referrals to support the well-being of students and families within the PUSD boundaries, ensuring continuous assistance to promote student success and overall wellness. Services range from meeting basic needs to providing medical, dental, and mental health care referrals. Legal aid referrals, crisis intervention, suicide prevention, substance abuse support and resources for grandparents raising students, as well as services for individuals from prenatal stages through age 18 and beyond. pusdwellness.org. (530)872-6412.

SHASTA COUNTY

Family First Maternity Center; Redding. Redding's first Midwifery-led Medi-Cal Maternity Clinic and Community Classroom. Currently taking: Medi-Cal and Cash Pay clients. Their team of providers is excited to serve your prenatal, postpartum, doula, well-woman/person and lactation support needs. Find them on Facebook. 1796 Churn Creek Rd., Redding. (530)932-2405.
Shasta County Health and Human Services Agency- Public Health Branch. shastahhsa.net. 2660 Breslauer Way. (530)245-6457.

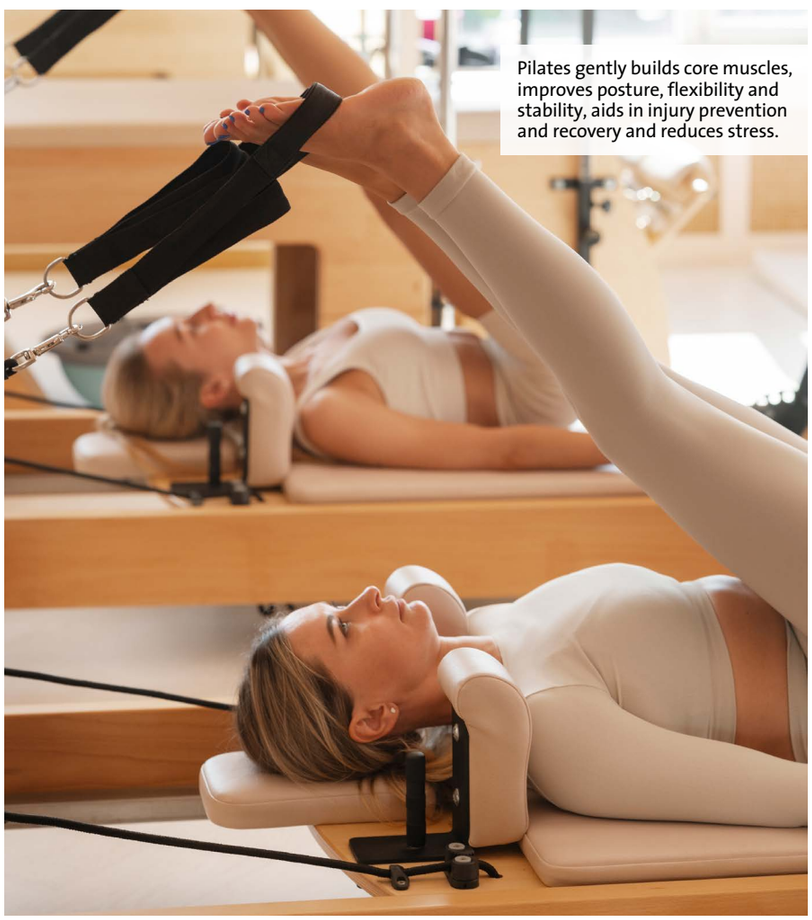
SISKIYOU COUNTY

Fairchild Medical Center; Yreka. Behavioral health clinic, dental clinic, general surgery, orthopedic clinic, pediatric clinic, rehabilitation services, primary care clinic, women's health clinic, and Fairchild Express offering call in, walk in and online service. Two locations in Siskiyou County to meet the health care needs of our rural community. fairchildmed.org.
Yreka: Fairchild Medical Center. 475 Bruce St., across from the hospital. (530)842-3507.
Etna: Scott Valley Rural Health Clinic. Commercial Street. (530)467-5393.

MENTAL & EMOTIONAL HEALTH

MULTIPLE COUNTIES

2-1-1 United Way of Northern California (UWNC). From parenting resources to disaster preparedness, we're here to help! Plumas, Shasta, Siskiyou and Tehama County residents: Get connected to a free, confidential 24/7 referral service provided by United Way of Northern California for health and human services resources. 211norcal.org. Dial or text 2-1-1 from any phone.
California Youth Partnership; Redding. Educates, equips and empowers youth and adults to make choices that will lead to a healthy self, healthy relationships and a healthy future. We engage youth wherever they gather: including schools, group homes, detention centers, youth homeless shelters and colleges. HOPE Fridays, HOPE Workshops and HOPE Rising are free programs available to Shasta County residents. There is help for anyone wanting to choose a healthier path. californiayouthpartnership.org. 1388 Court Street, Suite C. (530)338-3313.
Centers for Disease Control & Prevention. Get information on treating and managing symptoms of anxiety and depression. cdc.gov/childrensmentalhealth. (800)232-4636.
Center for Emotional Balance; Chico. Services for ADD/ADHD, depression, food cravings, low energy, anxiety and insomnia for all ages, including children and teens. Treatment methods include NeuroNutrient Therapy, Emotional Freedom Technique, Child Play Therapy, clinical herbalism and classic homeopathy. (530)518-7231.
Creekside Counseling Center; Redding. Non-profit counseling center with 24 therapists who specialize in child and adolescent counseling for ages 2 & up. Tele-Health available. creeksidecounseling.org. (530)722-9957.
Dunamis Wellness; Redding and Chico. Trauma-informed care to help individuals, families and couples learn to be healthy, whole and live well. Two locations offer counseling, group therapies, neurofeedback, substance treatment, Applied Behavioral Analysis (ABA), school-based services, EMDR, holistic nutritional counseling and creative processing using movement or art. dunamiscenter.com. Redding: (530)338-0087. Chico: (530)433-5313.
Healthy Babies Program; Shasta County. Helps pregnant women and moms of children under the age of 2 who are feeling anxious/depressed find treatment. Participants may qualify for up to 16 counseling sessions free of charge. (530)225-5850.
Help Central 2-1-1; Butte & Glenn Counties. Hotlines, crisis intervention, evaluation, support groups & counseling for youth or families. Dial 211, *Butte: (866)916-3566 or Glenn: (855)839-1175.*
Higher Ground Counseling; Redding & Chico. Services to help people gain insight into life's challenges, emotions and relationships. Higher Ground addresses the needs of the body, soul and spirit. Services for conflict resolution, depression and anxiety, grief, marital counseling, support for people in abusive situations and more. hgcounseling.com.
Chico: 3 Governors Ln. (530)413-0032.
Redding: 2400 Washington Ave., Suite 401. (530)941-9003.
North American Mental Health Services. Providing mental health services in Redding and via Telehealth. Offers in-person therapy, psychiatry, counseling and medication management for individuals of all ages and couples. Online therapy through HomePsych Division with talk or video appointments via phone, tablet or computer. Offers mental health services in many rural areas in partnership with Native American communities across California. namhs.com. (888)292-8080.
Redding: 2165 Larkspur Ln. (530)226-7419
Red Bluff: 420 S. Main Street. (530)999-2014
Nutrition Care for Children. Judy Converse, a Colorado-based pediatric nutritionist, works via Skype or phone to help children and teens develop personalized diets to ensure they get the proper nutrients that help them fight depression. nutritioncare.net.
Psychology Today. A search engine to find psychologists near you, top news in psychology, topical articles, information about motivational speakers and other experts and self-tests for personality, memory and more. Find local counselors online. psychologytoday.com.
Shasta Community Health Center; Redding, Anderson, Shasta Lake. Must be a patient. Behavioral Health Consultants who are Licensed Marriage and Family Therapists or Licensed Clinical Social Workers, as well as Primary Neuropsychiatry Department with clinicians specializing in mental health. shastahealth.org/behavioral-health. (530)246-5710.
Sleep Foundation. Learn about normal and healthy sleep patterns for teens that can help prevent and treat depression and other struggles. sleepfoundation.org.
Take Action For Mental Health. California's mental health movement. takeaction4mh.com.
United Way of Northern California; Redding and Chico. Running and supporting programs focusing on the building blocks of a good life – health, education, housing, and financial stability. www.norcalunitedway.org. Redding: (530)241-7521. Chico: (530)809-4663.



Pilates gently builds core muscles, improves posture, flexibility and stability, aids in injury prevention and recovery and reduces stress.

SHASTA COUNTY

Arch Collaborative's Center for Resilience; Redding. Trauma-informed behavioral health services for children, youth and their non-offending family members.

Located in downtown Redding, offers holistic, evidence-based care to support healing and recovery. With a focus on child and trauma care for all ages, services are available for individuals from ages 3 to 103 in a professional and supportive environment. archcollaborative.org. 1400 Oregon Street. (530)232-0525.

SISKIYOU COUNTY

Six Stones Wellness Center: North Valley Catholic Services; Yreka. Member directed wellness program that fosters wellness, recovery and resiliency to those living with mental illness. Members share their ideas to create a setting that is peer-led and agency-supported. A "stigma free" environment offering activities, groups and social support opportunities. Promotes and encourages tolerance, acceptance and growth within its members that reflects respect for diversity and differences. All services are FREE and open to members of the public 18 & over. 525 North Main St. (530)841-0810.

OCCUPATIONAL THERAPY

SHASTA COUNTY

Breslin Occupational Therapy Services; Redding. Provides medical based occupational and physical therapy for children and adults. Specialties include certified hand therapy, Ayers sensory integration therapy, and certified ergonomic assessments. sensoryinnovations.org/occupational-therapy. 20 Hilltop Drive, Suite A. (530)780-5559.
S P O T; Redding. Provides excellent pediatric physical therapy, speech therapy and occupational therapy for ages 0-18 years old. We also provide developmental instruction and PT, OT and ST in-home for ages 0-5 years old. Our focus is on working to ensure every child has their highest quality of life. We are also a teaching facility for interns in all disciplines. susansprivateot.com. 1801 Buenaventura Blvd. (530)215-3385.

PILATES

BUTTE COUNTY

Simply Pilates Studio; Chico. Well-trained staff, post-rehab, athletic training, private sessions, group reformer classes. simplypilateschicoca.com. 2585 Ceanothus Ave, Ste. 172. (530)570-4464.
The Pilates Barre & Yoga; Chico. Provides dynamic full-body movements. thepilatesbarrechico.com. 1905 Notre Dame Blvd. Suite 170. (530)433-9522.

TEHAMA COUNTY

Tehama Family Fitness Center; Red Bluff. Reformer and mat classes each week (call for schedule). Childcare options available. tehamafamilyfitness.com. 2498 S. Main St. (530)528-8656.

SMOKING CESSATION & SUBSTANCE ABUSE HELP

MULTIPLE COUNTIES

American Cancer Society; Nationwide. Call for resources and referrals. cancer.org. 24/7: (800)227-2345.
American Lung Association; Nationwide. lung.org. (800)LUNG-USA or (800)586-4872.
California Smokers' Helpline. Free, confidential resource operated by the University of California, San Diego. Doubles your chances of successfully quitting smoking. Assistance and info in a variety of languages. Mon-Fri, 7am-9pm, Sat, 9am-5pm. kickitca.org. English: (800)300-8086. Español: (800)600-8191. Chinese: (800)838-8917. Korean: (800)556-5564. Vietnamese: (800)778-8440.
United Way of Northern California (UWNC); From parenting resources to disaster preparedness, we're here to help! Plumas, Shasta, Siskiyou and Tehama County residents: Get connected to a free, confidential 24/7 referral service provided by United Way of Northern California for health and human services resources. Dial or text 2-1-1 from any phone or visit 211norcal.org. norcalunitedway.org (Butte & Glenn 211 County residents: visit helpcentral.org to get connected to the 211 operator in your area.) United Way of Northern California, Redding: 530-241-7521 and Chico: 530-809-4663.
California Health Collaborative-Si Se Puede; Butte, Glenn and Tehama Counties. Advocates for policies that restrict the sale and promotion of mentholated cigarettes, flavored tobacco products and support smoke-free outdoor venues in the North Valley Region. Provides parent and community education. Youth Coalitions and Adult Advisory Boards available. healthcollaborative.org/si-se-puede.

BUTTE COUNTY

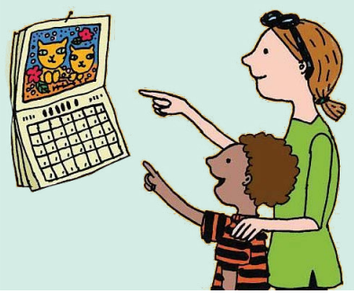
Butte County Department of Public Health Tobacco Education Program. Offers a list of Butte County smoking cessation classes and programs. Search "quit smoking" at buttecounty.net.

SHASTA COUNTY

Shasta Community Health Center; Redding, Anderson, Shasta Lake. Offer smoking cessation workshops, Medication-Assisted Treatment (MAT) clinics, and drug and alcohol counselors. shastahealth.org/isup. For smoking cessation workshops call (530)229-5115. For MAT clinics and drug and alcohol counselors call (530)646-3993.
Women's Connect to Wellness & Recovery. Resources to guide women to wellness and recovery. Anonymous, confidential way to learn about the options and benefits of quitting substance use whether the substance is alcohol, prescription drugs, other drugs or tobacco. Info on recovery options, sup-

Kevin Shearer
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mountshastadentist.com

NORTH STATE PARENT
Looking for family-friendly activities and events everyday of the week? Visit our online calendar: northstateparent.com/calendar


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Brande Moffatt, PT, DPT, PRPC
Doctor of Physical Therapy
Board Certified Pelvic Rehabilitation

Patient Testimonial:
"Since my first birth was so difficult, I had a lot of concerns in having a second child. Because of Brande's invaluable guidance, I was able to have another natural birth that completely redeemed my first experience of childbirth. Her input and advice was an integral part that enabled me to have the dream birth I had always wanted. I highly recommend her to anyone who has given birth or who is preparing to give birth. She has made a huge impact on my life and I know she will for you too."
-Anonymous
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port groups and non-judgmental care and prenatal care resources for a safer, healthier pregnancy. womensconnectshasta.com. (530)225-5850 or (800)300-5122.
Youth Options Shasta: Teen Smoking Cessation Class; Redding. Call for information and class schedule. youthoptionsshasta.org. 1700 Pine St., Suite 250. (530)244-7194.

SISKIYOU COUNTY

Siskiyou County Public Health Tobacco Education Project; Yreka. Offers smoking cessation information for youth and adults. co.siskiyou.ca.us/publichealth/page/tobacco-education-project. 810 S. Main St. (530)841-2134.

TEHAMA COUNTY

Tehama County Health Services Agency, Public Health Division; Red Bluff. Smoking cessation referral services & info. tehamacohealthservices.net. 1860 Walnut St., Suite C. (530)527-6824.

SPEECH THERAPY

BUTTE COUNTY

Chico Speech and Language Center; World class speech therapy. Celebrating over 25 years of service for our local community and beyond. Specializing and providing services to all ages and communication disorders. chicospeechandlanguagecenter.com. 2627 Forest Ave. (530)894-0702.

SHASTA COUNTY

Small Talk Pediatrics; Redding. Speech therapy services for children of all ages. We are dedicated to treating each client and family with the most up-to-date research-based treatment available. Each therapist has a passion for speech therapy and understands the value of communication in each person's life. smalltalkpeds.com. 2526 Goodwater Avenue. (530)226-8255.
S P O T; Redding. Provides excellent pediatric PT, speech and occupational therapy for ages 0-18 years old. We provide developmental instruction in home for ages 0-5 years old. Our focus is coaching caregivers in daily life to ensure their child has the highest quality of life. We are also a teaching facility for interns. susansprivateot.com. 1801 Buenaventura Blvd. (530)215-3385.

VISION THERAPY, SCREENINGS & PEDIATRIC EYE EXAMS

BUTTE COUNTY

Griffith, Anna, OD; Chico. Optometrist at Family Eye Care Optometry. Dr. Griffith offers vision therapy and rehabilitation following head injury, as well as infant, child and adult eye exams. chicofamilyeye.com. 2565 Ceanothus Ave., Suite 155. (530)899-3939.

Irlen Ambassadors; Chico. Group of parents & screeners promoting Irlen awareness & fundraising. Helps low-income people pay for Irlen lab fees. facebook.com/IrlenVisions. (530)891-4783.
Irlen Visions; Chico. All ages. Irlen Syndrome diagnostic services and solutions for issues that include reading and learning difficulties, low motivation, ADHD, autism, headaches, migraines and traumatic brain injury. irlenvisions.com. 809 Nancy Ln. (530)891-4783.

SHASTA COUNTY

Goedert, Steven, OD; Redding. Dr. Goedert has 30 yrs of extensive clinical experience in developmental/behavioral optometry. Vision therapy, pepper stress therapy, visual rehabilitation and sports vision training. optometrists.org/Redding. 1465 Victor Ave., Suite D. (530)722-0200.
Shasta Community Health Center; Redding. Vision services for patients of all ages who have Partnership Health Plan of California, Medi-Cal or Medicare. Offers discounted services to uninsured patients who are eligible for their sliding fee discount program. shastahealth.org/vision. Women's, Babies and Children's Center, 1000 Placer Street. (530)229-5101.



YMCAS

Shasta Family YMCA; Redding. Group exercise classes, weight and stretching rooms and indoor or outdoor basketball courts. Youth and afterschool programs, Y Club, sauna. Three heated pools, Year-round swim lessons, USA swimming team. From Pickleball to wellness programs, activities and workshops for all ages, there's something for everyone at the Y! sfymca.org. 1155 N. Court Street. (530)246-9622.
Siskiyou Family YMCA; Yreka. Programs for youth and adults. Full-size gym, fitness room with weights and cardio equipment, climbing wall and tower, walking trail. Classes include PiYo, yoga and more. Year-round programs for youth include fun summer camps. Childcare on site. siskiyouymca.org. 350 N. Foothill Dr. (530)842-9622.
YMCA; Oroville. Year round programming for youth an adults. Fitness center, group exercise and yoga classes, and event space available for rental. YMCASuperiorcal.org/orovilleYMCA. 1200 Myers St. (530)-533-9622.





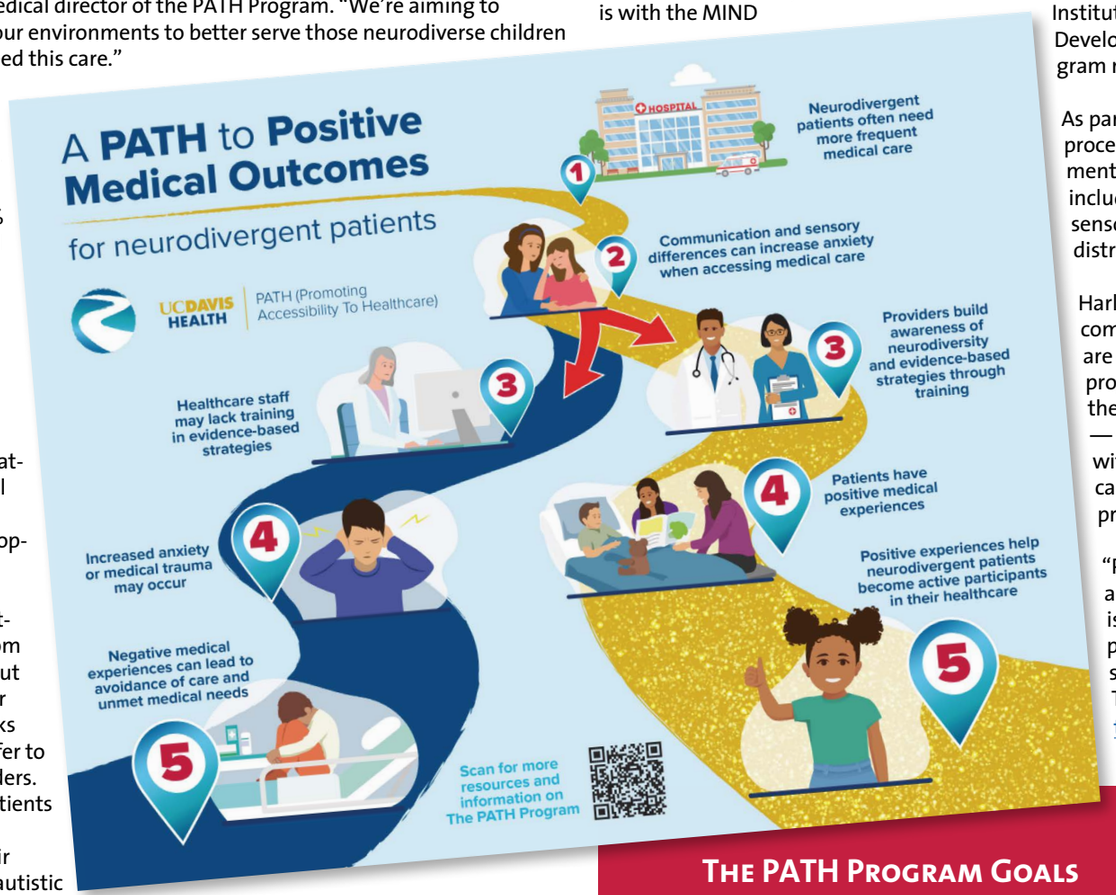
NEW PROGRAM IMPROVES SURGERY EXPERIENCE FOR NEURODIVERSE CHILDREN

FROM UC DAVIS

A trip to the doctor's office or hospital can be challenging for children who have autism and other neurodevelopmental disabilities. In response, UC Davis Health has pioneered a first-in-the-nation program called PATH (Promoting Accessibility to Healthcare) to improve health care experiences for neurodiverse children and their families. The program is funded by a Children's Miracle Network at UC Davis grant.

"Individuals with disabilities are more likely to have medical trauma that contributes to care avoidance and are four times more likely to have unmet health care needs," says Scott Akins, chief of developmental pediatrics, medical director of the UC Davis MIND Institute and co-medical director of the PATH Program. "We're aiming to change this by adapting our environments to better serve those neurodiverse children and their families who need this care."

PATH is first being implemented at the Children's Surgery Center (CSC) at UC Davis Children's Hospital. Over 80% of center staff are trained on the PATH curriculum, making it the first unit in the hospital to achieve PATH certification.



Making surgery less scary

PATH employs several strategies to make the surgical experience less scary for children with neurodevelopmental disabilities.

The program starts by getting basic information from families and patients about their likes and dislikes. For example, the program asks the patient how they prefer to communicate with providers. The program also asks patients or their parents or guardians to share their sensory needs. For some autistic patients, lights that are too bright or loud noises can be unpleasant and painful. For those with previous medical trauma, the sight of lab coats or medical equipment can be upsetting. Changing these elements can be the difference between a successful visit and a traumatizing one.

Once families can identify these preferences, they are added to the child's medical chart. That way every medical provider can find those preferences. This patient-centered approach helps inform the way that the health care team interacts with the patient each and every time they come for care.

"Trying to create an environment and a set of best practices that lets them have the most effective visit possible is going to create a pattern of success that we think will have lifetime implications," says Jonathan Kohler, medical director of pediatric trauma, pediatric general surgeon and co-medical director of the PATH program. "That's what we're trying to address - not just how we make care better for neurodiverse patients in the moment, but how we make the whole spectrum of care that patients get across a lifetime better."

Training the team for success

Patient navigator Katharine Harlan Owens says that it starts with the employees, who are now trained and PATH certified. "We have created a corps of skilled and compassionate nurses and technicians who now have the tools to better understand the experience of our neurodiverse patients and provide accommodations that make their visit better," says Harlan Owens, who in addition to being a PATH navigator is with the MIND Institute's Center for Excellence in Developmental Disabilities and program manager of the PATH Program.

As part of the PATH certification process in the CSC, other improvements have also been made. These include expanding the selection of sensory items, fidgets and visual distraction tools.

Harlan Owens adds that good communication and advocacy are essential to making the PATH program work. She noted that the PATH Advisory Committee — which includes individuals with lived experience and their caregivers – is critical to the program's success.

"PATH is a work in progress and we want to know how it is – and isn't – working for the patients and families that we serve," Harlan Owens says. To learn more visit: https://thepathprogram.org. ■

The PATH Program Goals

- Provide safe, supportive and individualized care for neurodiverse children
- Increase knowledge and confidence in caring for neurodiverse children
- Improve clinical spaces, protocols, and training
- Create sensory supports for patients
- Enhance staff expertise for blood draws and vaccinations

For more information on the PATH Program or for any questions contact: Katharine Harlan Owens, PATH Patient Navigator, at path@health.ucdavis.edu or call 916-734-4152 for more information.

Reading Food Labels: Helping Your Teens Make Healthy Choices

BY HEIDI HASKINS, FUNCTIONAL HEALTH COACH

Our teens today face an uphill battle when learning to navigate the food choices available to them. Grocery and convenience stores, snack bars and vending machines are packed with unhealthy, ultra-processed foods (UPF) and food product advertising is everywhere they turn.

Consistently consuming these nutrient-deficient, highly processed foods can significantly impact their health and well-being. Encouraging our kids to understand food labels is an important skill to help them make healthy food choices.

Taking a deeper look at food labels
Understanding food labels can reveal important information about the quality of the food product. Here are some tips to share with your teens when considering food choices:

Look at the ingredient list.
Ingredients are listed in descending order, so the ingredients listed first are most of its contents. If the first ingredients are sugar, corn syrup or anything other than a recognizable whole food such as nuts, oats, cacao or chicken, then make a different choice.

Note the number of ingredients.
Fewer is usually better. For example, Kraft Mac and Cheese contains 23 ingredients compared with Annie's Organic Shells and White Cheddar, which contains only eight ingredients. If you see a long list of vitamins added, it can reveal that the main ingredients have minimal nutritional value by themselves and that the product is highly processed.

Stay away from unrecognizable ingredients such as titanium dioxide, polysorbate 80, monosodium glutamate, modified food starch. If it sounds like something you would find in a chemistry book, it is likely altered physically, enzymatically or chemically and has damaging effects to our bodies.

Avoid artificial food dyes.
Artificial food dyes have been linked to cancer, behavioral problems and other health issues. Look for words such as beta-carotene, caramel, anatto and curcumin. If the food item is brightly and unnaturally colored, then it likely contains food dyes.



Kelly Schill of Marigold Market in Durham searches for organic foods to include in her wide variety of local, handmade and fresh products.

Beware of artificial and "natural" flavors.
Artificial flavors are made from petroleum and other inedible chemicals. Natural flavors are molecular replicas of natural food sources that have been chemically formulated in a lab to taste a certain way. They are far from "natural" and they are created to promote addicting habits.

Avoid ingredients such as canola, corn, cottonseed, soybean and vegetable oils.
These oils are highly processed, chemically treated and often genetically modified and they lead to oxidative stress and inflammation in the body. ■

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- CSAs
- Farm Trails
- Harvest Happenings
- Healthy Foods Organizations, Nutrition Info & Support



COMMUNITY SUPPORTED AGRICULTURE (CSAS) & ORGANIC PRODUCE DELIVERIES

MULTIPLE COUNTIES

Field To Fork California; Red Bluff. Delivers to Tehama and Shasta Counties. Farmers market to your door. We partner with certified farmers in our community to bring harvested-to-order produce and farm-fresh meats and dairy to our retail shoppers and CSA members year-round. Boxes are delivered locally every Wed or Thurs. No sign-up or cancellation fees. Order online. fieldtoforkca.com. (530)567-6478.

BUTTE COUNTY

Chico State University Farm. Serving as both hands-on experience for university students studying agriculture and a resource for the community, offers an organic vegetable project, orchards, organic vegetables, u-pick peaches and fresh meat. Call for more info about obtaining produce or visiting farm sites. Monthly guided public tours. csuchico.edu/ag/university-farm/index.shtml. 311 Nicholas C Shouten Ln. (530)898-6343.

GRUB (Growing Resourcefully Uniting Bellies) CSA Farm; Chico. Weekly fresh, sustainable, local produce box pick-ups from a farm 3.5 miles from downtown Chico. Mid-Apr. through mid-Dec., winter shares available too. grubcsafarm.com. 3197 W. Sacramento Ave. (530)680-4543.

Harvest Hope at the Jesus Center Farm; Chico. One-of-a-kind Community Sponsored Agriculture (CSA) that is about more than just growing crops—it's about harvesting hope—providing participants healing, practical skills and so much more. jesuscenter.org/farm. 2255 Fair St. (530)345-2640.

SHASTA COUNTY

Country Organics; Redding. Local delicatessen and array of completely local herbs, produce and nuts. countryorganicsredding.com. 2745 Bechelli Ln. (530)215-1168.

Churn Creek Meadow Organic Farm; Redding. Small family farm, certified organic produce. Delivers produce and fruits with 6 boxes to choose from in Redding and surrounding area. ccmof.com. (530)949-9508.

Little Sprouts Urban Farm Stand; Redding. Fresh, organic sprouts and microgreens produced for chefs, restaurants and subscription clients. Available for pickup at the urban farm stand location or delivery in Redding, Chico and beyond. (530)941-2010.

SISKIYOU COUNTY

Copeland Family Farms; Grenada. Community farm with members milking, growing vegetables, raising chickens, beef and eggs. Safe A2A2 milk. Cows tested regularly for Qfever, BLC, BVD, Johnes, TB and brucellosis. Milk delivery available to Mount Shasta, Weed, Yreka, Ft. Jones & Etna. Sustainable farming practices. Cheese making classes and recipes. localharvest.org/copeland-family-farms-llc-M12516. (530)598-2358.

Rockside Ranch; Etna. 100-acre organic ranch that raises healthy animals outside. Scheduled deliveries to Chico, Redding, Mount Shasta and Yreka. Deliveries to Rogue Valley by appt. Order lamb, pork, chicken, eggs, honey and more online or at the farm. 2421 N. State Highway 3. rocksideranch.org. kate@rocksideranch.org. (530)467-4044.

Siskiyou Food Pantry; Weed. Farmer's market style display for produce only with a suggested $1 donation. Bring your own bag. Providing emergency food boxes to those who qualify. Open Wed 11am-3pm. siskiyoufoodassistance.org. Weed Elementary School Annex, 780 S. Davis Avenue. (530)408-6115.

TEHAMA COUNTY

Kitchel Family Organics; Los Molinos. Organic farm on 10 acres with over 60 organic fruit, nut and vegetable commodities with many varieties. Offers two sizes of weekly, mixed produce boxes for $10 & $20. facebook.com/KitchelFamilyOrganics. 25255 3rd Ave. (530)384-3085 - text preferred.

Red Gate Ranch; Red Bluff. Pick up locations in Red Bluff and Redding. Pastured heritage pork and grass finished beef as well as a weekly vegetable box CSA which provides members with a seasonal variety of vegetables and herbs from their gardens. Members receive weekly emails with recipes, promotions on their pasture raised meats and invitations to member exclusive activities. Produces nearly year-round vegetables from regenerative farm. Shares Jan-Oct/Nov. Members can choose from full or half share options and payment plans are available to fit all budgets. The stand in Red Bluff is open Weds 1-6pm from Apr-Oct. Organic nursery starts now available too! redgateranchrb.com. 19020 Hwy 36 W. (530)727-8717.

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GOOD FOOD
Starts at the Source
HOLIDAY MARKET
100% EMPLOYEE OWNED
CHOSEN AND HANDLED WITH CARE

FARM TRAILS

MULTIPLE COUNTIES

California Agricultural Tourism Directory. Run by the University of California Division of Agriculture & Natural Resources, this website lets visitors search for farm trails by region. Tour farms in nearby counties or trace the length of the state in pursuit of cheeses or the fruit of the season. calagtour.org.

BUTTE COUNTY

Sierra Oro Farm Trail; Oroville. Year-round. Association of member farms, wineries and businesses share the bounty and heritage of Butte County agriculture by opening their doors for tastings, tours and fun annual events. Maps available online. sierraoro.org. 2580 Feather River Blvd. (530)533-1473.

HEALTHY FOODS ORGANIZATIONS, NUTRITION INFO & SUPPORT

MULTIPLE COUNTIES

CalFresh Program. Assists qualifying low-income families with purchasing healthy and nutritious foods. Many farmers markets now accept CalFresh SNAP/EBT for the purchase of produce. A number of organizations listed in the county sections below can assist with CalFresh information and applications, as do many family resource centers. cdss.ca.gov/inforesources/calfresh. (877)847-3663.
California Farm to School. Farm to School programs connect K-12th grade schools with local farmers to serve healthy meals in school cafeterias, helping to promote student nutrition. Provides health and nutrition education and supports California farmers. farmtoschool.org.
The Edible Schoolyard Project. The Edible Schoolyard Project is a nonprofit organization dedicated to the transformation of public education by using organic school gardens, kitchens and cafeterias to teach both academic subjects and the values of nourishment, stewardship and community. Resources and network map of edible education programs. edibleschoolyard.org.
Environmental Working Group (EWG). A nonprofit, non-partisan organization dedicated to protecting public health and the environment. Offers food safety and nutrition information that includes a Food Scores page (ewg.org/foodscores). Search over 80,000 foods by category or product. Annual Dirty Dozen & Clean Fifteen lists rank fruits and veggies by most and least amounts of pesticides found in products. Also find informational apps for mobile devices. Enviroblog.org.

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Nourishing Meals; Makes eating for special diets easy and accessible, with meal planning tools and custom recipe searches that allow you to conveniently create healthy meals for your unique diet. nourishingmeals.com.
Slow Food Shasta Cascade. Shasta Cascade's mission is to provide access for all to good, clean food, to educate the public about our local and regional food system and to support other local and regional organizations involved in this endeavor. Year-round events. slowfoodshastacascade.org.
Summer Food Service Program. Designed to fill the gap during summer for children who normally utilize free & reduced-price breakfast & lunch school programs. To find meals and sites in your community: fns.usda.gov/sfsp/summer-food-service-program or call the National Hunger Hotline. (866)3-HUNGRY or (877)8-HAMBRE.
United States Department of Agriculture Food & Nutrition Services Programs. Website features programs that help provide healthy foods and nutrition information to children and low-income families and individuals. Search programs at fns.usda.gov.
Women, Infants & Children (WIC) Program. Helps eligible families with young children obtain healthy supplemental foods from authorized vendors, including farmers markets. Nutrition education, breastfeeding support and referrals to community services. For pregnant women and mothers of children under age 5 who meet income guidelines. Search programs at fns.usda.gov/wic. (800)852-5770.

BUTTE COUNTY

Butte County Local Food Network; Chico. Works to build a local food system by supporting local growers, community gardens, farm tours and seed saving efforts. bclocalfood.org. info@bclocalfood.org.
The Center For Healthy Communities (CHC); Chico. The Center for Healthy Communities at Chico State (CHC) serves counties in the North State region. Leading organization that offers a variety of services focusing on food security, including the CalFresh Outreach Program. Helps community members through the application process while answering any questions they may have. CHC also offers other food and farmer support programs such as Market Match which helps CalFresh shoppers increase their budget when buying at local farmers' markets, community and school-based nutrition and gardening education, dietitian counseling and other community resources. chcchicostate.org.
25 Main St #101. (530)898-5323.

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FARMERS & GROWERS MARKETS



	BUTTE	SHASTA	SISKIYOU	TEHAMA
SATURDAY	**Chico Farmers Market.** Year-round, 7:30am-1pm, rain or shine. Chicofarmersmarket.com. Municipal parking lot, 2nd & Wall Sts. (530) 893-FARM.	**Redding Farmers Market.** Year-round, rain or shine, 7:30-12pm. shastagrowersassociation.com. 777 Cypress Ave., behind the City Hall. (530) 226-7100.	**Etna Farmers Market.** May-Sept, 10am-noon. facebook.com/EtnaFarmers-Market. Scott River Watershed Council, next to Dotty's Restaurant, 514 N. Hwy 3. (530) 598-3185	**The Saturday Market by the River.** May-Oct 8am-12; Nov – Apr. 9am-12. redbluffchamber.com. 100 Main St. (530) 527-6220.
SUNDAY	**Chico Farmers Market.** June-Oct, 9am-12pm. Chicofarmersmarket.com. Farmers Brewing Restaurant and Taproom Parking Lot. 1950 Market Place. (530) 893-FARM.	**Sunday Turtle Bay Market.** May 10 - Oct 11, 9am-1pm. healthyshasta.org. Sundial Bridge Overflow Lot, 800 Sundial Bridge Dr. (530) 226-7100.		
MONDAY			**Mount Shasta Farmers Market.** May-Oct., 3:30-6pm. e-jedi.org/farmers-market. Castle Street parking lot between Mt. Shasta Blvd. & Chestnut St. (530) 926-6670.	
TUESDAY		**Marilyn Miller Market**; Redding. June 9-Oct 6, 7:30am-12pm. healthyshasta.org. Shasta Center parking lot, 1700 Churn Creek Rd. (530) 226-7100. **Shingletown Farmers Market.** May-Oct, 3pm-7pm. facebook.com/shingletownlibrary. Shingletown Library, 7074 Wilson Hill Rd., Hwy 44. (530) 710-4949		
WEDNESDAY	**Chico Farmers Market.** June-October, 7:30am-12pm, rain or shine. chicofarmersmarket.com. North Valley Plaza parking lot. 801 East Ave. (530) 893-FARM.	**Burney Farmers Market.** June 10-Sept 23, 3-6pm. healthyshasta.org. Burney Sporting Goods Parking lot, 37264 Main Street, Burney (530) 226-7100.	**Weed & Shastina Community Farmers Market.** May 20-Sept. 30, 3:30-6:30pm. www.facebook.com/weedfarmersmarket/. Bel Air Park, 450 College Ave. **Yreka Community Farmers Market.** June-Oct., Fri. 4-6:30pm. facebook.com/YrekaCFM/. Miner Street Park. (530) 598-2897.	**Red Bluff Farmers Market.** June-Aug, 5-8pm. 633 Washington St. at the Old Courthouse. (530) 527-6220.
THURSDAY	**Chico's Thursday Night Market.** April 9-Sept 24, 6-9pm. downtownchico.com. Broadway and 3rd Sts. (530) 345-6500.	**Farmers Market at Palo Cedro Park.** May-Oct, 3-6pm. 22037 Old 44 Drive, Palo Cedro (530) 710-4949.	**Dunsmuir Farmers Market.** July-Oct, 4-6:30pm. DiscoverSiskiyou.com. 4835 Dunsmuir Ave. (530) 925-4355. **Happy Camp Farmers Market.** June-Oct. 5-8pm. facebook.com/happycampfarmersmarket. Gail Zink Park. happycampfarmersmarket@gmail.com	
FRIDAY				

SHASTA COUNTY

Healthy Shasta; Redding. Partnering with the community to help families incorporate more physical activities and healthy eating into their lives. Committed to promoting long-lasting change so healthy choices become easy. Find great online resources at healthyshasta.org. 2660 Breslauer Way. (530)229-8428.

Vitality Bowls Superfood Café; Redding. Specializes in delicious açaí bowls, a thick blend of the açaí berry topped with organic granola and a selection of superfood ingredients. Antioxidant-rich menu items include smoothies, fresh juices, soups, salads and panini. All items on the menu are made fresh to order in a kitchen designed to avoid cross contamination of common food allergens. No ingredient fillers such as ice, frozen yogurt or artificial preservatives are used, giving the purest taste possible to each item. vitalitybowls.com/locations/redding. 1401 Hilltop Dr., Suite E4. (530)605-3215.

SISKIYOU COUNTY

Siskiyou County Food Assistance; Weed. Mission is to help our neighbors with sustainable, nutritious food supplies. Operates a food pantry in the Weed Elementary School Annex. siskiyoufoodassistance.org. 480 S. Davis Ave. (530)408-6115.

TEHAMA COUNTY

Tehama County Community Action Agency; Red Bluff. Tailgate food giveaways and Meals on Wheels programs. tehamacountycaa.com. 310 S. Main St. (530)527-6159.





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REDDING FARMERS MARKETS
ALSO IN BURNEY
SHASTA GROWERS ASSOCIATION

REDDING MARKETS

SATURDAYS
April - October
7:30 AM - 12:00 PM
November - March
8:30 AM - 12:00 PM
Behind Redding City Hall
777 Cypress Ave

SUNDAYS
May 10th - October 11th
9:00 AM - 1:00 PM
800 Sundial Bridge Drive

TUESDAYS
Marilyn Miller Market
June 9th - October 6th
7:30 AM - 12:00 PM
Next to Dairy Queen
1700 Churn Creek Road

BURNEY MARKET

WEDNESDAYS
June 10th - Sept. 23rd
3:00 PM - 6:00 PM
37264 Main St., Burney
★ *new location!*

LOCAL FOODS

SCAN ME

Scan for the Local Farms and Food Vendor Listing. Eating locally supports our community.



FARM CLUB IN JUNE!

Kids ages 3-15 will receive **FREE** vouchers to shop for fruits and veggies in June!

Visit the Market Manager's booth for vouchers at all market locations, while supplies last!

SHASTA MARKET MATCH

Double Your EBT Food $
Visit the Market Manager's booth. Swipe your CalFresh EBT or Sun Bucks card for tokens and receive up to $20 in market match vouchers. No cash value.

EBT gladly accepted at all markets

CalFresh FOOD · Partnership HealthPlan of California · Healthy Shasta · AT&T · Gerlinger Steel · KIXE PBS · Shasta Market Match funded by the CDFA

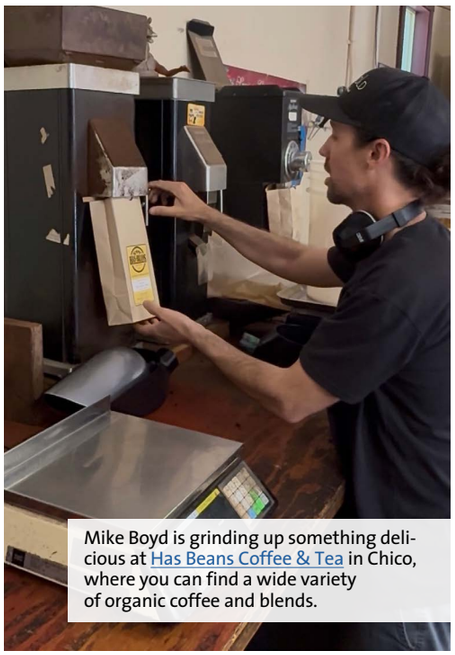
REDDINGFARMERSMARKETS.COM



Farmer Audrey is excited about the abundant celery harvest at Red Gate Ranch. Organic celery and other organic Red Gate produce is available in season at farmers markets for CSA members. *Photos by Kate Hiller*



Kelly Schill thoughtfully chooses fresh flowers and produce and beautiful handcrafts for Marigold Marketplace in Durham.



Mike Boyd is grinding up something delicious at Has Beans Coffee & Tea in Chico, where you can find a wide variety of organic coffee and blends.



Why Eat Organic?

BY HEIDI HASKINS, ROOTED CHILD HEALTH

Our grandparents' food didn't come with ingredient lists or warning labels. Today, food still looks familiar – but how it's grown has changed dramatically. Understanding those changes helps parents make informed choices about what ends up on their children's plates.

With the modernization of agriculture over the last century, farms that were once small, biologically diverse and resilient have shifted to high-yield monocrops on large acreage farms. The introduction of farming machinery followed by the gradual reliance on synthetic fertilizers and chemicals to combat pests (pesticides) and weeds (herbicides), has caused our farmland soil to become less biologically balanced and more dependent on chemical inputs.

Cumulative Chemical Exposure
The chemicals used to sustain our crops leave residues on our produce and grains, contaminate our livestock feed and end up in our water supply. The Food and Drug Administration, which tests the levels of over 800 chemical residues annually, may state that exposure is minimal and therefore "safe." However, we don't just eat one food item a day with a single chemical contaminant. The cumulative exposure to multiple chemicals in multiple foods day after day adds up quickly and our children are the most vulnerable. No "safe" level has been determined for cumulative exposure.

Glyphosate: A Suspected Carcinogen
Glyphosate is the most widely used herbicide in the U.S. It is used on genetically modified (GMO) crops including corn, soy and canola and as a drying agent before harvest of crops such as wheat, legumes and oats. Its effects on human health are disputed by scientists and regulators. However, in 2015 the International Agency for Research on Cancer categorized glyphosate as "probably carcinogenic to humans." Research shows that glyphosate damages the gut microbiome leading to elevated inflammatory and metabolic markers. An altered microbiome in children may lead to a variety of health issues including autoimmune disease, allergic disorders, weight issues, digestive problems and mood and behavioral disorders. Most European countries have banned or significantly restricted its use.

However, glyphosate is just one of the hundreds of chemical residues that the Food and Drug Administration monitors in the U.S. food supply. Safety limits are set for one chemical at a time and they do not consider the additive effects of multiple chemicals interacting with each other on our bodies. Each chemical has a unique exposure profile. Chronic, low-dose exposure can stress our detox pathways and disrupt our microbiome health – leading to a host of downstream effects. Consider each chemical exposure to be a drop in a bucket; though the drop may be small by itself, the bucket will one day overflow. Children are especially vulnerable because their detox systems are immature, they eat more food per pound of body weight and they are developing their brains and immune systems.

How do we make the best decisions for our families without feeling overwhelmed by the breadth of the problem?

Organic Eating
Adopting an organic diet can have a significant impact on reducing chemical residue exposure. A 2020 study published in Environmental Research showed that an organic diet reduced glyphosate levels in the urine significantly in just three days. But how realistic is organic eating? Here are some important tips to consider when grocery shopping:

Prioritize the foods that your children eat daily when considering the factors listed below.

Get the Dirty Dozen list from EWG
The Environmental Working Group publishes an annual list of the most highly contaminated produce. 203 chemical residues were recently found across the dirty dozen. Find the dirty dozen at ewg.org/foodnews/dirty-dozen.php.

Reduce Glyphosate exposure
Buy organic corn, soy and canola products, including processed foods that contain these ingredients. Most corn and soy grown in the U.S. are GMO and contain high levels of glyphosate. When buying meat and dairy products, look for organic and pastured raised. Conventionally raised animals consume soy and corn feed.
Other foods high in glyphosate include wheat (breads, pastas, cereals), oats, chickpeas (hummus) and legumes such as lentils and peas. Buy these foods organic when possible.

Aim for progress - not perfection
Going organic does not have to be all-or-nothing. Remember, small, consistent changes add up over time and they do make a difference. ■



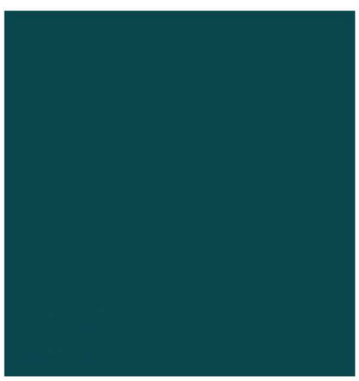

COLOR TRENDS 2026
FRESH & TIMELESS

BY GRACE PERRY - DWELL INTERIORS











2026 finds us leaning away from the cool sterility of grays and crisp whites and into an era of warmth, depth and intention.
The key to keeping 2026's colors timeless is balance – layering warmth with texture and splashes of coolness for contrast. When color feels grounded and intentional, it won't feel trendy. Rather, it will feel cozy and inviting.

MUSHROOM NEUTRALS
Soft Taupe - Warm Greige
Balanced and grounding.
These nuanced neutrals blend warm and cool undertones, creating a timeless backdrop that feels calm, elevated and quietly sophisticated. Perfect as accents on trim or baseboards or as the main event washing walls in a gentle softness.

RICH EARTH TONES
Chocolate -Cinnamon – Terracotta
Rooted in nature.
These tones bring comfort and stability into the home. Layer with texture and contrast to keep them feeling refined rather than heavy. Pairs beautifully with whites, sage greens and a hint of cool charcoal.

DEEP GREENS
Forest - Olive -Moss
Restorative and organic.
Green connects us to the outdoors and introduces depth without being overwhelming. Don't be afraid to layer this color for an elevated and inviting ambiance or combine with warm leathers and crisp blacks for a more sophisticated finish.

LUXURIOUS TEALS
Peacock - Blue-Green
Confident and dramatic.
Teal adds depth and personality while maintaining elegance, especially in full color drenching. Soft brass and crisp pinks are beautiful accents bringing a softness to this bold color.

RICH BURGUNDY
Wine -Merlot -Plum
Moody and refined
Burgundy introduces warmth and richness, perfect for creating intimate, curated spaces. Whether in a powder bath or a dining room, this color transforms. Paired with warm neutrals it feels earthy and connected.

Grace Parry is the owner and Principal Designer of Dwell Interiors, a Northern California design studio known for creating soulful, livable luxury. She specializes in full-service interior design, kitchen and bath remodels, and bespoke furnishings. Grace believes great design should restore balance, crafting spaces that are both beautiful and deeply functional for everyday life.

WHAT ABOUT MY WATER HEATER?

BY **SKYE KINCAID**

It's one of the luxuries of modern life – turn the tap and hot water flows out, ready for baths, showers, laundry and dishes. It's not something you likely think about often unless your water heater starts giving you trouble.

How Long Does a Hot Water Heater Last?

The life expectancy of a modern water heater is about 10 years, says Brandon Daugherty, owner of High Mountain Plumbing and Heating in Mount Shasta. But Daugherty sometimes sees "dinosaur" water heaters from the 1950s that are still in great condition and working just fine.

It's important to know the age of your water heater. Yours should have a label that lists its model and serial number, manufacturer, warranty, gallon capacity and other important information. If you know the water heater's age, you'll know how closely to watch it for potential problems.

Hot Water Heater Trouble Signs

There are some telltale signs that your water heater is on its last leg. The most obvious is when it's leaking. This could mean a broken supply line, which a professional can fix, or something more serious. If you have water around your water heater, take immediate action to avoid damage to your home because things could escalate quickly.

Another sign that your water heater is on the fritz: rusty water or water with a strange smell or taste. An old water heater may be rusting away on the inside. Flushing your water heater once or twice a year can prevent buildup of iron, rust and other minerals. To do this, hook up a hose to the valve near the bottom of your tank, open it and allow the dirty water to flow through. This simple maintenance prolongs its life.

Banging or rumbling noises can also point to a problem, though it is normal to hear some sounds from your water heater. "You can hear the element heating the water if you listen closely, but you shouldn't hear any pops or bangs," says Daugherty. If your water heater sounds like a rock band is practicing in your garage, don't panic. It could just mean a pipe isn't secured.

Hot Water Heater Temps and Tricks

For families with children, Daugherty suggests running water heaters at 120 to 125 degrees Fahrenheit. You can always check the temperature of your hot water with a standard thermometer at a household tap, he says.

Make sure there's a pan underneath your water heater to prevent any damage to your home in case of a leak. Another important thing is to make sure your tank is secured with earthquake straps. These ensure your tank stays upright in case of an emergency.

If you're concerned about your water heater, it is a good idea to contact a plumber or other professional who services water heaters. ■

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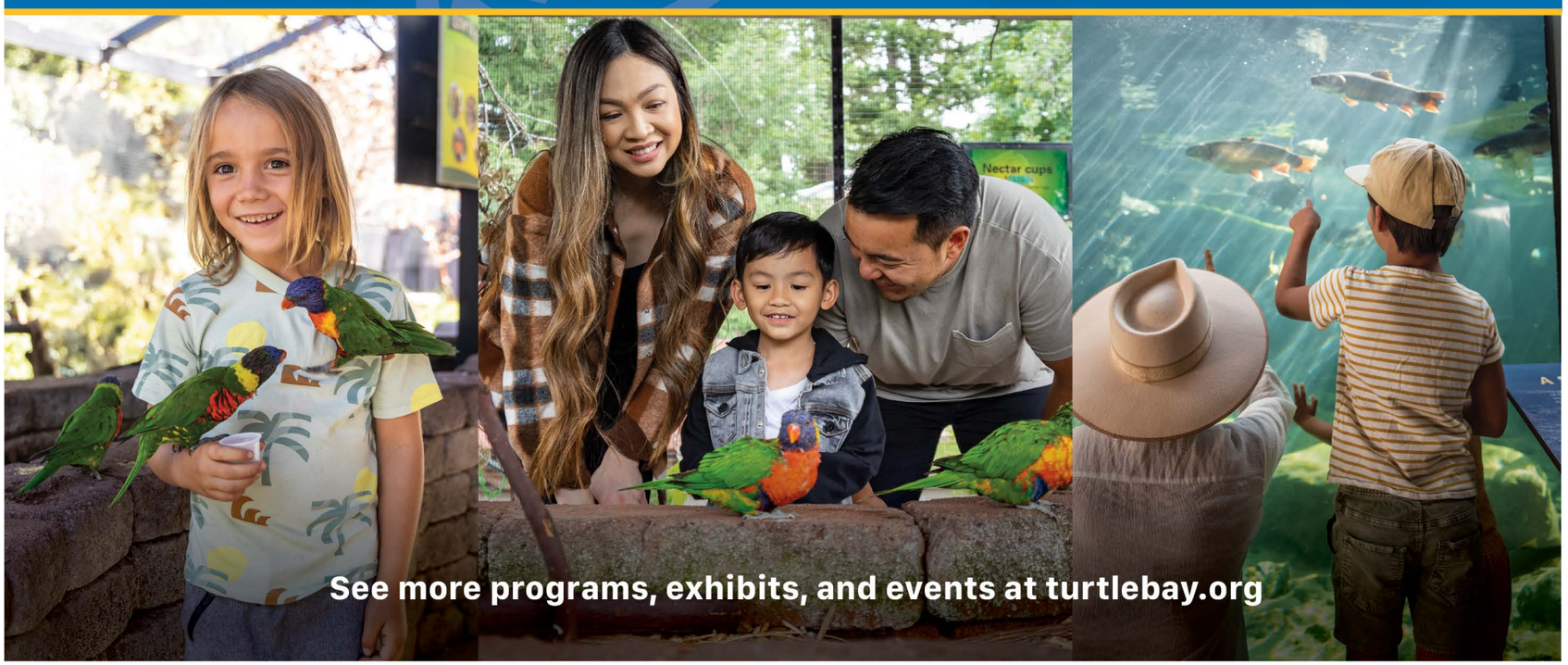


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BUTTE COUNTY

Chico Air Museum; Chico Municipal Airport. Great fun for all ages. Educates and inspires about aviation and the history of flight. Features outdoor and indoor displays of aviation artifacts, full-sized historic aircrafts. World Class Aviation Speaker Series. Special events by arrangement; group visits, school field trips. Open Thu-Sun: June-October, 9am-2pm, November-May, 10am-3pm. Free. chicoairmuseum.org. 165 Ryan Ave. (530)345-6468.
Chico History Museum. Housed in the historic Carnegie Library building in downtown Chico. Features both prestigious traveling exhibits and exhibits focusing on Chico and Butte County history. Group rates and tours available. chicohistorymuseum.org. 141 Salem St. (530)891-4336.
Chico Children's Museum. Focused on encouraging children and their caregivers to connect with imaginative play. Updated sensory room for a calming, therapeutic space for children. Walk-in admission Tue-Thu, 10am-1pm; Fri-Sun, 10am-4pm. Two-hour private group visits available Mondays. Special overnight trips and after-hours private events available by request. Birthday parties Sat & Sun, 10am-noon & 2-4pm by reservation. info@chicochildrensmuseum.org, chicochildrensmuseum.org. 325 Main St. (530)809-1492.
Chinese Temple & Museum Complex; Oroville. Built in 1863, the temple is listed in the National Register of Historic Places. It is both a museum and active temple. The complex includes 3 temples, a Tapestry Hall displaying an extensive collection of embroidered tapestries, costumes and more; the Fong Lee Company Building displaying artifacts from the medicinal herb sales and shop of the Chan family. Group and classroom tours available. Children ages 12 & under free. Search Chinese Temple on cityoforoville.org. 1500 Broderick St. (530)538-2496 or (530)538-2497.
Gateway Science Museum; Chico. Inspires the exploration of science and natural history in our region and beyond. Through hands-on and minds-on exhibitions that change seasonally, discovery galleries for young learners, a native plants gardens bursting with biodiversity and dynamic public and school programs, provides visitors of all ages many ways to connect with science and the natural environment and with each other. Family memberships available. csuchico.edu/gateway. 625 Esplanade. (530)898-4121.
Gold Nugget/ Depot Museum; Paradise. Focused on the history of the Butte County Railroad and the logging industry on the Paradise Ridge. The museum currently offers rotating mini exhibits in the lobby while they work toward re-opening their exhibition hall. Docents tell fascinating stories about the mini exhibits. Open Wed-Sun, 12-4pm. gnmuseum.art. 475 Pearson Rd. (530)762-2613.
Lott Home; Oroville. Built in 1856 by Charles F. Lott, gold rush pioneer, California senator and judge. The house and garden encompass an entire city block. Take a guided tour of the Victorian home, hear captivating stories of the Lott family and their importance to early California history. View original furnishings, paintings, clothes, silver and more. Group and classroom tours available. Children ages 12 & under free. orovilleca.gov/facilities/facility/details/cflot-thome-9. 1067 Montgomery St. (530)538-2401.
Museum of Northern California Art (monca); Chico. Housed in the former Veterans Memorial Hall, this new museum displays rotating exhibits to make art accessible and promote awareness of Northern California artists. $5/adults; children free. monca.org. 900 Esplanade. (530)487-7272.
National Yo-Yo Museum; Chico. This small world-class museum houses Big Yo, the world's largest working wooden yo-yo, and the biggest public display of yo-yos and yo-yo memorabilia. Includes a vintage toy display. Free. nationalyoyo.org. Inside Bird in Hand toy store, 320 Broadway. (530)893-0545.
Oregon City School; Table Mountain. The oldest one-room school in Butte County. A California Historical Landmark, Oregon City was one of the 1st mining camps in the county, established in 1848 by a party of Oregonians who came to California. Also visit the nearby Oregon City covered bridge and tour the Cherokee Museum (by appt.) buttecountyhistory.com. 2100 Oregon Gulch Rd. (530)533-9418.
Patrick Ranch Museum; Durham. Dedicated to enhancing the understanding and appreciation of the area's rich agricultural heritage. Tour the beautiful 1877 Glenwood Farmhouse Museum and visit our Gift Shop and Visitor Center exhibits. Annual events include the California Nut Festival, Country Fair & Tractor Show, Artisan Fair & Craft Show, and Autumn Fest. School and group tours. patrickranchmuseum.org. 10381 Midway, halfway between Chico and Durham. (530)342-4359.
Pioneer History Museum; Oroville. An oversized replica of a 49er's cabin. The original building has been enlarged to hold 6,000-sq.-ft. of historic treasures. explorebuttecounty.com/places/pioneer-historical-museum. 2332 Montgomery St. (530)538-2529.
Valene L. Smith Museum of Anthropology; Chico State. Free admission Tuesday – Friday 11-3 (plus first Saturday of month). Exhibits, lectures and programs designed to inspire and encourage self-reflection and dialogue in broadening the understanding of the human experience on the CSU Chico campus and beyond. csuchico.edu/anthmuseum. In the Meriam Library on the Chico State University campus, room 180. (530)898-5397.



GLENN COUNTY

Honeybee Discovery Center; Orland. Teach¬es the importance of pollinators, especially honeybees, in the environment. Learn about the history of beekeeping and pollinators' vital role in our food supply through our immersive bee experiences. honeybeediscoverycenter.org for hours or to book a field trip or tour. Admission: Adults $3, kids ages 6-12 $2, kids 5 and under free. 501 Walker Street. (530)805-2899(BUZZ).

NEVADA COUNTY

Malakoff Diggins State Historic Park; Nevada City. 3,000-acre park encompasses the town of North Bloomfield and the historic Diggins site and is home to California's largest hydraulic mine. Many hiking, camping and fishing opportunities in the summer months and snowshoeing in the winter. Check the website for updated weather restrictions and guidelines. sierragoldparksfoundation.org/page/malakoff-diggins-state-historic-park. 23579 North Bloomfield Rd. (530)265-2740.
Nevada County Narrow Gauge Railroad Museum; Nevada City. Dedicated to the preservation of local transportation history and artifacts from the narrow-gauge railroad era. Docent-led historical tours of the museum, railyard and restoration shop. See wooden rail cars and more, including an 1875 Baldwin locomotive that hauled lumber, passengers and freight, then became a movie engine at Universal Studios in Hollywood. School and group tours available. Check website for most up to date hours. Free admission. ncngrrmuseum.org. 5 Kidder Ct. (530)470-0902.

OREGON

Medford Railroad Park; Four railroad clubs operate this 7-acre site featuring full-size train cars, caboose, hopper car, locomotive, HO scale model track and trains and operating outdoor garden railway. Free train rides to see bridges, waterfalls, tunnels and hills. Children love the Thomas the Train loop led by Thomas and Percy. Private train parties available. Open the 2nd and 4th Sunday of every month from April thru October. facebook.com/Medfordrailroadpark. 799 Berrydale Ave. (541)613-1638.
National Historic Oregon Trail Interpretive Center; Baker City. Tells the story of Oregon Trail pioneers, explorers, miners and settlers of the frontier west Living history demonstrations, interpretive programs, exhibits, multimedia presentations, special events and more than four miles of interpretive trails. 1723 Madison St. Free. nps.gov/places/000/national-historic-oregon-trail-interpretive-center.htm. (541)523-1843.
ScienceWorks Hands-On Museum; Ashland. Hands-on exhibits promoting the exploration of science and the arts. A multisensory environment for all ages. Summer camps, field trips, birthday parties and other programs. scienceworksmuseum.org. 1500 E. Main St. (541)482-6767.
The Children's Museum of Southern Oregon; Medford. Features exciting indoor

exhibits geared towards children ages 13 & under. Offers camps, classes and preschool. tcmso.org. 413 W. Main St. (541)772-9922.

PLACER COUNTY

Maidu Museum & Historic Site; Roseville. Interactive exhibits, displays and two art galleries showcasing contemporary California Native American art that changes throughout the year. A variety of special events, including art receptions, campfires, cultural speakers, petroglyph tours, live music and movie screenings. School programs and group guided tours by reservation. roseville.ca.us/cms/one.aspx?pageId=8918739. 1970 Johnson Ranch Dr. (916)774-5934.

PLUMAS COUNTY

Western Pacific Railroad Museum; Portola. Sit in the engineer's seat of the largest diesel locomotive built, tour vintage passenger cars, climb aboard a restored caboose, tour freight cars and other locomotives. Rent a vintage diesel locomotive to operate on the museum grounds with instruction from a private instructor. wplives.org. 700 Western Pacific Way.
(530)832-4131.

SACRAMENTO COUNTY

California Museum; Sacramento. A wide, dynamic range of exhibits about California's rich history, its diversity and its unique contributions to the world through ideas, innovation, the arts and culture. Interactive experiences. californiamuseum.org. 1020 O St. (916)653-7524.
California State Railroad Museum; Sacramento. Restored locomotives and train cars along with exhibits reflecting California's rich railroading history. Tour a Pullman-style sleeping car and a dining car complete with railroad china table settings. Try out a high-speed train simulator and "experience" piloting a modern high-speed train. Train rides, excursions and fun special events. Located within Old Sacramento State Historic Park (National Landmark) with original and reconstructed buildings from the gold rush days. californiarailroad.museum. 111 I St. (916)323-9280.

SHASTA COUNTY

Behrens-Eaton House Museum; Redding. Depicts the life and times of the Victorian and gold rush eras in Northern California, featuring a library of historical data, photos and vintage books, plus antique clothing, furnishings and more. Free. eatonhouse-museum.org. Main House at 1520 West St., Display Museum at 1939 Butte St. (530)241-3454.
Courthouse Museum; Shasta. Part of Shasta State Historic Park, this former county courthouse is restored to its 1861 appearance and filled with historical exhibits. Includes a notable collection of early California artwork. Remains of brick buildings that were once the center of intense activity during the gold rush era and visit historic roadways, cottages and cemeteries. parks.ca.gov/?page_id=1302. 15312 Highway 299 W. (6 miles west of Redding). (530)243-8194.
The Museum at Turtle Bay; Redding. The Museum at Turtle Bay is where art, science, history, forestry and horticulture meet with permanent exhibits about our region and changing exhibitions from around the world. Our special Exhibitions Halls have hosted interactive, interesting displays from around the country. Year-round at Turtle Bay you can get up-close and personal at the Visible River Aquarium, take a walk through a reproduction of the Shasta Caverns and learn about the rock formations that make caves unique. Discover more about the lives of the Wintu people that call this area home by visiting the Cedar Bark House in the center of the Museum. Learn more about the Sundial Bridge's debut on the Sacramento River and take a walk through our Local History Gallery. The Boardwalk between the Museum and Paul Bunyan's Forest Camp winds through a forest of cottonwoods and oaks, well above the seasonal wetland and year-round riparian habitat. Keep an eye out for some of the wild native creatures not part of Turtle Bay's animal family. Fall/Winter hours until end of April: Wed-Fri 10am-4pm. Closed Sat & Sun. Spring/Summer hours begin May 1: Mon-Fri 9am-5pm, Sat & Sun 10am-5pm. turtlebay.org. 844 Sundial Bridge Dr. (530)243-8850.
Wintu Museum & Cultural Resource Center; Shasta Lake City. A one-of-a-kind community project designed to provide a comprehensive immersion into the Wintu history and culture. Features include a historical timeline, artwork from Native Americans, traditional dug-out canoe, honor wall for Native American veterans and unique activities for children. Field trips available. wintutribe.com. 4755 Shasta Dam Blvd. (530)605-1726.

SISKIYOU COUNTY

Dunsmuir Railroad Depot Museum & Historical Society. This small museum showcasing Dunsmuir's history is located in the former Southern Pacific Railroad dispatcher's office. Features historical artifacts, railroad memorabilia, photographs and a model of the Dunsmuir Roundhouse. Hours are limited. Please check the website for updated information. Free. dunsmuirdepot.com. 5750 Sacramento Ave. (530)235-0839.
Fort Jones Museum Hundreds of artifacts depicting the lives of local tribes, trappers, miners, pioneers and soldiers. Includes fossils, unusual rocks, vintage guns and one of the finest basket collections in Northern California. See carriages, buggies and vintage farm equipment in the carriage house. Free. fortjonesmuseum.com. 11913 Main St. (530)468-5568.
Heritage Junction Museum Of McCloud. Located in a historic 1904 building, the museum offers a large collection of artifacts, including the giant Corliss steam engine that powered the McCloud sawmill from 1903-1979. Features a photograph collection depicting the history of the town and surrounding area. Open from Memorial Day weekend to the end of September, weather permitting. Free. facebook.com/McCloudHeritageJunctionMuseum. 320 Main St. (530)964-2604.
Lava Beds National Monument; Tulelake. The largest concentration of lava tube caves in North America. nps.gov/labe/index.htm. 1 Indian Well HQ. (530)667-8113.
Siskiyou County Museum; Yreka. Built in 1950 by the county to preserve the history of the area for future generations. Includes a collection of articles donated by the descendants of early pioneers along with exhibit galleries and an outdoor museum with original and recreated buildings from all over Siskiyou County. co.siskiyou.ca.us/museum. 910 S. Main St. (530)842-3836.
Mount Shasta Sisson Museum; Located in a charming building at the Mount Shasta Fish Hatchery site. Dis¬plays, exhibits and special events focused on local history. Children's activities include a vintage fire truck, a model railroad setup with a loco¬motive control panel, a lava tube to explore, old-fashioned toys and more. Gift shop features a great book selection, unique gift items and children's toys. Class field trips available by appointment. Opens for the season March13, Thur-Mon 10am-4pm. mtshastamuseum. com. 1 N. Old Stage Rd. (530)926-5508.


Charming display at Kelly-Griggs House museum.





Weed Historic Lumber Town Museum. A collection of artifacts and photographs of the people who founded and lived in Weed. Rooms decorated with original pieces to resemble a typical home from the early 1900s. Artifacts, rail cars and machinery from the old lumber company store and from the company hospital. Opens May 23 for 2026 season. weedlum¬bertownmuseum.org. 303 Gilman Ave. (530)938-0550.

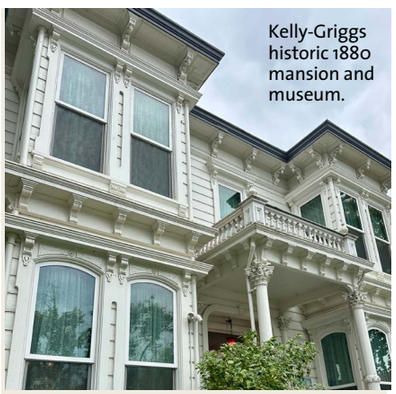
TEHAMA COUNTY

Gaumer's Mineral & Mining Museum; Red Bluff. Learn about gold mining, fossils, Native American artifacts, rocks, crystals and fluorescent minerals. Free. gaumers.com. 78 Belle Mill Rd. (530)527-6166.

Kelly-Griggs House Museum; Red Bluff. Furnished Victorian house museum built in 1880. The residence of Sydney Griggs and family and later the 10 Kelly siblings. Open for tours the first & third Sunday afternoons, 1-4 pm and by appointment. $5 donation per person is requested. 311 Washington Street. kellygriggsmuseum.com. (530)527-1129 to schedule your guided tour or email us kellygriggsmuseum@gmail.org.

Red Bluff Round-Up Museum; Preserves the history of the Red Bluff Round-Up for generations to come. Displays of pictures starting with the 1918 Play day held at the Clough Ranch in Los Molinos up to the present-day. Open Tues-Fri, 9am-4pm. Free Admission – Donations Accepted. redbluffroundup.com/p/museum. 670 Antelope Blvd. Ste 2. (530)527-1000.

Tehama County Museum; Tehama. Exhibits of artifacts that represent the cultural heritage of Tehama County. Private tours and group tours by appt. Free. facebook.com/tehamacountymuseum. 275 C St. (530)384-2595.


Kelly-Griggs historic 1880 mansion and museum.

Whitt Hall Fire Museum; Red Bluff. Filled with rich history of Red Bluff Fire Dept items dating back to the early 1800s. Home of Red Bluff Fire's first motorized fire engine known as" Putty Putt." Great for all ages and groups to see. 835 Cedar Street. rbfd.org/community_services/museum.php. To schedule a tour call 530-527-1126.

William B. Ide Adobe State Historic Park; Red Bluff. Park memorializes pioneer William B. Ide and other settlers who contributed to California history. Visitor center, old adobe home, blacksmith shop and fun historic re-enactment events and hands-on educational programs. StoryWalks scheduled throughout the summer and fall. Enjoy a picnic along the Sacramento River. Search William B. Ide Adobe SHP on Facebook or parks.ca.gov/?page_id=458. 21659 Adobe Rd. (530)529-8599.

Field Trips

The end of your school year often means scheduling a class trip to the museum.

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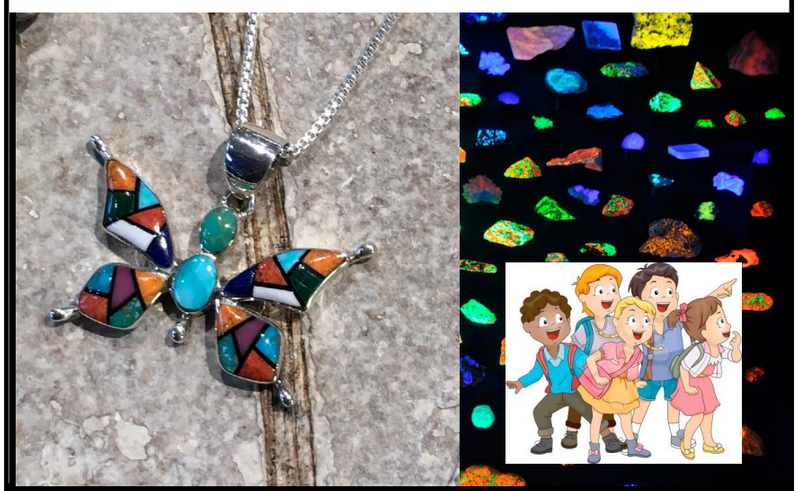
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- **Vintage Faire** Sat. May 30 from 10 to 4 and Sunday May 31 from 10-3 **Free Admission**
- **Bunco in the Barn** • On-going 2nd Thursday (Dinner Hour 5:30-6:30/Bunco starting at 6:30)
- **Open Art Days in the Barn** Sunday March 22 and April 19 • 2 pm to 4 pm



SUMMER EVENT

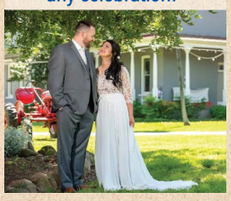
- **Threshing Bee & Tractor Show** Saturday/Sunday June 13 & 14 9 am - 4 pm



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A New Way Around Town: Redding's Downtown Bike Loop Brings People & Places Together

BY SARA SUNDQUIST

There's a new bike loop in town and this five-mile connection makes it easier to experience two of Redding's most vibrant features: Downtown Redding and the Sacramento River Trail.

This long-awaited connection, the last portion of the loop, will be completed this spring. The City of Redding obtained grant funding from the Active Transportation Program to reconstruct the entrance to the Civic Auditorium, the Redding Rodeo Grounds and Turtle Bay Exploration Park. The loop will make it safer and easier for people to walk and bike to these key Redding destinations. The sidewalk along the Highway 44 overpass will be widened and a path will continue along the lawn of the Redding Civic Auditorium toward the Sundial Bridge.

Evolution of the Redding Bike Loop

This loop has been in the works for decades with various portions completed over the years. In the early 1900s, the Sacramento River Trail was built along the river through Lake Redding and Caldwell Park. In 1997, the historical Diestelhorst Bridge was converted to a pedestrian bridge. In 2004, the iconic Sundial Bridge was built to span the Sacramento River. Twenty years later, in 2024, the City of Redding completed the Butte-Continental-Trinity Street bikeway, which is bidirectional and separated from vehicular traffic on one side of the street.

Bike Loop Connects Downtown Redding

The Downtown Bike Loop is designed to feel like a trail experience, serving as a connection to the larger Sacramento River Trail. The bikeway also has sidewalks along the route, inviting pedestrians to meander their way into Downtown Redding. At Center Street, trail users can turn south to enjoy the vibrant mix of shops and restaurants in Downtown Redding. Turning north allows users to complete the loop by continuing to Riverside Drive, following the path under the historic Diestelhorst Bridge, then looping back across it.

The new loop puts adventure right at your feet. It's great for families who want to ride their bikes to a park, the Redding Aquatic Center, Turtle Bay Exploration Park or to grab ice cream or a snack downtown. Attending concerts and special events like Kool April Nites car shows and the Redding Rodeo by bike, scooter, roller skates or on foot isn't just possible with the completion of the loop - it's ideal. Imagine bypassing traffic while feeling the wind in your hair as you cruise along! The route makes it easy for students at nearby schools, such as Sequoia Middle School and Turtle Bay School, to organize group rides with friends.

Every feature of the Butte-Continental-Trinity Pathway has a purpose.

- Green paint serves as a high-visibility warning alerting all users that bicycles will be using the space.
- White bollards add visibility/protection between cars and bicycles.
- Parking is used as a barrier between moving cars and bikes.
- Signalized bike intersection: the intersection at Trinity and Market senses bicycles at the intersection and gives cyclists their own lighted bike signal.

May is Bike Month

• Get your child ready to ride with the Bike Rodeo at Caldwell Park, Saturday, April 18, 11am-4pm. Bring your child's bike and helmet or borrow one at the event. The Bike Rodeo, sponsored by California Highway Patrol and Healthy Shasta, is a bike safety event that teaches kids proper signaling, turning, yielding, braking and bike control.

• Bike to School Day is Wednesday, May 6. Organize a group of students to ride to school for the 16th Annual National Bike to School Day. Several schools around Shasta County take part in this fun-filled event every year. For tips on organizing a bike bus to school, visit healthyshasta.org.

• Sign up for the Shasta Bike Challenge. Participate as an individual, as a group member or through your workplace. Dust off your bike, ride, log your miles and win. Visit shastabikechallenge.org to sign up and learn more.

• Gear up for the Bigfoot Adventure Challenge: Explore trails in Shasta, Trinity and Siskiyou to ride or hike. This year, take part in the Bigfoot Adventure Challenge by finding Bigfoot along several trails. Download your passport for this family-friendly adventure in April and May at bigfootadventurechallenge.com. ■



Rachel and Ryan Thomas, owners of Rare Air Trampoline Park, take a break from business to relax on a ride around downtown Redding on a pair of Bike Share pedal assisted bikes. *Photo by Nyla Schmidt*

Shasta Living Streets
Redding Bikeshare
SHASTA BIKE DEPOT

- Aquatics: Swim Instruction, Pools, Centers & Parks
- Bicycling & Local Bike Trails
- County Parks Departments
- Hiking & Camping
- Indoor Play Areas
- Recreation Departments



AQUATICS: SWIM INSTRUCTION, POOLS, CENTERS & PARKS

MULTIPLE COUNTIES

Forebay Aquatic Center: Youth programs centered around water safety. Sponsored by California State Parks, Department of Boating and Water Ways. Teach all the fundamentals of water and boating safety. Free lifejacket giveaways throughout the year. Ask us about river and lake safety programs. Located at the beautiful North Forebay State Recreation. forebayaquaticcenter.com. 930 Garden Drive, Oroville. aqautics.education@gmail.com. (530)774-7934.

BUTTE COUNTY

Chico Area Recreation & Park District (CARD); Seasonally offers swim lessons, open rec swim and open family swim hours at the Pleasant Valley Pool. Opens in June for 2026 season. chicorec.com. 2320 North Ave. (530)895-4711.

Chico AquaJets & MiniJets; Ages 4-18. A fun year-round program for swimmers. Coaches work with swimmers of all levels and ages on stroke technique and endurance, encouraging each swimmer to reach full potential. gomotionapp.com/team/caj/page/home. cajheadcoach@gmail.com.
Chico Sports Club; Swim lessons for all ages and levels. Aqua classes and access to two pools open year-round. chicosports-club.com. 260 Cohasset Rd., Suite 190. (530)345-9427.
Concow Pool. Oroville. Open swim time, aqua aerobics and instruction. To sign up for lessons, call office. paradiseprpd.com. 11666 Concow Rd. (530)872-6393.
Dwight Brinson Swim Center; Durham. Group and private summer swim lessons for a variety of levels. Swim classes for all ages. $4 admission. durhamrecreation.recdesk.com. 9451 Midway. (530)345-1921.
Feather River Recreation & Park District; Oroville. Swim lessons, recreational swim, family swim and pool parties available at Nelson pool; also group and private swim lessons for ages 6mos-17. frrpd.com. 2290 6th Ave. (530)533-2011.
Forebay Aquatic Center; Oroville. Swim in a beautiful outdoor setting. Rent kayaks, canoes, stand-up paddle boards, hydro bikes or pedal boats. Learn to row, sail or kayak. Take a moonlight paddle tour. Youth aquatic camps, outdoor education and birthday party/special event bookings. forebayaquaticcenter.com. 930 Garden Dr. (530)774-7934.
In Motion Fitness; Chico. Featuring 5 pools, Kids Splash Park, Hot tubs, steam rooms, saunas and scintillating tropical gardens. inmotionfitness.com. 1293 E. 1st Ave. (530)343-5678.
North Valley Swim School; Chico. Year-round swim programs for ages 6 mos and up and lessons for infants, toddlers and Parent-Tot classes. Small group or private lessons available. inmotionfitness.com/services/swim-school-nvss. Located in In Motion Fitness. 1293 E. 1st Ave. NVSS@inmotionfitness.net. (530)345-6707.
Oroville YMCA Pool. Year-round heated outdoor pool. Seasonal swim lessons for all ages. Open swim, lap swim, water exercise and lifeguard certification course. ymcasuperiorcal.org/OrovilleYMCA. 1200 Myers St. (530)533-9622.
Paradise Recreation Center Pool. Swim lessons for ages 6mos-14, private and adult classes. Private swim and swim teams. paradiseprpd.com. 5600 Recreation Dr. (530)990-0317.
Pleasant Valley Pool; Chico. Private and small group swim lessons for ages 6mos-17. chicorec.com/pleasant-valley-pool. 2320 North Ave. (530)895-4703.
Water Sprites Swim School; Chico. Year-round swim lessons for ages 2 mos and up in a heated indoor swim facility that is open daily. Small class sizes and comfortable parent viewing area. chicowatersprites.com. 2280 Ivy St. (530)428-5031.

GLENN COUNTY

Orland City Pool. Group and private swim lessons. Pool is available to rent for private events. orlandrec.recdesk.com. 120 Roosevelt Ave. (530)865-1630.

SHASTA COUNTY

Anderson Union High School Pool. Swim lessons for infants and up are offered through the City of Anderson Parks & Recreation. Public swim, family pass and season passes available. ci.anderson.ca.us/departments/programs.php. 1471 Ferry St. (530)378-6654.
ISR Swim Lessons. Infant Swimming Resource is for children 6mo and older. Swim school specializes in survival swim skills and only offers private lessons. All students who complete the program will master the self-rescue swim skills so they could survive if they found themselves in the water unattended (takes about 6 weeks on average to complete). Sign up or learn more at ReddingISR.com. (530)949-0226.
Redding Aquatic Center. Offers swim lessons for ages 6mos and up. An Olympic-sized pool and an activity pool for a full aquatics program from preschool swim lessons to lap swimming with public and family swim hrs. Search Aquatic Center under Parks & Rec. cityofredding.gov. 44 Quartz Hill Rd. (530)245-7248.
Redding Swim Team. Swim America swim lessons. Progressive levels for different skill levels including Mommy & Me classes for 6mos-2.5 years. reddingswimteam.org. 2500 Eureka Way. (Shasta High School pool). (530)246-2666.
Shasta Athletic Club; Redding. Year-round open swims in an indoor-outdoor pool. Also offers exercise classes, reserved swim and instruction. shastaathleticclub.com. 1988 Park Marina Dr. (530)241-7711.
Shasta Family YMCA; Redding. Three heated indoor and outdoor pools, designed for all ages and abilities. Year-round group and private swim lessons 6 mo to adults. Aqua aerobics, lifeguard and safety training, open swim, lap swim and specialized Diverse Ability Swim Lessons. Join USA Swimming Team and Masters Swim Team for advanced training and competitive opportunities. sfymca.org/swimming. 1155 N. Court St. (530)246-9622.
Sun Oaks Swim School; Redding. Year round learn-to-swim program. Parent-Tot. Toddler class. Small group lessons offer plenty of attention for each child to progress. Pre-Team Program prepares kids for any competitive swim team. Private and semi-private lessons for ages 6mos and up. sunoaks.com/swimschool. 3452 Argyle Rd. (530)221-4405.
Swim Foundations; Redding. Variety of swim teaching programs with a strong focus on learn-to-swim skills for ages birth-5. Specializes in providing at-home small group lessons. Through a First 5 Shasta grant, they can help pay for swim lessons for kids with autism and other sensory processing behaviors. swimfoundations.com. (530)638-0486.

SISKIYOU COUNTY

CHICO'S FAVORITE INDOOR CLIMBING & ADVENTURE CENTER!
Introducing Terrain Park Adventure Center, Chico's newest indoor kids recreation center! Complete with 12 new Auto Belay climbing lanes, a 3 story play structure, and dedicated toddler play area! This is the ultimate Birthday Party destination in Chico! Come by and check us out today!
▪ BIRTHDAY PARTIES
▪ CAMPS ▪ FIELD TRIPS
▪ DAY PASSES
Open 7 days/week visit website or call for times
Terrain Park Adventure Center
931 W 5TH ST. CHICO ▪ (530) 809-0796 ▪ TERRAINPARKCLIMBINGCENTER.COM

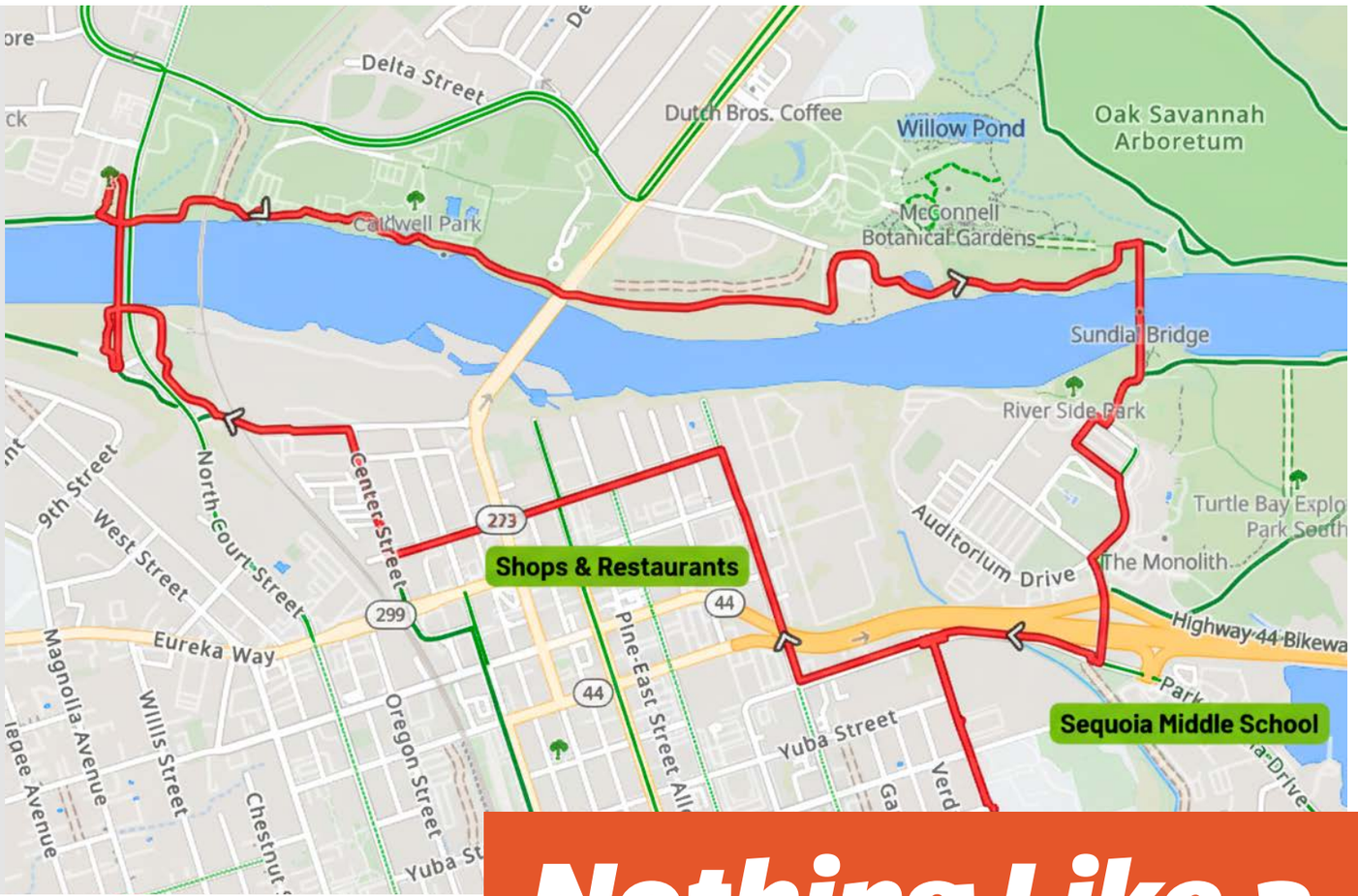
Climb With Us!
Shasta Rock Club offers:
• Birthday Parties
• Fall & Spring Classes
• Private Events
• Summer Camps
• Day Passes
SHASTAROCKCLUB.COM/NSP
2325 ATHENS AVE, REDDING • 530-691-4505
SHASTA ROCK CLUB

Nothing Like a

Redding Bike Loop

This new five-mile bike loop connection makes it easier to experience two of Redding's most vibrant features: Downtown Redding and the Sacramento River Trail. Designed to feel like a trail experience, it serves as a connection to the larger Sacramento River Trail. At Center Street, turn south to enjoy the vibrant mix of shops and restaurants in Downtown Redding. Turn north to complete the loop by continuing to Riverside Drive, following the path under the historic Diestelhorst Bridge, then looping back across it.

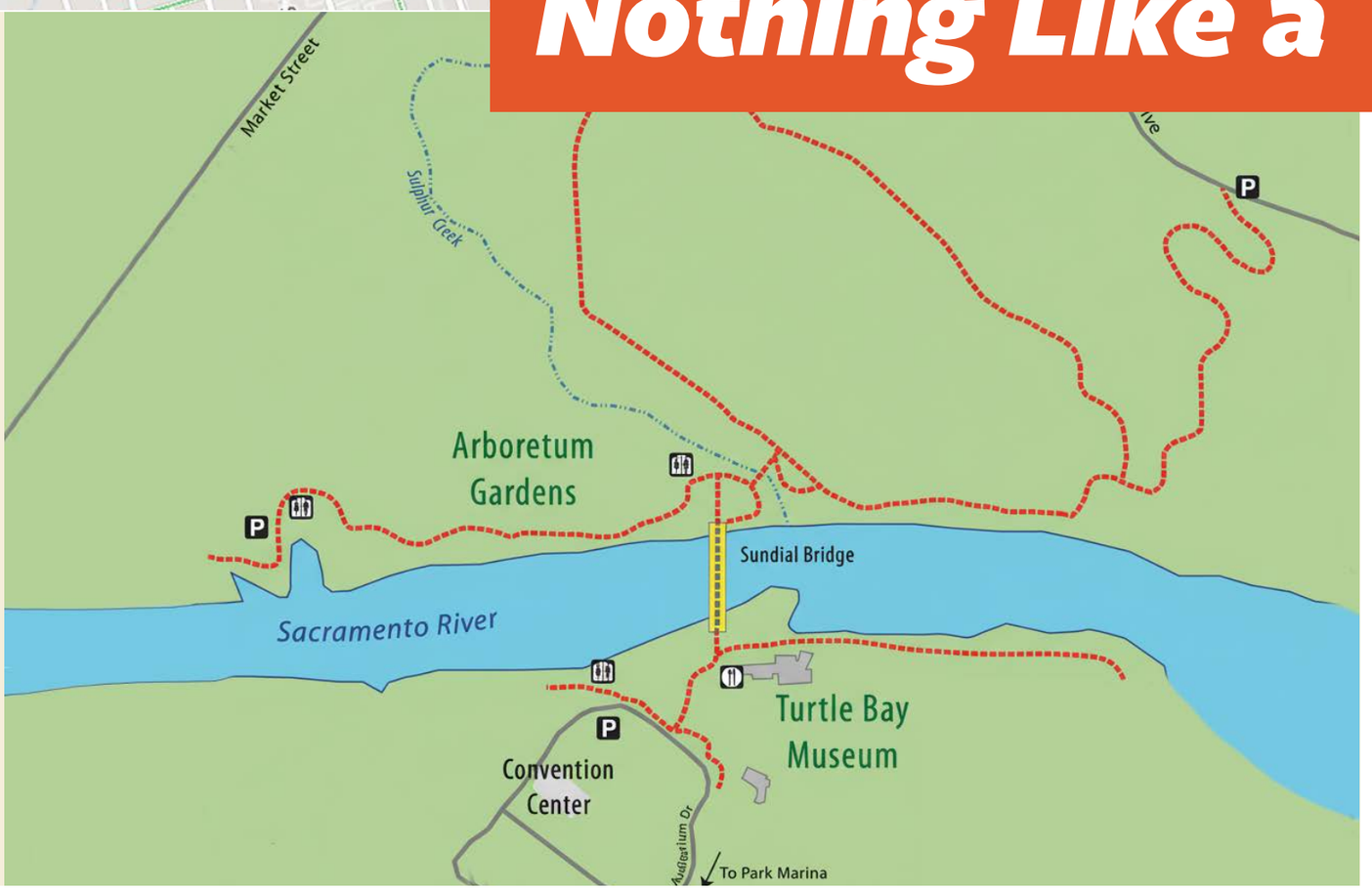




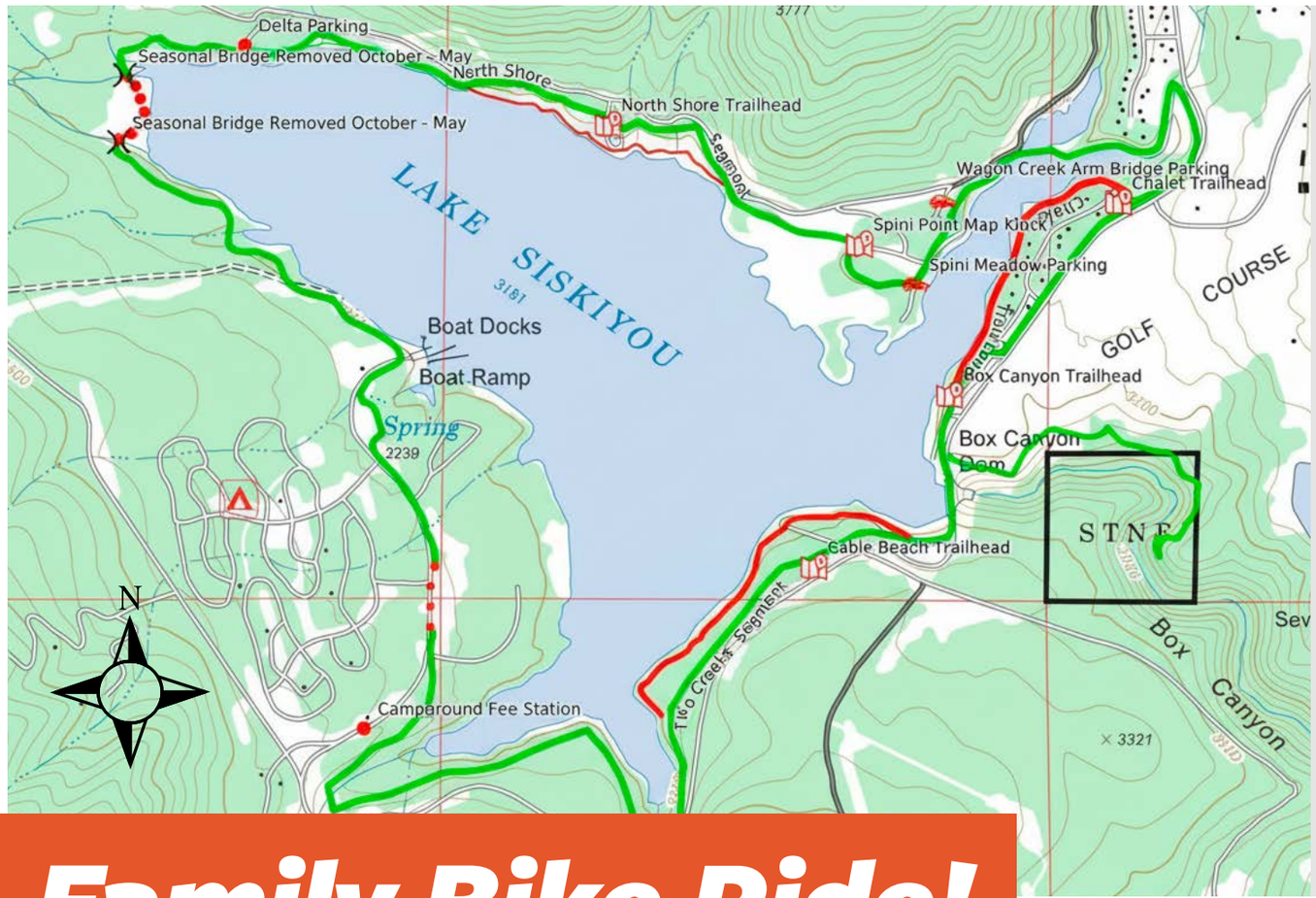
Arboretum Trail in Redding

Ride over the beautiful Sundial Bridge; the paved perimeter trail circles the McConnell Arboretum's 200 acres of oak savanna, riparian forest and wetlands. With the cool waters of the Sacramento River nearby, you may spot turtles, birds and other wildlife. There are restrooms, drinking fountains, picnic tables and benches available. Enjoy an educational day at the Turtle Bay Museum too!



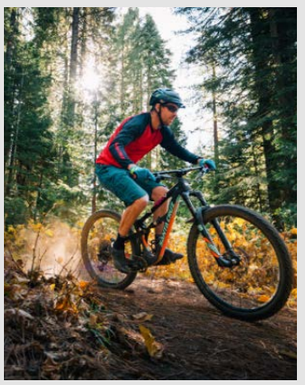


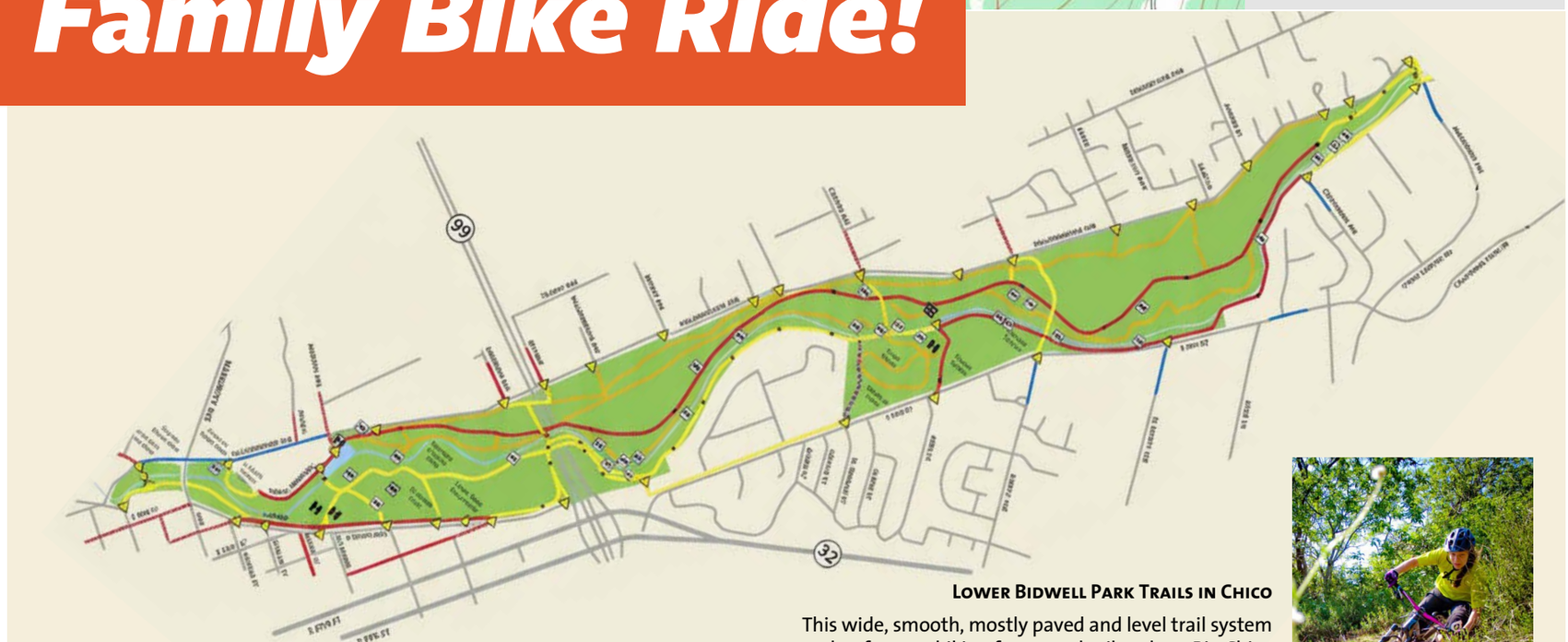
Family Bike Ride!



Lake Siskiyou Trail in Mt. Shasta

The seven-mile trail circles scenic Lake Siskiyou just outside Mount Shasta City. With views of the lake, the trail is on asphalt, smooth packed dirt, sand, gravel and rock with some looser areas and steep drop-offs and is best suited for walking and mountain biking. There are restrooms, swimming areas, drinking fountains, rustic picnic spots along the trail and a café at the campground.





Lower Bidwell Park Trails in Chico

This wide, smooth, mostly paved and level trail system makes for easy biking for several miles along Big Chico Creek. View riparian areas along several miles of the creek, with mature oaks, sycamores and other trees for shade. Picnic areas, creek wading and swimming opportunities abound, with stores and cafés located nearby in downtown Chico. Restrooms, lawn areas and playground equipment are available within the park.



Dunsmuir Community Pool: Naturally heated. Available for private party rentals. Includes ADA compliant changing rooms and restrooms, wheelchair and tiny tot ramp into the pool, shaded relaxation area, trained and certified lifeguards, diving board. Open mid-June to mid-August. Recruiting lifeguards for 2026 season. Great summer job, excellent pay, flexible work schedules, free certification and all lifeguard gear provided. Call(530)859-0294 for application packet & employment information.
Dotty Olson Community Pool; Etna. Group and private lessons available. facebook.com/DottyOlsenPool. 401 Howell Ave. (530)467-5232.
Weed Community Gym. Features a toddler wading pool and 25-meter, six-lane pool. Weedrec.org.
Indoor pool: 161 E Lincoln Ave. (530)938-4685.
Outdoor pool: 450 College Ave. Bel Air Park. (530)938-4701.

TEHAMA COUNTY

Teddy Pohler Memorial Pool; Corning. Swimming lessons, adult lap swim and water aerobics. Family passes available. corning.org/city-pool. 1414 Colusa St. (530)900-2160.
McGlynn Pool; Red Bluff. Group and private lessons for all ages. Pool rental for private events. facebook.com/redbluffrec. 119 W Sycamore St. (530)527-8177.

BICYCLING & LOCAL BIKE TRAILS

NATIONAL

U.S. Bicycle Route System. Adventure Cycling Association offers a growing collection of regionally and nationally significant bicycling routes online; take virtual tours of more than 18,000 miles of U.S. bicycle routes nationwide. adventurecycling.org/usbrs. (406)721-1776.

BUTTE COUNTY

Bidwell Park; Chico. 3,670-acre park offers miles of trails through Upper and Lower Bidwell Park. Choose an easy lower loop and stop at a few different playgrounds. chico.ca.us/Our-Community/Parks-Recreation-and-Experience-the-Outdoors/Bidwell-Park/Mountain-Biking. 300 S. Park Dr. (530)896-7200.
Black Butte Lake; Orland. Over 20 miles of multi-use trails with scenic vistas and wildlife viewing. Picnic areas around the lake and a playground at Buckhorn Recreation Area. bit.ly/3SkKZsB. 19225 Newville Rd. (530)865-4781.
B-line Transit Bike Maps; Chico. From flats for easy rides and commuting to more challenging foothill rides, the Butte County terrain offers a variety of interconnected trails to explore. Map (Chico Area). bline-transit.com/Resources/B-Line-Archives/Bike-Maps.
Chico Velo Cycling Club Local Routes. Website offering some of Chico Velo's favorite cycling routes from Chico's flat 16-mile River Road to the 64-mile Meridian-River Road in Durham. chicovelo.org/local-routes.html.
Wildwood Park; Chico. Two pump tracks: beginner and intermediate-to-advanced. chicorec.com/wildwood-park. 100 Wildwood Ave. (530)895-4711.

SHASTA COUNTY

Arboretum Loop Trail and Eagle Loop; Redding. 1.2-mile Arboretum Loop and 1-mile Eagle Loop; mostly paved flat trails with views of the Sacramento River and the Sundial Bridge. Viewpoints offer places to observe wildlife, including resident bald eagles on the Eagle Loop. More bike trails on website. healthyshasta.org/maps. (530)245-6457.
Anderson River Park. Route 1 is 1.25 miles of easy, paved trail. Route 2 combines 1.5 miles of moderate paved, gravel, dirt and grassy trail. Route 3 is 2.75 miles of moderate paved, gravel, dirt and grassy trail. Route 4 is an easy .75-mile dirt and gravel trail. Park includes a playground. Search under Parks & Rec. ci.anderson.ca.us. 2800 Rupert Rd. (530)378-6656.
Churn Creek Greenway, Redding McConnell Foundation Trails; Redding. 3.5 miles of compacted gravel trails; easily bikeable with wider tires and wide stroller wheels. Mostly flat with some rolling hills. Trails lead to Minder Park Playground off Minder Drive in Redding. Map: mcconnellfoundation.org/trails. (530)226-6200.
Churn Creek Trails; Redding**.** Off Tidmor e Lane in Redding and accessible from many neighborhood spots. Preserved by the McConnell Foundation. Four miles of meandering trails available to cyclists and hikers. Minder Park at halfway point.Drinking fountains available at the park. Trails link to the Lema Ranch trails, which are only open to walkers. healthyshasta.org/trail/churn-creek-trails. (530)229-8428.
Clover Creek Preserve; Redding. 1.5-mile flat paved loop. Views are wide and make it easy to keep an eye on children biking ahead. Additional dirt trails lead to a pond and add to the nature and wildlife viewing experience. alltrails.com/trail/us/california/clover-creek-preserve. 3705 Shasta View Dr.
The Great Shasta Rail Trail; Burney. 40 miles of open trail sections on this planned 80-mile trail linking Burney and McCloud. Red cinder trail compacted in the center but be careful of loose sides. A more advanced family adventure; prepare for wilderness conditions with extra food and water. greatshastarailtrail.org. (530)925-6362.
HealthyShasta.org. Find new places to bike on roadways and trails at healthyshasta.org/be-active/biking. Help make biking safer and more enjoyable in our community by downloading and using the mobile app at lovetoride.net to track miles and trips and share your experience.
Hornbeck trailhead; Redding. Off Quartz Hill Road, this is a relatively smooth trail with a few short climbs and descents. Follow the green arrows for a six-mile beginner mountain bike route, or simply go out and come back when you are ready. How many smiley faces painted on rocks can you find? Did you find the geocache? This area was largely spared by the 2018 Carr Fire. 12086 Quartz Hill Rd.
Northeast Crossing Trail; Redding. Start from Highland Park at 555 Mill Valley Parkway. Ride along quiet Mill Valley Parkway north to the trail head. Enter the paved trail that meanders through native oak woodlands and a bridge that crosses Boulder Creek. Mostly flat. Ends at College View Dr. 3 miles roundtrip. Connects to Sac River Trail and more.
Paradise Bikes. Bikes, mountain bikes, BMX, ebikes, parts, repairs, custom builds. shop.paradisebikes.com.
Paradise: 6282 Skyway. (530)877-3992.
Oroville: Facebook@paradisebikesoroville. 2100 Myers St. (530)282-4349.
Sacramento River Trail; Redding. 12 miles of paved, mostly flat trail with some rolling hills. Access a section of the trail near the Middle Creek Trail intersection and find river views, picnic spots, a Peace Labyrinth of painted rocks (have fun adding to it!) and playground stops including Amethyst Park, Jump River and Caldwell Junior Bike Park. traillink.com/trail/sacramento-river-trail/.
Shasta Bike Depot, Redding Bikeshare. Bring your own bikes, visit the Depot to learn more about beautiful places to ride. Safe Bike Parking Station: 5 cents/hour. Or put kids bikes in your car, then use pedal-assist Bikeshare bikes to keep up with the kids. Bikeshare: Download BCycle App. Unlimited trips under 60-minutes, dock to dock. An enjoyable, low-cost way to ride the River Trail to Shasta Dam. 1322 California Street, Downtown Redding. communictions@shastalivingstreets.org. (530)355-9434.
Swasey Flatlands; Redding. Just west of Redding off Swasey Drive is a network of mountain bike, hiking and equestrian trails on BLM land. Park at the first parking lot and take the ditch trail (Mule TH Connect) out of the southwest end of the parking lot. Consider trying the short Learner Flow Trail on the way back to the parking lot. For a longer ride, follow the green arrows out of the first parking lot on the Mule TH Connect trail. The route is six miles of relatively flat dirt trails. trailforks.com/route/swasey-flatlands.

SISKIYOU COUNTY

Gateway Trail Loop; Mount Shasta. 10.6-mile single track loop trail for intermediate level mountain bikers. A popular, mostly wooded cross-country ride. Be ready for a combination of smooth berms and a little more technical rocky area. Map: mtbproject.com/trail/7013462/gateway-trail-loop.
Greenhorn Park; Yreka. A variety of trail types that allow bikes; lake access, a playground, and viewing old mining artifacts. Map: cyclesiskiyou.com/greenhorn-park-trails.
Lake Siskiyou Trail; Mount Shasta. Park at one of the trail head lots off WA Barr Road and explore some of the trail around the lake. Check out the Wagon Creek Pedestrian Bridge at the northwest arm of the lake and



take a family photo with a stunning view of Mt. Shasta in the background. Dirt trail around the lake is seven miles and relatively easy. mountshastatrailassociation.org/trails/west-of-mt-shasta/lake-siskiyou.

TEHAMA COUNTY

Sacramento River Discovery Center; Red Bluff. Explore the watershed, native wildlife and drought-tolerant gardening in the Red Bluff Recreation Area. Enjoy hiking, disc golf, water activities, monthly bird walks and field trips. Open Mon–Sat, 9am–1pm. SacramentoRiverDiscoveryCenterInc.com.1000 Sale Lane, Red Bluff. (530)527-1196.

OTHER AREAS

Bizz Johnson National Recreation Trail; Susanville. 25.4 miles of gravel and dirt trail following the old Fenley and Lassen Branch Line of the Southern Pacific railroad. Best with mountain bikes, possible to pull children in a tagalong or bike trailer, just more challenging. Use trailheads including Susanville, Hobo Camp and Devils Corral to enjoy sections of the trail. lassenlandandtrailstrust.org/bizz-johnson-trail.
Trinity Trail Alliance; Trinity County. Multi-use easy to intermediate trails. The Weaver Basin Trail System in Weaverville has 50 miles of multi-use trails. The 4-mile Trinity Lakeshore Trail at Trinity Lake winds through shaded forest. The Ewing Reservoir Trail System in Hayfork is a 2.5-mile loop following the reservoir shoreline. trinitytrailalliance.com/trails.html.

CLUBS & COALITIONS

MULTIPLE COUNTIES

California Bicycle Coalition. CalBike advocates for equitable, inclusive and prosperous communities where bicycling helps to enable all Californians to lead healthy and joyful lives. calbike.org.

BUTTE COUNTY

Chico Corsa Cycling Club. Dedicated to advancing the sport of cycling. Riders of all levels meet monthly for group rides, rain or shine. chicocorsa.com. info@chicocorsa.com.
Chico Velo Cycling Club. Weekly rides, annual events, online local ride maps and info. chicovelo.org. 125 W 3rd St. Ste. 210. (530)343-8356.

SHASTA COUNTY

Shasta Living Streets; Redding. Builds prosperous communities by creating better bikeways and trails, walkable cities and vibrant public places where active living excellence brings a strong and secure economy and enables all people in our region to lead healthy and joyful lives. Memberships available. shastalivingstreets.org. 1322 California St. (530)355-9434.

SISKIYOU COUNTY

Cycle Siskiyou; Yreka. From short day trips to extended multi-day adventures, find road and mountain biking routes suitable for all ages and levels. Descriptions and detailed maps at cyclesiskiyou.com. bikesiskiyou@gmail.com. (530)598-8887.
Great Shasta Rail Trail Association; McCloud and Burney. Experience Mother Nature's sights and sounds as you traverse the trail through the Shasta-Trinity National Forest and enchanting meadows. This nonprofit invites community participation in planning trail amenities and helping maintain a scenic 80 miles recreational bike trail on a converted railroad corridor from McCloud to Burney. greatshastarailtrail.org. (530)925-6362.
Jefferson Mountain Bike Association; Yreka. This local chapter of the International Mountain Biking Association focuses on preserving, producing and promoting amazing mountain biking experiences in the Yreka area. Weekly night rides offered. jeffersonmountainbike.com.
Mount Shasta Mountain Bike Association; Mount Shasta. Nonprofit dedicated to designing, building and maintaining world-class trail systems in the Mt. Shasta area. Official chapter of the International Mountain Biking Association. bikeshasta.org.
Shasta Gravity Youth Mountain Bike Adventure; Mount Shasta. Experience the lore and the loam of the volcano. Mountain bike shuttles, skills clinics and guided tours. shastagravityadventures.com. (530)859-8801.

COUNTY PARKS DEPARTMENTS

BUTTE COUNTY

Chico Area Recreation & Parks District (CARD). chicorec.com/parks-facilities. 545 Vallombrosa Ave. (530)895-4711.
Durham Recreation & Parks District. durhamrec.com. 9447 Midway. (530)345-1921.
Feather River Recreation & Parks District; Oroville. frrpd.com. 1875 Feather River Blvd. (530)533-2011.
Paradise Recreation & Parks District. paradiseprpd.com/facilities. 6626 Skyway. (530)872-6393.

SHASTA COUNTY

City of Anderson Community Services. ci.anderson.ca.us. 1887 Howard St. (530)378-6626.
Redding Recreation. cityofredding.org. reddingrecreation.org. 777 Cypress Ave. (530)225-4095.

SISKIYOU COUNTY

Dunsmuir Recreation & Parks. dunsmuir-parks.org. 4841 Dunsmuir Ave. (530)926-2494.
McCloud Community Services District. ci.mccloudcsd.ca.us. 220 W. Minnesota Ave. (530)964-2017.
Mt. Shasta Recreation & Parks District. msrec.org. 1315 Nixon Rd. (530)926-2494.
Weed Recreation & Parks District. weedrec.org. 161 E. Lincoln Ave. (530)938-4685.

TEHAMA COUNTY

City Of Red Bluff Parks & Recreation Department. cityofredbluff.org/parks. 1500 S. Jackson St. (530)527-8177.
Tehama County Parks; Red Bluff. tehama.gov/government/departments/parks. 727 Oak St. parks@tehama.gov. (530)527-4655.

HIKING & CAMPING

MULTIPLE COUNTIES

California Native Plant Society Field Trips. The Mount Lassen Chapter of the California Native Plant Society leads year-round field trips and volunteer opportunities as part of its mission to conserve California native plants and their natural habitats. mountlassen.cnps.org. (916)447-2677.
Lassen National Park Hikes. Shasta and Tehama Counties. The National Park Service offers a wealth of information about exploring Lassen National Park, including hiking, backpacking and camping. Also get weather alerts, tips on encountering wildlife and field seminar information. Search "Lassen Park Hikes" on nps.gov. (530)595-4480.
OutGrown. A 501c3 nonprofit organization that empowers families with young children to step outside and enjoy the physical and mental benefits of growing up in nature. weareoutgrown.org.
Sacramento River Forum. Information about public access points to trails, camping, fishing and more along the Sacramento River. sacramentoriver.org.

BUTTE COUNTY

Chico Hiking Association. Provides hiking information for 50 trails as far north as Mount Shasta and as far south as Sacramento. Join a group hike or use the maps and tips to take your own adventure. chicohiking.org.
Explore California Outdoors. Family-run adventure company in Northern California offering all-inclusive family camping, scenic river rafting, hiking and custom outdoor excursions throughout Northern California. Every trip comes with top-quality gear, tasty multi-course meals on overnight trips, and a caring staff who handle all the details—so your family can relax and enjoy the adventure. exploreCAoutdoors.com. eco@exploreCAoutdoors.com. (530)521-1883.

SHASTA COUNTY

HealthyShasta.org. Check out the Shasta County Trails Guide and downtown Redding Walking Routes and walking guides at healthyshasta.org/maps.
Shasta Land Trust; Redding. Learn about our local ecosystems, wildlife and the natural wonders of our biodiverse region. Family-friendly hikes, bike rides, movie screenings & more. All events support local land conservation efforts in protecting wildlife habitat, recreational lands and working agricultural farms and ranches. shastaland-



trust.org to sign-up. (530)241-7886.
Visit Redding California. Highlights local trails and offers an online brochure and map. Hard copies can be picked up at the Sundial Bridge Visitor Information Center. visitredding.com/trails.
1321 Butte St Suite 100. (530)225-4100.

SISKIYOU COUNTY

Hike Shasta. Find an interactive map, color-coded based on difficulty, for Mt Shasta and surrounding peaks. The site also features campgrounds in the Mt Shasta area. hikemtshasta.com.
Mount Shasta Trail Association; Mount Shasta. Connects people to nature and communities to one another in south Siskiyou County. Volunteer opportunities to maintain beautiful areas. Often during the spring, summer & fall clean up trailheads, trim brush along trails and construct new trails. Visit Facebook for updatesmountshastatrailassociation.org.
Shasta Mountain Guides; Mount Shasta. For families with older who are ready for the challenges of rock/mountain climbing or other customizable trips. Professional guides make the experience memorable. shastaguides.com. 305 Chestnut St. info@shastaguides.com. (530)926-3117.

SUTTER COUNTY

Middle Mountain Hikes; Sutter. Hike into the world's smallest mountain range with Middle Mountain Interpretive Hikes! People are drawn to the Sutter Buttes, whether they live in the area or are just traveling by them. The Buttes are an iconic ten-mile-wide circle of volcanic peaks that are dramatically isolated in the center of the Sacramento Valley. There are a series of county roads that encircle the Sutter Buttes and Pass. Road goes through them on the southside. This scenic route is about 45 miles and allows for car and bike exploration on public-access roads only. middlemountainhikes.org. (530)370-4777.

TEHAMA COUNTY

Sacramento River Discovery Center; Red Bluff. Explore the watershed, wildlife and drought-tolerant gardening in the Red Bluff Area. Enjoy hiking, disc golf, water activities, monthly bird walks and field trips. Open Mon–Sat, 9am–1pm. SacramentoRiverDiscoveryCenterInc.com.1000 Sale Lane, Red Bluff. (530)527-1196.

INDOOR PLAY AREAS

BUTTE COUNTY

KidsPark Indoor Fun; Chico. Drop-in childcare center for ages 2-12. Large, colorful indoor and outdoor area with lots of room to play. Games, crafts and fun group activities. After school care and hourly rates. kidspark.com. 2477 Forest Ave., Suite. 190. (530)894-6800.
Rare Air Trampoline Park; Chico. Kids are encouraged to literally bounce off the walls. Trampoline courses and games for all ages, including specially designated toddler time, family days and Sensory Sundays. rareairparkchico.com.
1090 E. 20th St. (530)433-5557.
Terrain Park Climbing Center; Chico. Family Fun! 3 story play structure, toddler play area, game room, rope climbing and bouldering. We've got something fun for every member of the family/ Member events and discount climbing nights weekly. Hourly/daily/monthly rates! terrainparkclimbingcenter.com. 931 W 5th St. (530)809-0796.

SHASTA COUNTY

Mount Shasta Mall Indoor Play Area; Redding. Kids will enjoy little slides for big fun at this play area for young children. Resting area for parents. 900 Dana Dr. (530)223-3575.
Ninja Coalition; Redding. Indoor obstacles for kids, teens, and adults. Classes and open gyms are available. A unique approach to fitness that encompasses strength, conditioning, flexibility, problem-solving and coordination. ninjacoalition.com. 900 Dana Drive. (530)605-3329.
Rare Air Trampoline Park; Redding. 10,000-sq.-ft. of trampoline space includes multiple dodgeball courts, slam dunk basketball hoops, an airbag pit, main court, a junior zone and more. Arcade, birthday parties, private party rooms, air-robics classes and toddler time (offered twice a week for jumpers ages 6 & under). rareairpark.com. 3625 Old 44 Dr. (530)221-1206.
Turtle Bay Exploration Park; Redding. Turtle Bay features indoor and outdoor areas for children and their families to play and learn. Inside the museum, check out a Wintu Bark House, watch fish at the Visible River Aquarium, explore engineering with hands-on exhibits. Outdoors, enjoy the Children's Garden, home to a mosaic whimsical water feature. The McConnell Arboretum & Botanical Gardens are located on the north side and the Sundial Bridge spans the Sacramento River. turtlebay.org. 844 Sundial Bridge Dr. (530)243-8850.

SISKIYOU COUNTY

Mount Shasta Community Resource Center; Offers a variety of child development programs & activities including preschool science, early childhood art, music & movement, holiday events and a weekly parent & child interactive playgroup. Call for drop-in hours & information. mtshastacrc.com. 109 E. Lake St. (530)926-1400.
Mount Shasta Sisson Museum; Located in a charming building at the Mount Shasta Fish Hatchery site. Displays, exhibits and special events focused on local history. Children's activities include a vintage fire truck, model railroad setup with locomotive control panel, old-fashioned toys and more. mtshastamuseum.com. 1 N. Old Stage Rd. (530)926-5508.

RECREATION DEPARTMENTS

BUTTE COUNTY

Chico Area Recreation & Park District. Year-round programs, classes and events for all ages. Aquatics, trips and tours, mobile recreation vans, sports leagues, parks for seasonal play and more. chicorec.com. 545 Vallombrosa Ave. (530)895-4711.
Feather River Recreation & Park District; Oroville. Home of Feather River Activity Center Preschool. Recreational programs for all ages including dance, yoga, karate, judo, Zumba, summer camps, adult fitness, swimming, tennis/pickleball and more. frrpd.com. 1875 Feather River Blvd. (530)533-2011.
Paradise Recreation & Park District. Offers seasonal sports leagues, classes, aquatics, camps, special needs programs, activities for all ages and more. paradiseprpd.com. 6626 Skyway. (530)872-6393.

SHASTA COUNTY

City of Anderson Community Services. Fun playgrounds, youth basketball league, senior activities, the famous Mosquito Serenade Concerts, free fishing day for kids, skate park and more. ci.anderson.ca.us. 1887 Howard St. (530)378-6626.
Redding Recreation. Offers seasonal camps and classes, sports leagues and clinics, youth and teen activities, special events and more. Register now. reddingrecreation.org. 777 Cypress Ave. (530)225-4095.





Shasta Marina at Packers Bay; Lakehead. Full-service marina offering a convenience store, wakeboard, kayak and houseboat rentals and sales. Launch ramp and small boat covered moorage available. shastalake.net. 16814 Packers Bay Rd. (800)959-3359.

SISKIYOU COUNTY

City Of Yreka Parks & Facilities. Many parks and facilities available for use by residents and visitors. ci.yreka.ca.us/202/Parks-Facilities. 701 4th St. (530)841-2386.
Dunsmuir Recreation & Parks. Sports, activities and swimming in Siskiyou County's largest outdoor pool. Botanical garden, outdoor concerts, safe play areas and more. dunsmuirparks.org. 4841 Dunsmuir Ave. (530)859-0294.
McCloud Community Services District. Hoo Hoo Park, with playground equipment, gazebos with public barbecues, horseshoe pits, several ballfields and a concession stand with restrooms. ci.mccloudcsd.ca.us. 220 W. Minnesota Ave. (530)964-2017.
Mt. Shasta Recreation & Parks District. Seasonal youth basketball program, seasonal ice rink (skating & hockey), various youth and adult classes, beautiful parks, skate park, senior services, a dog park and more. msrec.org. 1315 Nixon Rd. (530)926-2494.
Weed Recreation & Parks District. Parks, swimming, classes, special events and more. Weed Community Center with indoor heated saltwater pool, rec room, birthday parties, pool parties, fitness classes, a grand room for weddings and events. weedrec.org. 161 E. Lincoln Ave. (530)938-4685.

GEAR UP FOR BIKING WITH KIDS!



Bike Safety Rodeo
April 18, 2026
11 am–4 pm
Caldwell Park, Redding

Bike to School Day
Wed. May 6, 2026

Learn routes that are comfortable to ride with kids- like the new loop in downtown Redding!

For more information and maps visit HealthyShasta.org

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1890 Briggs St, Anderson, CA
530-378-6789
shastadistrictfairand eventcenter.com

MAY 14-17, 2026
GLENN COUNTY FAIR
"Blue Jeans and American Dreams"
Exhibits, Derby, Music, Food, Carnival, Animals, Shopping, and much more!
221 E. Yolo St., Orland, CA
530-865-1168
www.glenncountyfair.org

MAY 21-25, 2026
SILVER DOLLAR FAIR
"Stars, Stripes, and Carnival Lights"
Carnival, Farm Babies, Music, Food, Racing, Free Entertainment & More!
Home to the **Silver Dollar Speedway**
2357 Fair Street, Chico, CA
530-895-4666
www.silverdollarfair.org

A Living Classroom at Hearthstone School

BY MARK JOSEPH DAVIS

The first thing one notices when arriving at Hearthstone School in Oroville is that the garden out back is not what you'd expect. There are no tidy raised beds with tomato cages and a hand-lettered sign. What Matthew Trumm, Hearthstone School Garden Coordinator, has built over the past 10 years is something closer to an ecosystem. The garden is a food forest, a water harvesting system, a nursery, a working compost operation and a living classroom that wraps itself around every subject in the school day. At the beginning of his day, Trumm carries his slim, rugged build under canvas and denim clothing that is remarkably clean. His baseball cap seems made especially for him, with a patch that reads "Big Trees." His nickname at the school is "Mr. Tree." "You can teach every subject in the garden," Trumm says. "Math, science, writing, design. It's all here."

Building a Permaculture Education Program

Hearthstone School has been an integral program through the Butte County Office of Education since the 1980s. It began as Butte County Home Study and in the mid 1900s developed its charter. The school, tucked away in the northwest corner of Oroville near Thermalito Bay, serves approximately 220 students in grades TK-12 throughout Butte County and all contiguous counties.

Trumm came to Hearthstone in 2016 to speak at a composting workshop and he stayed. A certified permaculture educator through the Australian Permaculture Institute and a licensed landscape contractor, he had spent years teaching sustainable landscape design to adults. Something clicked for him when he first arrived on campus. "I realized that this is it," he says. "Everything I'd been trying to do with adults, I could do here with kids and it actually sticks."

What he built, quietly and incrementally, is a permaculture education program. Younger students in TK through fifth grade experience the garden as a space for pure exploration. He calls this "The Cornerstone School Garden Program." There's a plan, but if the kids notice lizards that's the day's lesson. If there are worms in the compost, the class goes deep on worms. "It's very fluid," Trumm says. "I let them guide me. It's all about fun and I don't care about it being perfect."

As students move into the upper grades, the curriculum deepens. They learn the ethics and principles of permaculture design, including earth care, people care and future care, alongside the practical skills of seed starting, composting, water management and propagation. By sixth, seventh and eighth grade, students join the Junior Garden Club, where the dynamic shifts. At that point, they're the ones making decisions.

Students Learn Regenerative Economics

Last year, the club's sales of herb blends, plant starts, baked goods and homemade products fully covered the program's supply costs. The goal is for the program to be entirely self-sustaining; what Trumm calls "regenerative economics" in action. The garden itself reflects a philosophy of working with nature rather than against it. Where most school gardens focus on summer vegetables, only to struggle when teachers and volunteers scatter for the hottest months, Trumm shifted the emphasis to winter greens, perennial fruit trees and varieties that ripen while school is in session.

Lessons in Water Conservation

The water system is equally thoughtful. A $500,000 grant through Chico State University and the State Water Board funded what Trumm describes as the largest rainwater catchment and stormwater infiltration system of its kind in California. Three large tanks collect rainfall, pump water to a tank at the school's highest point and release it through a network of bioswales, check dams and permeable pavement. This slows the water's journey through the landscape, feeding trees and soil along the way. On rainy days, students can pull up check dams and watch the water move. "Kids love water," Trumm says, laughing. "And this is a real illustration of how we can rehydrate a watershed."

Preparing Students for a Career in Regenerative Industry

This year, Trumm launched the RIP Program — Regenerative Industry Pathway — connecting high school students with real work experience in landscaping, farming, nursery management and related trades. Students earn academic credits from work experience. Currently, they are helping in the school garden, but soon the plan is to build out more school garden programs and in doing so, accompany regenerative contractors during the installs and develop pathways toward paid positions. One of the first hires from his own landscape business was a former garden student. "That was the goal," he says. "And it worked."

Hearthstone Students Give Back to the Community

In the spring, the Junior Garden Club partnered with another student group to distribute more than $6,000 worth of donated fruit trees to fire survivors from Paradise, Concow, Berry Creek and surrounding communities. They hosted dozens of survivors at the school, served a meal from the garden and gave tours of everything they'd built. "We didn't realize how much people would appreciate it," Trumm says. "It was great to have the students see how impactful giving back can be."

Hearthstone principal Kelly Haight says of the garden project, "For nine years, students have been benefiting. Some students who finish up with eighth grade want to come back for high school, asking for more of Mr. Tree."■







Hearthstone students learn valuable life lessons and career skills while they plant, grow, harvest and enjoy eating fresh vegetables from their school garden. *Photos provided by Hearthstone school.*

- Community Ecology Orgs/Programs
- Ecological Reserves
- Native Plant Nurseries
- Recycling Centers
- Solar Panel Companies
- Surplus Stores & Reconstructed Goods
- Thrift Stores



COMMUNITY ECOLOGY ORGS, PROGRAMS & PROJECTS

MULTIPLE COUNTIES

California Tree School. A one-day, Saturday event in which attendees take four forestry classes of their choice. Classes are led by UC Agriculture and Natural Resources academics and other natural resource professionals, including lectures and hands on activities. Attendees can engage with local resource organizations at the Exhibitor Fair. 2026 classes are April 18 at Paradise HS, Paradise. Registration fee: $70, need-based scholarships available by request. ucanr.edu/site/forest-research-and-outreach/california-tree-school.

BUTTE COUNTY

Butte Environmental Council; Chico. Mission is to protect and defend the land, air, and water of Butte County and the surrounding region through action, advocacy and education. becnet.org. 313 Walnut Street #140. (530)891-6424.
Chico Community Observatory; Chico. See the view from our planet. Appreciate our only home. Telescopes, knowledgeable docents and outdoor planetarium. Open year-round on clear nights Fri-Sun, sunset to when park closes. Free. facebook.com/ChicoCommunityObservatory. explorebuttecounty. com/places/observatory-at-bidwell-park. Near Horseshoe Lake in Upper Bidwell Park, look for sign at the intersection of Wildwood Avenue and Observatory Way. 1 Observatory Way. (530)895-4711.
Monastery of St John Candle Shop; Manton. Beeswax Candles for sale. Unlike petroleum-based paraffin, beeswax candles require minimal, chemical-free processing, are fully biodegradable and have a higher melting point, resulting in a slower, more efficient burn that emits fewer particulates. Family and school group tours of shop and candle-making process. monastaryofstjohn.org. (530)-474-5964

SHASTA COUNTY

Schreder Planetarium; Redding. Immersive full-dome theater offers engaging programs that blend science, technology, engineering math, imagination and appreciation of nature and our planet. Designed for grades TK–12 and families. Open only during scheduled programs, which include a live demonstra¬tion, full dome shows, hands-on exhibits and a gift shop. Tickets $10; children on laps free. See programs at shastacoe.org/programs-services/plane¬tarium. All programs are booked through the website.1644 Magnolia Ave. (530) 225-0243.
Shasta Environmental Alliance; Redding. Mission is to protect and preserve the flora, fauna, land, air and water of the Sacramento River Watershed through advocacy and education. ecoshasta.org.

SISKIYOU COUNTY

Raven Tree Wild Bird & Nature Shop; Mount Shasta. Offers earth-friendly puzzles and science and educational children's toys, nest boxes, wild bird seeds, feeders, optics, kites, nature themed gifts and souvenirs, mason and honeybee supplies and much more. raventreeshop.com. 138 Morgan Way. (530)926–6OWL.
Mount Shasta Bioregional Ecology Center; Mount Shasta. Advocates strong, enforceable protections for our mountain, for clean air and water, for healthy forests and wildlife habitat. Supports a community informed and engaged with the issues and ready to act. Encourages leaders and decision makers to learn, understand and act appropriately for citizens and the land, above the influence of outside and exploitive interests. mountshastaecology.org. (530)926-5655

TEHAMA COUNTY

One Seed at a Time; Red Bluff. Growing change, one seed at a time. Creates free community stands wherein community members can give what they can or take what they need. Plants fruit trees within public reach from which anyone can pick. Working to establish gardens in schools throughout Shasta County. 1seed.org. info@1seed.org. (530)528-9330.

THRIFT STORES

The fashion industry is a major contributor to landfill waste due to the disposal of unsold and unwanted clothing. Shopping at thrift stores help mitigate this issue by giving clothes a second life.

BUTTE COUNTY

Once Upon A Child; Chico. Thrift and consignment. Buys and sells gently used kids' clothing, shoes, toys and baby gear. Pays cash on the spot and provides a convenient way to recycle items children have outgrown, giving those items a second life. Ever-changing selection of top name brands at up to 70% off regular retail prices. onceuponachild.com/locations/chico-ca. 801 East Ave Suite #106. (530)592-3824.

SHASTA COUNTY

Gather Downtown; Redding. Home to Chosen Clothing Consignment Co., this boutique offers a selection of women's, men's, children's and baby clothing, gear and accessories in a variety of sizes. Customers can shop online. Nestled among 41 independent merchants and artisans, shoppers can enjoy a wide array of shops. gatherdowntown.com/chosen. 1322 Butte Street. (530)215-1117.

ECOLOGICAL RESERVES

MULTIPLE COUNTIES

Battle Creek Wildlife Area; Anderson. Shasta/Tehama Counties. 582 acres for hiking, birdwatching & wildlife viewing. wildlife.ca.gov/Lands/Places-to-Visit/Battle-Creek-WA. 23999 Coleman Fish Hatchery Rd. (530) 225-2300.

BUTTE COUNTY

Big Chico Creek Reserve; Forest Ranch. Located on the ancestral land of the Mechoopda Indian Tribe with goals to preserve & steward critical habitat & to provide a natural area for environmental research & education. Open to hiking from dawn to dusk everyday with exception of hunt dates. csuchico.edu/bccer/. 3521 14 Mile House Rd. 530-898-5010.
Butte Creek Ecological Reserve; Forest Ranch. 93-acre site along the middle of Butte Creek. The preserve is open to the public year-round. 3521 14 Mile House Rd. (530)898-5014.
North Table Mountain Ecological Reserve; Oroville. Hiking, wildlife & wildflower viewing, & hunting. wildlife.ca.gov/Lands/Places-to-Visit/North-Table-Mountain-ER. 2488 Cherokee Rd. (916)445-0411.

GLENN COUNTY

Sacramento National Wildlife Refuge; Willows. Offers a variety of recreational opportunities, including wildlife viewing, photography, hiking, hunting & more. Maps/brochures, exciting programs, guided tours, exhibits & bookstore all located at Visitor Center. fws.gov/refuge/sacramento. 752 County Rd 99W. (530) 934-2801.

SISKIYOU COUNTY

Mount Shasta Bioregional Ecology Center. A community of people inspired to honor, protect & restore our world renown mountain environment. Volunteer opportunities, beautiful trails
& educational resources all available. mountshastaecology.org. 101 Alma St. (530)926-5655.

TEHAMA COUNTY

Butler Slough Ecological Reserve. 4 acres of riparian and wetland habitat. Hiking, birdwatching & wildlife viewing. wildlife.ca.gov/Lands/Places-to-Visit/Butler-Slough-ER. (530)225-2300.
Dales Lake Ecological Reserve. 367 acres of open grasslands, & foothill pine woodland. Hiking, wildlife viewing, birdwatching & hunting. Check website for directions. wildlife.ca.gov/Lands/Places-to-Visit/Dales-Lake-ER. (530)225-2300.

NATIVE PLANT NURSERIES

MULTIPLE COUNTIES

Bloom!California. Grant funded campaign run by California Native Plant Society to help increase native plants throughout California in businesses, homes, gardens and parks. Resources to discover native plants, explore how to integrate and find the right nursery. bloomcalifornia.org.
Calscape. California Native Plant Society. Helps Californians restore nature and save water one garden at a time. Shows people which plants are native to any location in the state, where to buy them and how to grow them. calscape.org.
Redwood Seed; Lassen. Certified Organic by CCOF, open pollinated seed farm with seeds for fruits, vegetables, flowers, legumes & more. Can be shipped. redwoodseeds.net. info@redwoodseeds.net.

BUTTE COUNTY

Floral Native Nursery; Chico. Specializes in growing and selling California native plants for contracts, wholesale & retail. Propagate California native trees, shrubs, flowers and grasses from seeds and cuttings for gardens, commercial landscapes & restoration. floralnativenursery.com. 14388 Meridian Rd. (530)892-2511.
Harvests & Habitats Nursery; Chico. Small, organized garden taking part in Bloom! California. 85% edible plants that are also multifunctional. facebook.com/grubgrown. Backyard of 1078 Gallery, 1710 Park Ave. (530)680-7020.
Pine Creek Flowers; Chico. Two-acre flower farm owned and operated by husband-and-wife team, with the goal to produce an exceptional product with a small carbon footprint that reconnects our community to the importance of seasonal and local flowers. Flowers can be found at Chico Farmers Market & elsewhere. pinecreekflowers.com. 2532 Oak Way. (203)981-4966.

SHASTA COUNTY

Arboretum & Gardens' Nursery; Redding. Located at Turtle Bay. Boasts a wide collection of native & drought resistant plants. Accepts recycled plant pots to reuse. turtlebaynursery.org/#inventory. 1100 Arboretum Dr. gardens@turtlebay.org. (530)242-3169.
Ghost Pine Native Plant Nursery; Redding. Online nursery whose purpose is to support California's native plants and their habitats through gardening, education, science, advocacy, stewardship & restoration. ghostpinenursery.org.

SISKIYOU COUNTY

Siskiyou Arboretum & Native Plant Nursery; Yreka. Run by volunteers and funded through plant sales and donations. Contact by email to see nursery or to find out when the next plant sale is. Always looking for volunteers to help seed, transplant, and water and to help maintain the nursery native gardens. sgpga.org. sisq.native.plants@gmail.com. 433 Knapp St.
Spring Hill Nursery & Gardens; Mount Shasta. Offers the best selection of healthy, beautiful native plants for your home and garden. Also has printable pdfs, videos and a variety of tools to encourage education. springhillnurseryandgardens.com. 1234 Nixon Rd. (530)926-2565.

RECYCLING CENTERS

MULTIPLE COUNTIES

Big Valley Sanitation; Redding. Offers services including grease disposal to 60 cities in Northern California. bvsanitation.com. 5551 Eastside Rd. 96001. (530)243-0657.
Hambro Recycling; Will redeem and recycle all CA CRV beverage containers- aluminum, glass and plastic; CRV bi-metal and plastics 3-7; wine, liquor, juice containers; wine and liquor pouches, boxes and cartons. hambrocrvbuyback.com. (707)954-3418.
All sites open Tues-Sat, 10am-5pm
Anderson: 2301 Balls Ferry & 6719 Eastside Rd.
Cottonwood: 20645 Gas Point Rd.
Red Bluff: 725 S. Main Street
hambrocrvbuyback.com. (530)365-6458.
Paint Care. Drop-off sites where the public can take unwanted paint for recycling. Sites available to households, businesses, government agencies & others with left-over paint. paintcare.org. Info@paint.org. (855)724-6809.
Waste Management. Trash & recycling drop-off locations. Guidelines for recycling and avoiding contamination in bins. Mon-Fri, 8am-5pm. wm.com.

BUTTE COUNTY

Neal Road Recycling Facility; Paradise. Landfill. Dedicated to preserving resources for future generations through recycling and conserving. Offers information on green waste, refrigerator and freezer & more. buttecounty.net/809/Recycle-Butte. 1023 Neal Rd. (530)345-4917.
Recycling Materials. Provides detailed resource page of where to recycle materials based on categories. Section B provides detailed page arranged by communities. buttecounty.net/868/Section-A---Recycling-by-Materials.

GLENN COUNTY

Kiwanis Club; Willows. Recycle program has been a means of raising funds to support projects that focus on local youth. Look for sign and the price per pound that we are paying our customers. Sat 9am-12pm. willowskiwanis.org. Birch & Hwy 99.
Used Oil Recycling Centers. Recycle used motor oil and filters at these locations:
Auto Zone;
Orland. 711 6th St. (530)865-2503.
A&Z Automotive;
Orland. 910 6th St.(530)865-2723.
O'Reilly Auto Parts;
Orland. 304 E Walker St. (530)865-8352.
O'Reilly Auto Parts;
Willows.1257 W Wood St. (530)330-5072.
Willows Automotive;
Willows. 200 Garden St. (530)934-7600.
Wunsch's Garage;
Willows. 315 S. Tehama St. (530)934-7150.

SHASTA COUNTY

Big Valley Sanitation; Redding. Offers services including grease disposal to 60 cities in Northern California. 5551 Eastside Rd. (530)243-0657.
Waste Management; Redding. For Anderson/Cottonwood Disposal. Guidelines for recycling and avoiding contamination in recycling bins. Hours 9 am-4 pm. wm.com/location/california/north-valley/shasta-county/index.jsp. 8592 Commercial Way. (530)221-6510.
Waste Reduction and Recycling. Where and how to recycle items including motor oil, fluorescent lights & appliances. Tips on how to reduce waste. shastacounty.gov/waste-recycling. (530)225-5789.

SISKIYOU COUNTY

Siskiyou County Recycling; Yreka. Information listing recycling locations including CRV Redemption Centers in the county. co.siskiyou.ca.us/generalservices/page/recycling. 190 Greenhorn Rd. (530)842-8220.
Siskiyou Opportunity Center; Mount Shasta. Cal-Recycle certified recycling center operates year-round. Each service provides employment for adults with intellectual disabilities. Workers learn to operate bailers, crushers & conveyor belts. CA CRV items only. Please have items sorted. Mon-Fri 9am-4pm. siskiyouoc.org/recycling.html. 1516 Mt. Shasta Blvd. (530)918-4906.
Yreka Transfer & Recycling Center; Yreka. Tues-Sat 10am-4:30pm. Visit website to see what is accepted. yrekatransferllc.com/recycling.html. 231 Ranch Ln. (530)842-9119.

TEHAMA COUNTY

Hambro Recycling; Red Bluff. Beverage containers not eligible for cash refund but are still recyclable. hambrocrvbuyback.com. 725 S. Main St. (530)527-6727.
Richfield Metal & Recycling, Inc; Corning. 5550 Grange Rd. (530)824-2123.
S & L Recycling; Los Molinos. 7949 HWy 99E. Mon-Sat: 9:30am-1pm and 2-5pm. Sun: 11am-4pm. (530)567-5142.

SURPLUS STORES & RECONSTRUCTED GOODS

MULTIPLE COUNTIES

Habitat For Humanity ReStores. Non-profit home improvement store selling surplus construction items, including doors, fixtures, paint & hardware.
Donations accepted.
Chico: buttehabitat.org. 220 Meyers St. (530)895-1271.
Medford, OR: roguevalleyhabitat.org. 2233 S. Pacific Hwy. (541)773-9095.
Urban Ore; Berkeley. Three acres packed with recycled goods, including building materials, art supplies, garden & household items, sporting goods, clothing, a bookstore, gallery and more. urbanore.com. 900 Murray St. (510)841-7283.

SOLAR PANEL COMPANIES

MULTIPLE COUNTIES

Next Level Energy; Redding. Commercial & residential design and installment. Available for Shasta, Tehama & Butte Residents. nextlevelenergy.net. 2305 Court St. info@nextlevelenergy.net (530)316-1421.

BUTTE COUNTY

Alternative Energy Systems; Chico. Residential & commercial solar systems, generators, maintenance & repairs. savingenergyforlife.com. 13620 Hwy 99. 530-345-6980.
Premier Solar Energy; Chico. Home solar & battery company. Provides solar walls and sustainable energy. premiersolarinc.com. 1359 East Lassen Ave. (530)450-9450.

SHASTA COUNTY

Top Hat Energy; Redding. Offers solar, battery back-up, off-grid solar & more. Serves many Northern California residents. tophatenergy.com. 2520 Tarmac Blvd. (530)223-0753.

TEHAMA COUNTY

Wing Solar & Wood Energy; Red Bluff. Provides alternative energy sources like solar electric pv systems & hydronic heating. wingsolar.net. 22040 Manor Ln. (530)527-0557.

THRIFT STORES

MULTIPLE COUNTIES

Salvation Army Thrift Store; Chico. Sales fund The Salvation Army Adult Rehabilitation Program. salvationarmyusa.org.
Chico: 700 Broadway St. (530)342-2192.
Red Bluff: 493 Antelope Blvd. (530)529-1590.
Redding: 4460 Westside Rd. (530)244-2296.

BUTTE COUNTY

ARC Thrift Store; Chico. Nonprofit organization selling quality used clothes, home goods & furniture. Benefits ARC of Butte County. Provides work for experience for adults with intellectual and developmental disabilities. thearcstore.org. 2020 Park Ave. (530)343-3666.
Lost & Found Thrift Shop; Chico. An assortment to thrift: clothes, records, glassware, tupperware, toys, craft supplies & more.169 Cohasset Rd Ste 7.(530)809-4192.
Pawprints Quality Thrift Boutique; Chico. Donations to the store benefit spay/neuter & trap-neuter-return programs. Vintage clothes, antiques & more. pawprintsthriftboutique.org. 1360 E. 1st Ave. (530)892-2687.

SHASTA COUNTY

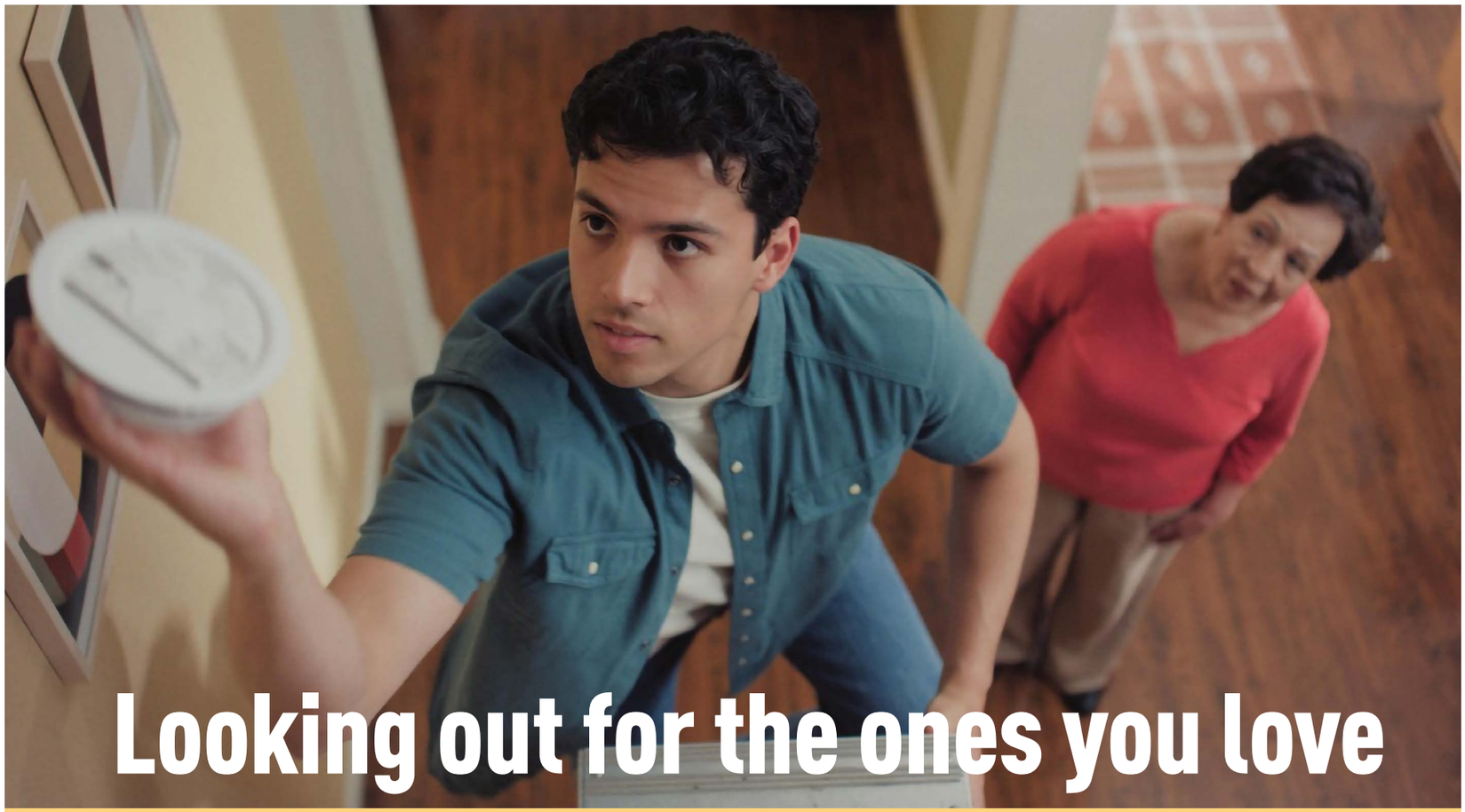
All Saints Thrift Shop; Redding. Benefits people in need in the Shasta County community. facebook.com/allsaintsredding. 3268 Bechelli Ln. (530)243-1000.
Another Chance Animal Welfare League Thrift Store; Palo Cedro. Benefits programs that assist animals. acawl.org. 9384 Deschutes Rd., Suite D. (530)547-7387(PETS).
ETC Thrift Shop; Anderson. Benefits Frontier Senior Center. Household items including clothing. frontierseniorcenter.com/etc-thrift-store. 2965 E. Center St. (530)365-2534.
Just Between Friends; Redding. Save 50% to 90% on clothes, shoes, books, toys and all the baby gear. Twice-yearly pop up stores are offered seasonally in spring and fall. redding.jbfsale.com.
Second Helpings; Redding. A boutique shopping experience with low prices. Supports organizations benefiting the community. fccredding.org/thrift-store.html. 2636 Churn Creek Rd, Suite B. reddingfcc@gmail.com. (530)226-8000.

SISKIYOU COUNTY

Eagle's Nest Resale Shop; Weed. Benefits College of the Siskiyous student-centered activities & scholarships. siskiyous.edu/eaglesnest. 123 Main St. eaglesnest@siskiyous.edu. (530)938-4663.
Hospice & Heartisans Boutique; Yreka. Two shops on the same street. Volunteers salvage donated items that would otherwise be discarded and transform them into treasures. One-of-a-kind items include quilted blankets, children's sweaters, knitted socks, home décor, doll beds and more. madronehospice.org/our-shops. 217 & 209 W. Miner St. (530)842-6025.
Siskiyou Humane Society Thrift Store; Mt. Shasta. 100% of sales benefit Siskiyou Humane Society. siskiyouhumane.org/support/thrift-stores. 110 W. Lake St. (530)926-8878.
Rescue Ranch Thrift Store; Yreka. Stocked by donations, inventory is constantly changing & being renewed. Books, clothing, electronics, furnishings & more. Pet friendly, all proceeds support Rescue Ranch. rrdog.org/donate/thrift. 827 S. Main St. (530)643-8156.

TEHAMA COUNTY

Hope Chest; Red Bluff. Benefits Family Counseling Center. 1359 Grant St. (530)527-0270.



Looking out for the ones you love

Emergency planning begins at home, but it doesn't stop there.

It's just as important to consider the needs of your extended family, neighbors, and anyone who may rely on you in a crisis. When creating an emergency plan, talk with your loved ones about these key steps:



BUILD A SUPPLY KIT.

Stock up on essentials like food, water, batteries, flashlights and a battery-powered radio.



PREPARE FOR POWER OUTAGES.

Make sure everyone knows how to manually open the garage door if the electricity goes out. Consider backup power options like a generator or portable chargers.



PLAN YOUR ESCAPE ROUTES.

Map out safe exits from your home and neighborhood in case you need to evacuate quickly.

PG&E®

To learn more ways to prepare for an emergency, visit **pge.com/safetyactioncenter**.

Message paid for by customers.

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- Babysitting Training Courses
- Bike & Board Helmets
- Car Seat Safety
- COVID Resources
- CPR & First Aid Training
- Domestic Violence, Trafficking & Abuse Prevention
- Fire Safety
- Product Recalls & Awareness Websites
- Water Safety



BABYSITTING TRAINING COURSES

American Red Cross Babysitters' Training Programs. Recommended for ages 11-15. Participants learn about childcare skills, safety hazards, injury prevention and starting a babysitting business. Infant/child CPR and first aid. Find local programs or enroll in online courses. redcross.org/take-a-class/babysitting-child-care. (800)733-2767.

BUTTE COUNTY

Enloe Health Mother Baby Education Center; Chico. Super Sitter Classes for ages 12+. Participants receive an Infant/Child CPR participation card and learn how to be a responsible babysitter. Classes offered during school breaks and in the summer. Enloe.org/Baby. Fountain Medical Building, 251 Cohasset Road, Suite 240. (530)332-3970.

BIKE & BOARD HELMETS

Yreka Police Department. Gives out free helmets to children in size S, M, & L. ci.yreka.ca.us/194/Department. 1400 Fairlane Rd. (530)841-2300.

CAR SEAT SAFETY

MULTIPLE COUNTIES

AAA; Book online for a virtual meeting with a car seat technician, who will check to see if the car seat has been recalled and ensure you're using the correct seat based on the age, weight and height of your child. Technicians also work with you to practice the correct installation and use of your car seat. *Chico: mwg.aaa.com/automotive/car-seat-inspections. 2221 Forest Ave. (530)332-2600. Oroville: mwg.aaa.com/automotive/car-seat-inspections. 2024-A, Oro Dam Blvd E. (530)538-8900. Redding: mwg.aaa.com/automotive/car-seat-inspections. 943 Mission de Oro Dr. (530)722-1600.*

BUTTE COUNTY

Butte County Public Health; Oroville. Hands-on, car seat safety classes both one-on-one by appointment or bi-monthly in the evenings. Qualifying families will receive a free car seat. Call for a car seat appointment. buttecounty.net/874/Car-Seat-Program. 25 County Center Dr. (800)339-2941.
California Highway Patrol; Chico. Car seat inspections Wed 8:30am-11:30am. 413 Southgate Ave. (530)332-2800.
California Highway Patrol; Oroville. Contact office to schedule an appointment. 2072 3rd St. (530)538-2700.
Enloe Health Mother Baby Education Center; CChico. Programs on topics of car seat and pet safety. Learn how to install your child's car seat correctly and how to introduce your baby to your family pets. With Butte County Public Health and Butte Humane Society. Enloe.org/Baby. (530)332-3970.

SHASTA COUNTY

California Highway Patrol; Redding. Call 8am-5pm to make sure there is an officer available for a car seat inspection before coming in. 2485 Sonoma St. (530)242-4300.
Shasta County Maternal, Child, & Adolescent Health and Human Services Agency; Redding. Virtual car seat classes. 2660 Breslauer Way. (530)245-6877.
Shasta County Health and Human Services Agency; Redding. Low-cost car seats and free car seat safety class for those who qualify. shastacounty.gov/health-human-services/page/child-safety-seats.



CPR and First Aid are vital life saving skills all teens and adults can easily learn. Free and low-cost instruction and training is available throughout the North State.

shastahhsa.net. 2650 Breslauer Way. Call to pre-register: (530)225-5850 or (800)300-5122.
California Highway Patrol; Yreka. Call for appointment. 1739 South Main St. (530)842-0530.

COVID RESOURCES

Butte County Public Health; Oroville. buttecounty.net/727/COVID-19-Resources. 202 Mira Loma Dr. (530)552-4000.
Fairchild Medical Center; Yreka. Mon-Sat. 8am-4pm. fairchildmed.org. 444 Bruce Street. (530)842-4121.
Glenn County Public Health: countyofglenn.net/dept/health-human-services/public-health/covid-19.
Shasta Ready: shastacounty.gov/ready.
Siskiyou County Public Health; Yreka. 8am-5pm Monday-Friday. siskiyoucounty.gov/search/site/covid. 810 S. Main St. (530)841-2134.
Tehama County Health Services Agency; Red Bluff. tehamacohealthservices.net/covid-19. 1850 Walnut St. (530)527-8491.

CPR & FIRST AID TRAINING

BUTTE COUNTY

Emergitek; Chico. American Heart Association® BLS-ACLS-PALS and Adult/Child/Infant CPR, AED, First Aid. Daily skills sessions, same day AHA® eCard. emergitek.com. (530)514-7351.
Valley Oak Children's Services; Chico. 8-hour preventable health and safety training pediatric safety classes. Reimbursements for pediatric and CPR classes are available on a first come, first serve basis. valleyoakchildren.org. 3120 Cohasset Rd, Suite 6. (530)895-3572.

SHASTA COUNTY

American Red Cross; Redding. Adult, infant and pediatric CPR and first aid for all levels; wilderness, remote and pet first aid. Call or go online to schedule a CPR class. redcross.org. (800)733-2767.
Kiser CPR & First Aid; Redding. Pediatric CPR, first aid and emergency medical responder training. kisercpr.com. 1759 Yuba St. (530)607-6979.
Shasta Builders Exchange – The Trade School; Redding. Adult & pediatric CPR & first aid. Group classes by request. Public class held once a month. shastabe.com. 5800 Airport Rd. (530)221-5556.

SISKIYOU COUNTY

College of The Siskiyous; Weed. CPR for the professional rescuer classes. The public is welcome to enroll. siskiyous.edu. 800 College Ave. (530)938-5555.

DOMESTIC VIOLENCE, TRAFFICKING & ABUSE PREVENTION

MULTIPLE COUNTIES

Court Appointed Special Advocate (CASA). CASA volunteers are community members appointed to advocate for abused and neglected children in the court system. Volunteers meet regularly with their appointed children and people in the children's lives, then write a court report and recommendation on behalf of the children. *National CASA: nationalcasagal.org. (800)628-3233.*
California CASA: San Diego. californiacasa.org. 3525 Del Mar Heights Rd. #243. (510)663-8440.
Redding (Regional Office): nvcss.org/casa. 2400 Washington Ave. (800)846-1451.
Yreka: yesiskiyou.org. 907 Fourth St. (530)841-0844.
The National Domestic Violence Hotline. 24 hrs daily. Offers resources for survivors, family and friends. Info on how to support someone in an abusive relationship, how to tell if you're in an abusive relationship, fact sheets and more. thehotline.org. Text "START" to 88788 or call (800)799-7233(SAFE).thehotline.org. Text "START" to 88788 or call (800)799-7233.
Northern California Anti-Trafficking Coalition (NCAT). Shasta County-based coalition seeks to raise awareness of and end sex trafficking in Northern California. Anyone can join the network to offer essential resources like medical care, food, shelter, transportation, counseling and legal guidance. californiaagainstslavery.org/organization/northern-california-anti-trafficking-coalition or facebook.com/ncatcoalition. (530)255-2017. Report: (530)245-6500.

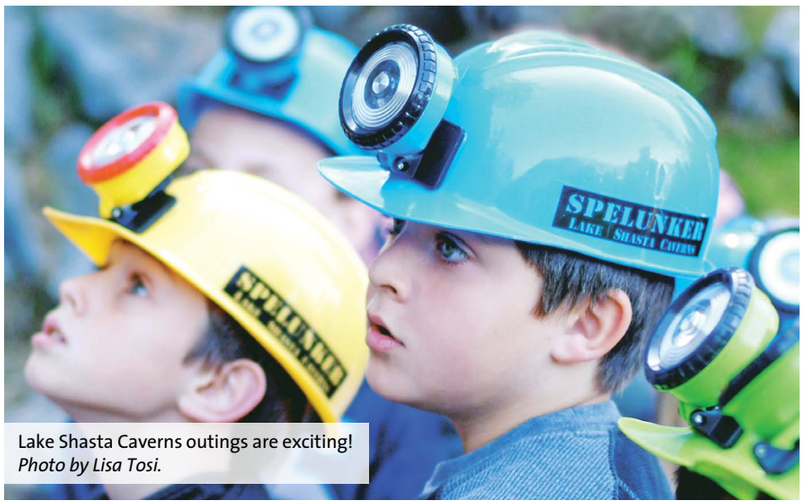
24-hour hotline: (800)895-8476.

BUTTE COUNTY

Butte County Child Abuse Hotline. (800)400-0902 or (530)538-7882.
Catalyst Domestic Violence Services. Domestic violence advocacy, restraining order assistance, court accompaniment, counseling services, weekly drop-in support groups for women and crisis line. catalystdvsv.org. 24-hour hotline (800)895-8476.
Chico: (530)343-7711.
Oroville: (530)532-6427.
Youth for Change. Services for homeless youth ages 14-24. Assistance ranges from help with basic needs (shower, laundry facilities, a hot meal, clothing, haircut, etc.) to intensive case management and counseling, education, employment and life skills support. youth4change.org.
Chico: 130 W. 6th St. (530)894-8008.
Oroville: 2856 Olive Hwy, Ste. A,B, & C. or 2854 Olive Hwy, Suite B & C. (530)877-1965.
Oroville: 1770 High St. (530)552-1411.
Paradise: 5910 Clark Rd, Suite G. (530)877-1965.

SHASTA COUNTY

24 Hour Crisis Hotline; Redding. Domestic violence and sexual assault. (530)244-0117 or (530)244-SAFE. *Shingletown/Burney/Intermountain Area:* (530)244-0117 or (530)244-SAFE.
24 Hour Child Abuse Hotline; Shasta County. (530)225-5144.
24 Hour Mental Health Hotline; Shasta County. shastacounty.gov/health-human-services/page/crisis-mental-health. (888) 358-5201 or (530)225-5252.
Arch Collaborative's Center for Resilience; Redding. Provides trauma-informed behavioral health services for children, youth and their non-offending family members. Located in downtown Redding, the center offers holistic, evidence-based care to support healing and recovery. With a focus on child and trauma care for all ages, services are available for individuals from ages 3 to 103 in a professional and supportive environment. 1400 Oregon Street. (530)232-0525.
One SAFE Place; Redding. A nonprofit organization dedicated to ending domestic and family violence, sexual assault and other forms of abuse. Through collaboration with community partners, One Safe Place provides comprehensive support to individuals and families in Shasta County and surrounding areas. Services include emergency shelter, crisis intervention, legal advocacy, prevention programs, support groups and safety planning, creating lasting change for generations in the North State. 2250 Benton Dr. ospshasta.org. 24/7 Crisis Hotline: (530)244-0117.
Youth for Change; Redding. Services for homeless youth ages 14-24. Assistance ranges from help with basic needs (shower, laundry facilities, a hot meal, clothing, haircut, etc.) to intensive case management and counseling, education, employment and life skills support. Youth4change.org. 2400 Washington St, Suite 102. (530)877-1965.
Youth Options Shasta; Redding. Services to help prevent youth violence and promote a safe and healthy community. Programs include Youth/Peer Court, Shasta Youth Leadership Camp, mentoring, smoking cessation and Triple P (Positive Parenting Program). youthoptionsshasta.org. 1700 Pine St, Suite 250. (530)244-7194.



Lake Shasta Caverns outings are exciting! *Photo by Lisa Tosi.*

SISKIYOU COUNTY

Siskiyou County Child & Elder Abuse Hotline; Yreka. 2060 Campus Dr. (530)842-7009. During business hours, 9am-5pm. (530)841-4200.

TEHAMA COUNTY

Empower Tehama; Red Bluff. Comprehensive range of services for victims/survivors of domestic violence/sexual assault and their children. Services include counseling and legal assistance, survivor education, support group and emergency shelter. Walk-in crisis services Mon-Fri, 9am-4pm. empowertehama.org. Business Center, 1805 Walnut St. 24-hour hotline (530)528-0226 & (800)324-6473.
Tehama County Child Abuse Hotline; Red Bluff. 310 S Main St. 8am-5pm. (530)527-1911 or (800)323-7711.

FIRE SAFETY

MULTIPLE COUNTIES

American Red Cross. Valuable fire safety and prevention information and tips to help families prepare for, respond to and recover from a home fire. Includes a worksheet to create a personalized fire escape plan. redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/home-fire-preparedness.html.
Fire Prevention & Safety Checklist. Printable "Ready for Wildfire" list from the American Red Cross has simple steps to increase the chances of your home surviving a wildfire. readyforwildfire.org. or redcross.org/content/dam/redcross/get-help/pdfs/wildfire/EN_Wildfire-Safety-Checklist.pdf. (916)993-7070.
United Way of Northern California (UWNC). Parenting resources, disaster preparedness and more. Shasta, Siskiyou and Tehama County residents: Free, confidential 24/7 referral service for health and human services resources. Dial 2-1-1 from any phone or text your zip code to txt211. *Butte & Glenn Counties:* helpcentral.org. *Chico & Redding:* 211norcal.org. *Chico:* (530)809-4663. *Redding:* (530)241-7521.

BUTTE COUNTY

Butte County Fire Safe Council; Paradise. Free fire-safe home evaluations, an educational outreach program for 6th graders, a chipper program, PDFs of area evacuation plans, an online library of resources, printables, information and more. buttefiresafe.net. 6585 Clark Rd, Suite 240. (530)877-0984.

SHASTA COUNTY

Shasta County Fire Safe Council; Palo Cedro. Fire safety tips on fuel reduction, erosion control and regional information. westernshastarcd.org. shastafiresafe.org. 9444 Deschutes Rd. (530)360-0120.

TEHAMA COUNTY

Tehama County Fire Safe Council; Red Bluff. Resource Conservation District of Tehama County offers roadside fuel breaks and defensible space work around homes for the elderly, disabled and economically disadvantaged people. Offers youth education programs to promote environmental literacy. PO Box #1232, Red Bluff, CA. 96080. tehamacountyrcd.org. (530)727-1280.

PRODUCT RECALLS & AWARENESS WEBSITES

Breast Cancer Prevention Partners (Formerly Breast Cancer Fund). Identifies and advocates for elimination of environmental and other preventable causes of the disease. bcpp.org.
Campaign for Safe Cosmetics. A coalition of more than 100 nonprofit organizations working to protect the health of consumers and workers by eliminating dangerous and toxic chemicals from cosmetics and personal care products. safecosmetics.org.
Child Safety. Information about baby-proofing your home, food safety basics, toy safety, car & street safety, being safe during sports and recreation, proper use of bikes, skateboards & scooters, being safe around the water & knowing about firearms hazards. consumernotice.org/products/child-safety.
Consumer Safety. Safety guides for infants, families and all ages. Information and news about recalls, drugs, medical devices, food and consumer products. consumersafety.org. (855)976-9563.
Environmental Working Group (EWG). A nonprofit, nonpartisan organization dedicated to protecting public health and the environment. Contains guides to cosmetics and sunscreen safety ratings, food safety and much more. enviroblog.org and ewg.org or ewg.org/areas-focus/food-water.
Think Dirty Shop Clean. Think Dirty® app has information about ingredients in beauty, personal care and household products. thinkdirtyapp.com.
U.S. Consumer Product Safety Commission. Comprehensive product safety and recall info. Report an unsafe product. Incl. sections dedicated to toys and children's products. cpsc.gov. (800)638-2772.

WATER SAFETY

MULTIPLE COUNTIES

Forebay Aquatic Center: Youth programs are centered around Water Safety. Sponsored by California State Parks, Department of Boating & Water Ways. Teach all the fundamentals of water and boating safety. Free lifejacket giveaways throughout the year. Ask about river and lake safety programs. Located at the beautiful North Forebay State Recreation. Forebayaquaticcenter.com. 930 Garden Drive, Oroville aqautics.education@gmail.com. (530)774-7934.
Pawter in the Water; Online songs, stories and videos centered on preventing drowning and saving lives by teaching young children 5 essential water safety rules in a memorable way. pawterinthewater@gmail.com. pawterinthewater.com.

BUTTE COUNTY

Valley Oak Children's Services; Chico. Swim vests available seasonally in children's sizes. valleyoakchildren.org. 3120 Cohasset Rd, Ste 6. (530)895-3572.

Going Batty for Our Local Bats!

BY BRIANNA LEE KEANEY

Bats are incredible creatures. They are the only mammals capable of powered flight. They've adapted to numerous niches and environments and are essential in keeping insect populations in balance. An environment without bats can lead to ecological disaster. Locally, NorCal Bats, headed by Corky Quirk, is working to protect the 17 different species of bats native to Northern California, rescue injured bats and spread the word about the vital role bats play in the health of our ecosystem.

The origins of a bat-focused life

Corky's fascination with the natural world began in childhood, starting with family camping trips and summer camp experiences throughout her teen years. Later, after her adopted family of children reached school age, nature drew her back. A newly opened position for Environmental Education in Davis was the perfect fit. While Corky taught mostly about birds and wetland habitats, a visiting expert taught about bats and Corky fell in love with the winged creatures. This love-at-first-flight story led to volunteering for a bat rescue. When the rescue owner fell ill, Corky swooped in and saved the project, using her external connections to keep it afloat and breathe new life into it. Thus began NorCal Bats.

Rescuing Bats and California's Environment

NorCal Bats provides bat education, resources and wildlife rescue specializing in bats. "We get somewhere around 200 a year," Corky says. Of course that's not a bunch of new flappy pets. "The goal with rescue is to help those animals recover and return to the wild. But sometimes, we have a bat with an injury we can't repair." If approved by the State, these non-releasable bats move to an exhibiting permit and become ambassadors for their species. These am-bat-sadors travel to schools and events to remove some of the stigma about bats and teach people what makes them vital to the ecosystem.

All the bats native to the United States are insectivorous. Having these bug-eaters around means fewer pesticides on food. "When the bats are lost," Corky says, "there's human health implications due to the increase in pesticides."

What to Know if You Encounter a Bat

Since bats are just about everywhere, you might someday see one up close. If one is trapped in your house or looks sick or lethargic, it's good to know what to do. "People often don't understand what's normal and what's not," Corky says. "Maybe they open their picnic umbrella after the winter and they go, 'Oh. A bat fell out. Is there something wrong with it?' That's probably a healthy bat.

Or people worry about a single bat roosting over their front door, a crevice or on the stucco outside. Unless it's below head-height, it's probably a perfectly healthy bat." But there are clues when something isn't right. "A bat on the ground or on a wall below head-height - usually there's something wrong. It could be injured. It might be a first-year animal, isn't good at hunting and it's succumbing to nature. It could be sick."



Corky's Tips for Wild Bat Encounters

What do you do if you see a bat in rough shape? Corky suggests these steps:

1) "Don't handle it bare-skinned. A sick bat is highly unlikely to attack. But if you handle it, it may bite." (If one bites, it must be euthanized to check for rabies.) "Wear leather gloves good enough for rose thorns."

2) "You can use a scoop, a shoebox (turn the box sideways and use the lid to scoop the bat inside) or empty takeout containers," (breathable, of course). "An empty coffee cup with a lid also works. Make sure it's sealed. Bats aren't strong, but they're little, so they can get out of the thumb holes of a shoebox, even if they're injured."

3) Once the bat is caught, call your local wildlife rescue. "Every county is going to have a rescue. Though not every county does bat rescues – they can refer you to a bat rescue."

4) If you call a rescue, Corky says, "it's best if you text a photo." That way, they can evaluate for immediate needs before getting your beleaguered buddy in their helping hands.

5) If you find one in your home, turn the inside lights low, the outside lights up and open a door or window. "People think bats are afraid of the light, but they're not. If you think about a bat living in a cave, it leaves by going into the light." If you try to chase or scare the bat out, you'll only terrify and confuse it.

Corky and NorCal Bats are ready to help when someone encounters a bat. "A lot of people call me and I'm happy to walk them through what's normal and what's not." And since bats have only one baby per year, populations don't recover quickly from hardship (if they recover at all). That's why it's important to reach out if one looks like it needs help. Visit norcalbats.org or 530-902-1918 for more information or to report a sick bat. ■



Corky Quirk has dedicated her life to insuring the health of bat populations in Northern California, thus helping to ensure the health of us all. *Photos provided by NorCal Bats.*

- Geology & Rockhounding
- Nature Education
- Nature & Wildlife Centers, Organizations & Rescues
- Planetariums, Observatories & Astronomy
- Science & Technology
- Spelunking (Caves)



GEOLOGY & ROCKHOUNDING

BUTTE COUNTY

Feather River Lapidary & Mineral Society; Oroville. This club promotes and encourages the pursuit of all types of lapidary and jewelry art, as well as all aspects of collecting and studying rocks, minerals and fossils. Monthly meetings and field trips, rock shop for lapidary and silversmithing, classes and lectures. Hosts the annual Chico Gem, Mineral and Jewelry show. featherriverrocks.org. info@featherriverrocks.org.
Gem & Mineral Club; Paradise. Fun group of rockhounds promoting and advancing the appreciation of rocks and minerals. Meetings, annual picnic, annual show and field trips for those interested in the earth sciences, lapidary techniques and general rockhounding. facebook.com/paradisegemandmineralclub. paradisegemmineral.com. 475 Pearson Rd. (530)343-0894.

SHASTA COUNTY

Shasta Gem & Mineral Society; Anderson. A nonprofit organization dedicated to increasing the knowledge of gem, mineral & lapidary arts programs through reading, classes, workshops and field trips. Includes jr. division for ages 8-17. shastagemandmineral.org. (530)945-9225.

TEHAMA COUNTY

Gaumer's Mineral & Mining Museum; Red Bluff. Educational and entertaining for visitors of all ages. Gold mining, fossils, Native American artifacts, rocks, crystals and fluorescent minerals. Mon-Fri, 9am-5pm. School tours available. gaumers.com. 78 Belle Mill Rd. (530)527-6166.

NATURE EDUCATION

MULTIPLE COUNTIES

Forebay Aquatic Center: The only aquatic education center north of Sacramento. Specializes in school and youth program. Water safety, boating skills, environmental education, birding, hands on science and fun physically active outdoor experiences. Salmon spawning tours, river adventures and much more for a huge variety of outdoor, adventure learning. Located at the beautiful North Forebay State Recreation Area. forebay-aquaticcenter.com. 930 Garden Drive, Oroville aqautics.education@gmail.com. (530)774-7934.
Leave No Trace. FREE inclusive online course that calls upon people of all different backgrounds and outdoor experiences to take action by participating in Leave No Trace's free 45-minute virtual outdoor education course. The course will go over Leave No Trace questions, including how to prepare for your outdoor adventures, what to do when encountering wildlife and so much more! Trainings for all ages. LNT.org. (303)442-8222.

BUTTE COUNTY

Earthbound Skills; Chico. Direct experience in naturalist skills, wilderness survival and primitive living for a wide range of ages. Nature, observation and awareness in our outdoor school, seasonal camps and other programs. Immersing students in hands-on tracking, bird language, plant identification and more. See article in North State Parent May 2020. earthboundskills.com. earthboundskills@gmail.com. (530)513-2542.
Northern Buttes District of California State Parks; Oroville. Virtual or in-person free educational opportunities for classrooms. Learn about the smallest superheroes and their contributions to our environment or discover how pollinators, plants and people are interconnected. parks.ca.gov/?page_id=21285 for more information and to begin scheduling your parks experience.
Watershed Schoolhouse; Chico. Offers integrative, nature-based education for whole communities and a healthy planet. Through a model school, educator trainings and consulting and curriculum development it seeks to expand upon the traditional aims of mainstream, western education. This includes rigorous academics, nature connection, justice & equity and a cultivated inner life. watershedschoolhouse.org.
Wildflower Forest School; Chico. Free-public TK-8 charter school offers Integrated thematic learning in an open classroom structure. Offers Forest Schooling to provide kids and the community with the benefits that learning in nature offers. Program includes a full-time Forest Transitional Kindergarten (Forest TK) class that meets 5 days a week from 8:30am-12pm at Bidwell Park's 5-mile area; and Forest "Days" program for the campus classes, grades TK-8th. wildflowerschool.com. 2414 Cohasset Rd., Suite 3. (530)892-1676.

SHASTA COUNTY

Shasta Land Trust. Learn about our local ecosystems, wildlife and the natural wonders of our biodiverse region. Family-friendly hikes, bike rides, movie screenings and more. All events support local land conservation efforts in protecting wildlife habitat, recreational lands and working agricultural farms and ranches. Visit shastalandtrust.org to sign-up. (530)241-7886.
Turtle Bay Exploration Park; Redding. Fun, 300-acre, non-profit, featuring attractions and educational programs for all ages including animal shows, traveling exhibitions, indoor aquariums, an immersive Parrot Playhouse and more. Explore the wonders of our local Sacramento River in the Water Wonders Animal Program, held on Wednesdays and Thursdays from 10:30-10:45am. Animal Trainers will guide you into the ecosystem of this Riparian habitat through fun interpretive talks with animals who call it their home. View more seasonal animal exhibitions and programs at turtlebay.org/animals. 844 Sundial Bridge Dr. fieldtrips@turtlebay.org. (530)242-3108.

SISKIYOU COUNTY

Headwaters Outdoor School; Mount Shasta**.** Wilderness skills, bow and arrow making, nature awareness, boys' and girls' Rites of Passage. Custom classes and private groups. hwos.com. info@hwos.com. (530)938-1304.
Maagic Mountain Farm; Mount Shasta. Year-round, hands-on, interactive animal

field trips, homestead classes, group or individual tours and guest farm stays. In connection with the land, all the creatures work together to provide for everyone's needs through sustainable interdependent living. maagicmtnfarm.com. (530)925-6752.

TEHAMA COUNTY

Sacramento River Discovery Center; Red Bluff. Explore the watershed, native wildlife, and drought-tolerant gardening in the Red Bluff Recreation Area. Enjoy hiking, disc golf, water activities, monthly bird walks, and field trips. Open Mon–Sat, 9 am–1 pm at 1000 Sale Lane, Red Bluff. (530) 527-1196.SacramentoRiver DiscoveryCenterInc.com

NATURE & WILDLIFE CENTERS, ORGANIZATIONS & RESCUES

MULTIPLE COUNTIES

Altacal Audubon Society; Serving Butte, Glenn and Tehama Counties. Free public field trips. Beginners are always welcome, since our trip leaders are eager to instill a love of birds in anyone. We provide indoor and outdoor education for primary and secondary school classes. Getting kids out in nature where they learn about birds, their habits and habitats and how they fit into the ecosystem is important work altacal.org. director@altacal.org.
California Native Plant Society, Mount Lassen Chapter; Butte, Glenn, Tehama and Plumas Counties. Year-round field trips, native plant seeds, monthly meetings and annual events, rare plant conservation and educational outreach programs to schools and groups. mountlassen.cnps.org.

BUTTE COUNTY

Butte Environmental Council; Chico. Educates and advocates for the environment. Information about land, air and water issues, classroom education programs and resources for community action. Waste education thru RARE program (Recycling and Rubbish Education). Hosts the annual Endangered Species Faire each spring in Bidwell Park and the annual Bidwell Clean-up Day in September. becnet.org. 313 Walnut St., Suite 140. (530)891-6424.
Chico Creek Nature Center. Quality educational programs to elementary school students and the public. Uses the natural systems of Bidwell Park as a classroom. chicorec.com/chico-creek-nature-center. 1968 E 8th St.
Feather River Fish Hatchery; Oroville. State-of-the-art facility features underwater viewing windows to observe migrating salmon (mid-Sept through mid-Nov) and steelhead trout (mid-Dec through mid-Feb). Learn about the life cycle of fish and view spawning operations. Offers educational programs and tours and hosts the Annual Salmon Festival in Sept. Open daily, sunrise to sunset. Free admission. Check website for hours. wildlife.ca.gov/Fishing/Hatcheries/Feather-River. 5 Table Mountain Blvd. (530)538-2222.

RAVEN TREE
WILD BIRD & NATURE SHOP
Kids' Educational Toys
Puzzles • Kites • Books
Jewelry • Nest Boxes
Optics • Wild Bird Seeds
Birthday gifts galore
(530) 926-6OWL
138 Morgan Way • Mt. Shasta
www.raventreeshop.com

Feather River Nature Center & Native Plant Park; Oroville. An original river rock bath house used by gold miners. This is a great place to enjoy family picnics or just relax by the river. Children's programs in the summer and fall. Nature Center: daily from sunrise-sunset. Bath House Museum: Apr-Oct; Sat-Sun, noon-4pm; guided tours by appt. explorebuttecounty.com/places/feather-river-nature-center-native-plant-park. Montgomery St. and Old Ferry Rd. (530)538-2497.
Gateway Science Museum, CSU; Chico. Inspiring the exploration of science and natural history in Butte County and beyond. Hands-on, minds-on exhibitions, Discovery Room for kids, native plants gardens and ongoing STEAM projects. csuchico.edu/gateway. 625 Esplanade. (530)898-4121.
Gray Lodge Wildlife Area; Gridley. Year-round wildlife viewing in a 9,100-acre wetland area. In fall and winter see vast numbers of migratory waterfowl. A museum, paved trail to a viewing platform and seasonal guided tours Oct-Feb. Annual events include a children's fishing day. Open sunrise to sunset. wildlife.ca.gov/Lands/Places-to-Visit/Gray-Lodge-WA. 3207 Rutherford Rd. ,along the Pacific Flyway. (530)846-7500; Sat-Sun (530)846-7505.
Oroville Botanic Gardens & Education Center. Dedicated to the betterment of Oroville, Butte County and California through education, research, propagation and planting. Offers seed swaps, garden tours and an Arbor Festival in March. obgec.com. 4790 Foothill Blvd. (530)649-4308.
The Worm Farm; Durham. Family farm with 5,000 linear feet of windrows of redworms. Hands-on group tours year-round by appt. Wear gardening clothes when visiting. Provides gardeners with a means of producing healthy plants while positively affecting the environment. Call for appointment. thewormfarm.net. 9033 Esquon Rd., 7 miles south of Chico. (530)894-1276.
Wild Things; Weimar. A fun-filled and energetic experience for school, library, or private event. Brings rescued exotic and native wildlife to you and utilizes the animals' personal stories to teach natural history, unique adaptations and a conservation message. Something for everyone with topics such as: the Amazing Amazon, North American Wildlife, Beasts of the Backyard, Animals of the World and Scaly Wonders, among others. In-person and live or recorded virtual programs. wildthingsoutreach.org. programs@wildthingsoutreach.org. (530)878-2618.

GLENN COUNTY

Honeybee Discovery Center; Orland. Teaches the importance of pollinators, especially honeybees, in the environment. One out of every three bites we eat is thanks to a bee! Learn more about the history of beekeeping and pollinators' vital role in our food supply through our immersive bee experiences. Admission is $3 for adults, $2 for kids ages 6-12, and Free for kids 5 and under. honeybeediscoverycenter.org for hours or to book a field trip or tour. 501 Walker Street, Orland. (530)805-2899(BUZZ).
Sacramento National Wildlife Refuge; Willows. Five national wildlife refuges and three wildlife management areas, comprising more than 35,000 acres of wetlands & uplands in the Sacramento Valley. Auto tours, hiking trails, visitor center, bookstore and educational programs. School and group tours available. fws.gov/refuge/Sacramento. (530)934-2801.

SHASTA COUNTY

California Native Plant Society, Shasta Chapter; Redding. Field trips, workshops, monthly events with presenters, annual plant sales, shows and information. Serves Shasta, Lassen, Modoc and Siskiyou Counties. Educates the public about native plants in their natural environment and for use in the garden. shastacnps.org. shastacnps@gmail.com.
City of Anderson Water Pollution Control Plant. Students of all ages can learn what happens to sewage water in a field trip that shows the steps of sewage wastewater treatment before it is released into the Sacramento River. Students will view the microorganisms used in a natural biological process that treats the water. ci.anderson.ca.us. 3800 Rupert Rd. in Anderson River Park. (530)378-6664.
Coleman National Fish Hatchery; Anderson. One of the largest Chinook salmon and steelhead hatcheries in the lower 48 states. See the hatchery building, rearing raceways, fish ladder, Battle Creek Trail, spawning operations (Oct-Feb) and more. Open daily for informative self-guided tours. fws.gov/fish-hatchery/coleman. 24411 Coleman Fish Hatchery Rd. (530)365-8622.
Redding Reptiles; Check out reptiles from around the world on display in the Reptile Exhibit Room, a sanctuary/home to 50+ reptiles that have been surrendered. Pets, supplies and feeders available. Store: Tues-Sat 11am-6pm. Exhibit Room: Wed-Sat 12-5:30pm. reddingreptiles.com. 74 Lake Blvd. (530)338-2446.
Shasta Land Trust. Learn about our local ecosystems, wildlife and the natural wonders of our biodiverse region. Events include family-friendly hikes, bike rides, movie screenings and more. All events support local land conservation efforts in protecting wildlife habitat, recreational lands and working agricultural farms and ranches. shastalandtrust.org. (530)241-7886
Shasta Wildlife Rescue & Rehabilitation; Anderson. A nonprofit organization that rehabilitates sick, orphaned and injured wildlife to release back into the wild. Volunteer opportunities in spring and summer. Tasks include feeding baby birds and helping rehabilitate older birds so they can be successfully returned to the wild. shastawildlife.org. 3752 Rupert Rd. (530)365-9453(WILD).
Turtle Bay Exploration Park; Redding. Turtle Bay Exploration Park is a fun, 300-acre, non-profit, gathering place, featuring the Sundial Bridge, museum, forestry and wildlife center, arboretum, and botanical gardens. Attractions and educational programs for all ages including animal shows, traveling exhibitions, towering playgrounds, indoor aquariums, an immersive Parrot Playhouse, and more. Turtle Bay also offers educational resources to the community including school field trips, Discovery Camps, teacher/classroom support, and Turtle Bay TV, a free distance-learning show on YouTube. Memberships available. turtlebay.org. 844 Sundial Bridge Dr. (530)243-8850.
Whiskeytown Environmental School; Whiskeytown National Recreation Area. NGSS-aligned outdoor science field labs for grades K–8. Students explore forest and creek ecosystems through hands-on science and an immersive SEL activity that builds connections to nature. Programs run Sept.–Oct. and April–May. Cost is $10/student. Reservations: shastacoe.org/programs-services/whiskeytown-environmental-school/wes-k-8th-field-labs Email: wes@shastacoe.org
Wild Horse Sanctuary; Shingletown. This 5,000-acre preserve is dedicated to protecting and preserving America's wild horses as a living national treasure. Provides them sanctuary in an ecologically balanced environment. Tours available by appointment through November, weather permitting. The ideal time to view horses is between 10am-2pm as that is when they are at the feed grounds. Call the office to make an appointment. wildhorsesanctuary.org. 5796 Wilson Hill Rd. (530)474-5770.
Wintu Audubon Society; A chapter of the National Audubon Society serving Redding and the Shasta County area. The mission of the Wintu Audubon Society is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats for the benefit of humanity and the earth's biological diversity. We promote enjoyment of the natural environment through education and interactive programs. wintuaudubon.org.

SISKIYOU COUNTY

Mount Shasta Audubon Society. The Mount Shasta area offers outstanding opportunities to view more than 300 species of birds. The Mount Shasta Area Audubon encourages birders by providing field trips, a colorful map of A Birder's Guide to Driving Routes in Siskiyou County, a checklist of birds in the county and occasional programs. The chapter is involved in education and conservation efforts to protect and enhance this beautiful region. facebook.com/p/Mt-Shasta-Area-Audubon-100064623282196.
Mount Shasta Bioregional Ecology Center. Family-friendly events and activities including herb walks, hikes, rafting fundraisers, and the Wild & Scenic Film Festival and Earth Day celebration. Mountain Patrons and volunteers support community education, environmental monitoring, ecological restoration and visitor programs. mountshastaecology.org. (530)926-5655.
Mount Shasta Fish Hatchery. The West's oldest operating hatchery raises trout to stock mountain streams, rivers and lakes. Feed the fish and learn how they are raised. At this time only self guided tours outside the building are available. Please call for updated information. Open daily. wildlife.ca.gov/Fishing/Hatcheries/Mount-Shasta. 3 N. Old Stage Rd. (530)926-2215.
Raven Tree Wild Bird & Nature Shop; Mount Shasta. The North State's only nature shop. Kids' educational toys, books, board games, kites, puzzles, fun unique toys, birthday gifts galore. raventreeshop.com. 138 Morgan Way. (530)926-6695.

OTHER AREAS

Great Cats World Park; Cave Junction, OR. Interactive and educational 10-acre park home to lions, tigers, leopards, jaguars, ocelots, lynx, a fishing cat and more. Meet feline ambassadors, learn about the plight of rare and endangered cats and watch trainers interact with the animals. Guided school and private group tours. greatcatsworldpark.com. 27919 Redwood Hwy. (541)592-2957.
Sequoia Park Zoo; Eureka. Families can explore the natural world and cultivate a passion for wildlife at the Sequoia Park Zoo. The zoo features exotic birds that live in a free-flight environment, interactive displays and animal exhibits in a unique redwood setting. Learn more about wild animal populations and the protection of their habitats with a variety of educational resources, special events and more. Check website for the most updated hours and information, as some exhibits are weather permitting. sequoiaparkzoo.net. 3414 W St. (707)441-4263.

PLANETARIUMS, OBSERVATORIES & ASTRONOMY

BUTTE COUNTY

Chico Community Observatory. Telescopes, knowledgeable docents and outdoor planetarium. Open year-round on clear nights Fri-Sun, sunset to when park closes. Free. facebook.com/ChicoCommunityObservatory. explorebuttecounty.com/places/observatory-at-bidwell-park. Near Horseshoe Lake in Upper Bidwell Park, look for sign at the intersection of Wildwood Ave. and Observatory Way. 1 Observatory Way. (530)895-4711.

SHASTA COUNTY

Schreder Planetarium; Redding. Planetarium with immersive full-dome theater offers engaging programs that blend science, technology, engineering, math and imagination. Shows explore space

and other science themes and programs are designed for grades TK–12 as well as families. Open only during scheduled programs, which include a live demonstration, fulldome shows, hands-on exhibits and a gift shop. Most evening programs begin at 7PM (Kids Nights at 6PM). Tickets $10; children on laps free. See programs at shastacoe.org/programs-services/planetarium. 1644 Magnolia Ave. All programs are booked through the website. (530) 225-0243.

Star Parties; Whiskeytown. Join members of the Shasta Astronomy Club seasonally to view the amazing sights in the sky. Telescopes provided. Free events. facebook.com/ShastaAstronomyClub. shastaastronomy.org.

SISKIYOU COUNTY

Mount Shasta Star Gazers Club. Promotes interest in astronomy and its related sciences. Free public star parties and other events. Meetings: 1st Wednesday each month. mtshastastargazers.com. albatross333@hotmail.com.

SCIENCE & TECHNOLOGY

SHASTA COUNTY

Shasta Public Libraries; Redding. Offers a Makers space that includes a podcast studio, 3-D printer and craft equipment (sewing machine, Cricut, die cutter and crafting tools). shastalibraries.org. (530)335-4317.

Turtle Bay Exploration Park; Redding. Fun, 300-acre, non-profit, featuring a museum, forestry and wildlife center, arboretum and botanical gardens. Attractions and educational programs for all ages including animal shows, traveling exhibitions, Discovery Camps and teacher/classroom support. Drop in for Science Saturdays presented by CalPortland, held every third Saturday of the month from 11am – 2pm and join educators and volunteers for an interactive learning experience; new topics are covered each month. Memberships available. turtlebay.org. 844 Sundial Bridge Dr. (530)243-8850.

TEHAMA COUNTY

Makerspace; Red Bluff. Hands-on, minds-on learning for Tehama County students, with activities that include electronics, digital media, coding, engineering, videography and more. All activities are aligned with Next Generation Science Standards, support Common Core problem solving and processing skills and built around the belief that learning can be meaningful and fun. Call to reserve time slots. sites.google.com/tehamaschools.org/tcde-makerspace. 1135 Lincoln St. squigley@tehamaschools.org. (530)528-7310 or (530)527-5811.

SOUTHERN OREGON

ScienceWorks Hands-On Museum; Ashland. Hands-on experiences promoting the exploration of science and the arts in a multi-sensory environment. School field trips and educator resources support instruction of content and process standards. Field trip options include demonstrations and hands-on activities related to chemistry, physics and natural history/biology in line with state educational standards. scienceworksmuseum.org. 1500 E. Main St. (541)482-6767.

SPELUNKING (CAVES)

SHASTA COUNTY

Lake Shasta Caverns; Lakehead. Take a boat ride across Shasta Lake, then a scenic bus ride to the cavern entrance. Enjoy a one-hour guided tour through the caverns. Other tour options. School groups can experience the Underground Classroom. lakeshastacaverns.com. 20359 Shasta Caverns Rd. (530)238-2341 or (800)795-2283.

Subway Cave; Old Station. Great first spelunking experience for kids; the surface is mostly level and the walk is less than 1/2 mile. Bring a flashlight. fs.usda.gov/activity/lassen/recreation/otheractivities. Located 1/4 mile north of the junction of Highway 44 & 89, across from Cave Campground. (530)335-7517 or (530)257-2151.

SISKIYOU & MODOC COUNTIES

Lava Beds National Monument; Tulelake. Site of the largest concentration of lava tube caves in North America. More than 800 caves, Native American rock art sites, historic battlefields and campsites, and a high desert wilderness experience await you! Open year-round for self-guided exploration. The Visitor Center is open daily from 9:30 am to 4:00 pm. nps.gov/labe/index.htm. 1 Indian Well HQ. (530)667-8113.

SOUTHERN OREGON

Oregon Caves National Monument & Preserve; Cave Junction. Ranger-led cave tours late Mar-Nov. Cave Creek Campgrounds offers 17 sites available on 1st-come, 1st-served basis. nps.gov/orca/index.htm. 19000 Caves Hwy. (541)592-5125.



LEAVE NO TRACE

By Stacey Leigh Mohr

This spring and summer, as you and your family enjoy the bounty of natural beauty with which we are blessed here in the North State, be sure to remember to Leave No Trace so these spaces remain natural and unspoiled for others to enjoy.

Plan Ahead for Your Camping or Hiking Adventure

Check weather conditions and trail maps for closures and rough or steep terrain. Being unprepared for changing weather or difficult trails can lead to choosing poor campsite areas, which can lead to resource damage.

Travel and Camp on Durable Surfaces

Stay on established trails, don't shortcut switchbacks and don't break branches or walk on delicate vegetation. Choose to camp on durable surfaces (rock, sand, gravel, dry grasses, ice and snow) or established camping areas. Camp at least 200 ft from water sources.

Depose of Waste Properly

Pack it in, Pack it out. Check carefully throughout your campsite and rest areas for trash or spilled foods. Plan for one-pot meals and light weight snacks and remove excess packaging to decreases garbage.

Leave What You Find

Natural objects such as antlers, petrified wood or colored rocks add to beauty of natural landscapes and should be left so others can experience a sense of discovery. In national parks and many other protected places, it is illegal to remove natural cultural objects found on public lands.

- Don't dig trenches or construct lean-tos, tables, chairs or other rudimentary improvements.
- Don't hammer nails into trees for hanging things
- Carving initials into trees is unacceptable.
- Take a picture of flowers or encourage your child to sketch the flower instead of picking it.

Respect Wildlife

Wildlife can be unpredictable. Do not touch, get close to, feed, or pick up wild animals. It is stressful to the animal and it is possible that the animal may harbor rabies or other diseases.

For more information on how to Leave No Trace, go to LNT.org. ■



When 11 year old Isaac isn't helping his family scour their camping area for trash, he enjoys botany, playing the saxophone and cello and reading Harry Potter.

- Help for Low-Income Single Parents and Families
- Parenting and Enrichment Classes
- Parent and Single Parent Support Groups
- Playgroups
- Separation & Divorce Support



HELP FOR LOW-INCOME SINGLE PARENTS AND FAMILIES

ALL COUNTIES

California Department of Social Services. Numerous grants and assistance programs are offered to single parents by the California Department of Social Services. cdss.ca.gov. (916)651-8848.
Some examples of the aid available:

- Cash aid programs for low-income single parents to help them meet their basic needs, employment, education and training programs to help families get jobs and get on their way to self-sufficiency. For families in work activities, transportation, child-care, work expenses and counseling are also made available. For families and caretakers with children, adults, seniors, disabled, children and adults, cash aid is available. (916)651-8848.
- *Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC),* and the *Emergency Food Assistance Program (EFAP)* will provide emergency food supplies to low-income single parents, can help those with lower income buy the food they need for households and help pregnant mothers and newborns. (800)852-5770 to contact WIC in California.
- *CalWorks Child Care* is a program that can help single moms transition from immediate, short-term needs to the more stable, long-term child-care. The goal here is to help families leave and remain off state aid. (916)657-1668.
- *Cal-Learn* is an assistance program that focuses on helping parenting and pregnant teens attend and graduate from high school or the equivalent. Payments for necessary child-care are also included. For more information call Sutter Teen Programs. (916)262-9141.
- *Medi-Cal* is the equivalent of Medicaid in California. If both adults and children have limited income and resources, the program can pay for a variety of medical services. (800)300-1506 to apply.
- *CalWORKs Program* will help single parents in California prepare for employment. Transportation, child-care, and work-related or training-related expenses are some of the services offered. (916)657-2128.

Community Services & Development (CSD). A department of the California Health and Human Services Agency. Lower income single parents can receive resources to help them achieve and maintain self-sufficiency, assistance with rent, help with paying home energy bills and aid in finding and residing in housing. csd.ca.gov. (866)675-6623.
Programs offered include:

- *Community Services Block Grant (CSBG).* Assists low-income single parents and individuals in attaining the knowledge, skills and motivation that is necessary to achieve self-sufficiency. The program provides shelter, food and health care needs to low-income people with immediate life necessities.
- *Low-Income Home Energy Assistance Program (LIHEAP), Weatherization Assistance Program, and Reduced Rate Programs*. Administered by the California State Department of Community Services & Development. Energy and utility saving programs provide direct help with paying utility and heating bills, help lower energy bills and provide other forms of aid. (866)675-6623.

Child Care Assistance Programs. Eligible single parents in California can be provided subsidized child-care services by the three versions of this program; CalWORKs, Alternate Payment, and Child Protective Services. CalWORKs offers help to families that are in transition off cash aid or welfare assistance and grants. While the parents work, attend school or college, seek work, or while they seek permanent housing in California, the Alternate Payment program helps pay for child support. For children who are in a neglectful household or living situation Child Protective services will pay for child-care. (213)240-5900.
Northern Valley Catholic Services. Free clothes and accessories for work, disaster relief, mental health services, immigration and legal assistance, CalFresh, CalWorks, housing assistance, special needs housing assistance, baby care programs and classes, education and skills training, teen pregnancy programs. nvcss.org. (530)241-0552, (800)846-1451.

HELP WITH HOUSING

MULTIPLE COUNTIES

Self Help Home Improvement Project: Redding. Provides free home weatherization to low-income residents of Tehama and Shasta counties. Administers the LHWAP water payment assistance program. Provides free rehab services to low-income rural residents. shhip.org. 377 Meadowview, #100. (530)378-6905.
Section 8 Rent Vouchers. Vouchers may be offered to eligible single parents. Case management and ongoing rental assistance are other services that are being offered by the federal government HUD program to those that qualify. For information on how to get Housing Choice (Section 8) Vouchers hud.gov/topics/housing_choice_voucher_program_section_8. (800)955-2232.
California Homebuyer's Down Payment Assistance Program (CHDAP). Administered by the California Housing Finance Agency. Offers low interest rate first mortgage programs and a variety of down payment assistance programs to eligible first-time home buyers. calhfa.ca.gov. (877)922-5432(9.CalHFA).
California Mortgage Help and Foreclosure Aid. Offers single parents assistance to help prevent foreclosures. Offers resources for help with mortgage payments. camortgagerelief.org. (888)840-2594.

LOW-COST HEALTH INSURANCE & HEALTH CARE

Operation Access (OA). Provides uninsured single parents with low income with diagnosis, free evaluation and surgical operations. Volunteer doctors and medical staff at participating hospitals perform the medical procedures. operationaccess.org. (415)733-0052.

DEBT REDUCTION

California Dept of Financial Protection and Innovation. Information about your rights regarding debt collection and your rights concerning medical debt and charity health care. dfpi.ca.gov/division-of-consumer-financial-protection.
Debt Reduction and Credit Counseling. Non-profit organizations can help single parents and individuals to get back on track with paying off debts and outstanding bills. There is no cost attached to many of these debt reduction programs but beware of scam companies that will end up not helping to reduce debt and charge high fees. Contact the National Foundation for Credit Counseling for a list of reputable organizations. nfcc.org. (800)388-2227.

LEGAL ASSISTANCE

California Rural Legal Assistance program. Free legal assistance for single parents and families in California from the several non-profit law firms located across state. crla.org. (415)777-2752. (800)776-5746.
Law Help California Website. Helps people of low and moderate incomes find free legal aid programs in their communities. Helps find answers to questions about legal rights and forms to help with legal problems. LawHelpCa.org.
Legal Services of Northern California. Serves all upper CA counties. Offers legal resources and research tools and provides civil representation to low-income clients. Assists with tenant, public benefits and unemployment issues. Helps grandparents raising grandchildren with guardianships, Calfresh, CAlworks, natural disaster, post conviction relief, in-home support services, name and gender change petitions, education issues. Has many programs to assist low with issues facing low-income adults and children. LSNC Health Hotline assists with health care issues. lsnc.net. (916)551-2150.
Butte, Glenn and Tehama Counties: 541 Normal Ave., Chico. (530)345-9491 or (800)345-9491.
Shasta & Siskiyou Counties: 1370 West St., Redding. (530)241-3565 or (800)822-9687.

HELP WITH PHONE AND UTILITY BILLS

California LifeLine. Low-income households can receive savings and low-cost phones, either cell or home, from the state of California. The program helps customers save a significant amount of money on their monthly bills. california lifeline.com. (866)272-0349.
California Low Income Home Energy Assistance Program (LIHEAP). Provides assistance to eligible low-income households with the goal of managing and meeting their immediate home heating and/or cooling needs. csd.ca.gov/pages/liheapprogram.aspx. (866)675-6623 or (916)576-7109. TDD: (916)263-1402.
CA Low-Income Household Water Assistance Program (LIHWAP). Provides financial assistance to low-income Californians to help manage their residential water utility costs. csd.ca.gov/lihwap. (866)675-6623 or (916)576-7109. TDD: (916)263-1402.

FOOD BANKS

BUTTE COUNTY

Catholic Ladies Relief Society; Chico. Gives out food according to the number of people in the family, once a month per family. Must provide an ID for everyone in their household. Emergency food given away on an as needed basis as long as food supplies last. Mon–Fri, 9am-12pm. Find them on Facebook. 1386 Longfellow Ave. (530)895-8331.
Chico Rescue Mission. Food boxes available every Tue at 10am. chicorescuemission.com. 2612 Esplanade. chicorescuemission@yahoo.com. (530)343-1935.
North State Food Bank; Oroville. Collects and distributes food throughout Butte, Glenn, Colusa, Plumas, Sierra and Tehama Counties. Multiple programs to help low-income families get the food and nutrition they need each month. buttecaa.com. 2640 S. 5th Ave. (530)712-2600.
Shasta Senior Nutrition Program – Friday Food Bank; Redding. Not just for seniors, but for all low-income people. 1st and 3rd Fri, 8-9am. Photo ID, proof of address req. ssnpweb.org. 100 Mercy Oaks Dr. (530)226-3073.
Shingletown Emergency Food & Outreach Center. Provides emergency food to those in need in Shingletown, Manton and Viola. Available Wed by appointment and other times as able for urgent needs. Delivery often available for seniors in

Shingletown depending on weather and staffing. shingletownmedcenter.org. info@shingle-townmedcenter.org. (530)474-3390.
The Salvation Army; Redding. Weekly pantry and homeless food bags. Every Wed-Thu, 10am-noon, Bring photo id and 1 month proof of residency. redding.salvationarmy.org. 2691 Larkspur Lane. reddingcorps@usw.salvationarmy.org. (530)222-2207.

SISKIYOU COUNTY

Siskiyou Community Food Bank; Yreka. Food for low-income seniors and families. Financial literacy classes at Weed High School. Large teaching garden and green house for SFA clients to learn how to grow food, even in small spaces. Fiscal management of the Weed Farmers Market, allowing Cal Fresh clients to purchase fresh, organic foods with their benefits and a market match up to $20. siskiyoufoodbank.org. 1601 S. Oregon St., Suite B. (530)340-6382.
Siskiyou Food Assistance Corporation; Weed. ServeS nutritious food and prayer to our neighbors in need. Mission is to help our neighbors with sustainable, nutritious food supplies to fulfill what Jesus said: "Whatever you did for one of the least of these brothers of mine, you did for me" - Matthew 25:40. siskiyoufoodassistance.org. 780 South Davis Avenue. (530)408-6115.
Yreka Food Bank. Provides monthly food, clothing and houseware assistance. jmpatterson1995.wixsite.com/yrekafood¬bank. 1249 South Main Street. yrekafood-bank@yahoo.com or yrekafoodbank45@gmail.com. (530)643-2507 or (530)598-2178.

TEHAMA COUNTY

Tehama County Community Action Agency; Red Bluff. Provides housing assistance, emergency food and shelter program and many other programs designed to help Tehama County residents in need or in crisis. Referral center for low-income families to resources such as: LiHeap, weatherization programs, credit counseling, emergency food and shelter, legal services, low-income housing, family counseling, senior advocates, education services, food stamps, healthcare, employment training and much more. 310 South Main St. tehamacountycaa.com. (530)527-6159.
Tehama County Food Bank. Distributes USDA Commodities (surplus food) each month for Tehama County residents with low income at locations throughout Tehama County. Food giveaway locations, days, and times each month are posted on their Facebook page. Emergency food available on non-giveaway days. facebook.com/Tehama-County-Gleaners-and-Food-Bank-100064956361363. (530)529-2264.
Los Molinos: Masonic Hall, 25020 Tehama-Vina Rd.
Manton, Paynes Creek & Ponderosa Sky Ranch: Services available for residents.
Rancho Tehama: Recreation Center, 17357 Stagecoach Rd.
Red Bluff: 20699 Walnut St.

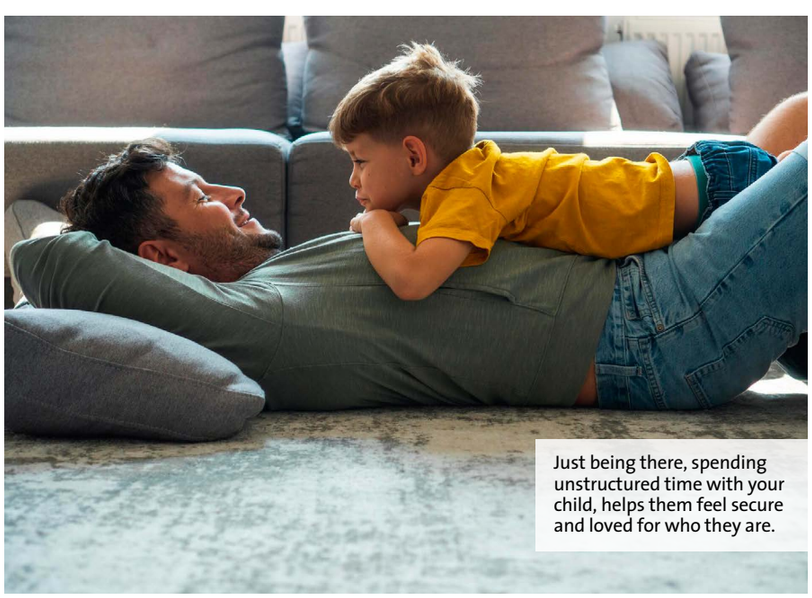
PARENTING CLASSES & ENRICHMENT

MULTIPLE COUNTIES

Parent Cafés. Parent Cafés are opportunities for parents to share information and ideas in meaningful guided discussions with the goal of strengthening families. Parents make new friends, share their hopes and dreams for their families, learn about resources and build a stronger community. Cafés typically meet monthly, with a meal and childcare provided free of charge. Online meetings available. valleyoakchildren.org/families/resource-and-referral/parent-cafe. 3120 Cohasset Rd, Suite 6. (530)895-3572.
TAPP Teen Services; Butte and Shasta Counties. A free and voluntary case management program for pregnant and parenting teens (including teen fathers). Program helps ensure the health and well-being of teen parents and their children by connecting families with appropriate services and being a support and advocate for the family. nvcss.org/programs/tapp-teen-services.
Butte County: (530)345-1600 x 21080.
Shasta County: (530)247-3329.
The Post Institute. Publisher of love-based, family-centered information for parents with adopted, foster and diagnosed children. Their approach to managing disruptive behaviors empowers parents of children with trauma histories to create a healing environment in the home. postinstitute.com.
Verywell Family. Read articles and blogs about relevant parenting topics ranging from pregnancy to disciplining older children. Includes tips for parenting twins or other multiples. verywellhealth.com.
Youth for Change Specialty Services; Butte and Shasta Counties. Offers homeless youth programs, foster family agency, school-based counseling, adoptions, wrap-around programs (parenting services, therapy services and more), parenting workshops and more for the entire family. youth4change.org.
Butte County: 260 Cohasset Rd., Suite 120. (530)877-1965.
Shasta County: 2400 Washington Ave., Suite 102. (530)877-1965.

BUTTE COUNTY

Butte College Foster Kinship Care Education Program; Chico. Family and parenting enrichment classes for foster and kinship caregivers. Learn about 6 Core Strengths for Healthy Childhood Development, Attachment Parenting, Active Parenting of Teens, Therapeutic Parenting, Parenting From the Inside Out and more. Open and free to all. butte.edu/fosterkinship. 3535 Butte Campus Dr. English: (530)897-6235. Español: (530)895-2284.
Center for Spiritual Living Youth and Family Program; Chico. Free Monthly family events. Families gather for FREE fun and connection each month. Come enjoy the present moment, make connections, inspire each other and be grateful for the good things in life. Available on-site childcare. Check our website for upcoming Monthly Family Events. CSLchico.org. 14 Hillary Lane. (530)895-8395
Mother Baby Education Center & Breastfeeding Supply Store; Chico. Offering classes in childbirth preparation, infant pediatric CPR, babysitting, understanding grandparenting, understanding fatherhood. Also provides lactation consults and breast pumping supplies. enloe.org. 251 Cohasset Rd., Suite 120. (530)332-3970.
Valley Oak Children's Services Centers; Chico. Childcare resources, child-care payment assistance, free books for literacy, child-care food program, Early Head Start, Behavioral Health Services, workshops, and trainings. valleyoakchildren.org. 3120 Cohasset Rd., Suite. 6. (530)895-3572.



Just being there, spending unstructured time with your child, helps them feel secure and loved for who they are.

SHASTA COUNTY

Bright Futures; Burney. Classes, activities and support to strengthen families with children 0-5. burneytccn.org. (530)335-4600.
Dr. Kathleen Riley HeartMath Certified Trainer; Redding. Learn resilience through the intelligence of the heart, opening up to authenticity and intention. Resilience is the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity. drkathleenriley.com. 169 Hartnell Ave., Suite 207. kathleen@drkathleenriley.com.
Help Me Grow Shasta; Shasta County. Helps parents find answers to their questions about their child's behavior, development and learning. Provides an easy connection to resources. 211norcal.org/shasta/help-me-grow.
Nurse-Family Partnership; Redding. Free program for first-time, at-risk moms, less than 28 weeks pregnant, low income and residing in Shasta County. Helps first time mothers have healthy pregnan¬cies, improve child health and develop¬ment and become more economically self-sufficient. Partners first time moms with a Nurse Home Visitor. nursefamilypartnership.org. 1670 Market St., Suite 300. (530)245-6411 or (866)864-5226.
Positive Parenting Program (Triple P); Shasta County. Triple P offers parents helpful information for working with common parenting issues such as tantrums, disobedience and bedtime drama. triplepshasta.com. 1313 Yuba St. (855)275-8109.
Shasta Strengthening Families; Redding. An award-winning group of agencies and organizations committed to working together to create a connected community of safe and thriving families by building hope and resilience. Offers ACE presentations and community events to educate the public about the effects and impact of childhood trauma and provide resources to break the cycle and help Shasta County families heal. Classes and community events. shastastrengtheningfamilies. org.
Tri County Community Center (Intermountain Community Center); Burney. Family support, resources and services for eastern Shasta County. Early bird dropoff

childcare, preschool, daycare, after school and summer programs. Parent education and support, English learners program, many more family resources. burneytccn.org. 37477 Main St. (530)335-4600.

SISKIYOU COUNTY

Family & Community Resource Centers. These local hubs provide ongoing support in parenting and other important factors to family life. Contact the center in your area for a schedule of activities. first5siskiyou.org. siskiyoucrc.org/weed.

- *Dunsmuir Community Resource Center: siskiyoucrc.org/dunsmuir (530)235-4400.*
- *Happy Camp Community Center: happycampcc.org. (530)493-5117.*
- *HUB Communities Family Resource Center; Montague. siskiyoucrc.org/montague. (530)459-3481.*
- *Mount Shasta Community Resource Center: Mtshastacrc.com. or siskiyoucrc.org/mt-shasta. (530)926-1400.*
- *Scott Valley Family Resource Center; Fort Jones. siskiyoucrc.org/scott-valley. (530)468-2450.*
- *Family & Community Resource Center; Weed. siskiyoucrc.org/weed. (530)938-9914.*
- *Yreka Community Resource Center: siskiyoucrc.org/yreka. (530)842-1313.*
- *McCloud Family Resource Center; McCloud. siskiyoucrc.org/mccloud. (530)853-1528.*

Happy Camp Community Center. Offers First5 literacy events and playgroups, parenting classes, mental health referrals, CalFresh and utility application assistance, emergency food program, farmers market, Market Match program to double SNAP food benefits,mental health referrals. happycampcc.org. 38 Park Way. (530)493-5117.

Help Me Grow Siskiyou; Siskiyou County. Ages & Stages Questionnaire home developmental screenings. Helps parents find answers to their questions about their child's behavior, development and learning. Provides an easy connection to resources. first5siskiyou.org/help-me-grow-siskiyou.

HUB Communities Family Resource Center; Montague. Offers application assistance, resume help, home searches and resources for rent and mortgages assistance, parenting classes for families in recovery, playgroups on Wed, utility assistance and more. siskiyoucrc.org/montague. 310 S. 13th St. (530)842-1313.

Siskiyou Child Care Council; Weed. Preschool program and child care referrals. Also offers a lending library of toys and resource materials related to child development for parents, childcare providers and others working with children. Free trainings for experienced, new and potential family childcare home providers. siskiyouchildcare.org. 170 Boles St. info@siskiyouchildcare.org. (530)938-2748.

Tulelake/Newell Family Resource Center; Tulelake. Playgroups, women's and girl's circle, CalFresh and energy assistance applications, dress for success clothing and resume assistance, translator help, family law assistance, new parenting kits, computer, fax, internet access, adult and youth drop-in center, mental health services, meals on wheels for seniors and produce giveaway on 1st and 3rd Thu each month. teachinc.org/pdf/FRC-Brochure.pdf. 810 Main St. (530)667-2147.

PARENT AND SINGLE PARENT SUPPORT GROUPS

MULTIPLE COUNTIES

Dads at a Distance. WWebsite designed to help fathers who must be away from their children to maintain and strengthen the relationships they have with their children. Free weekly e-Newsletter, website tips. fambooks.com/daads.htm

Moms Over Miles. Website designed to help mothers who must be away from their children to maintain and strengthen the relationships they have with their children. Free weekly e-Newsletter, website tips. fambooks.com/moms.htm

National Parent Hotline. Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent. (855)4A-PARENT or (855)427-2736.

Parents Anonymous CA Parent and Youth Hotline. Parents and caregivers can join a free weekly online support group to explore their underlying emotions and build resiliency to strengthen their family. Each Parents Anonymous® group has a trained group facilitator and parent group leader. caparentyouthhelpline.org. Hotline: (855)427-2736.

Triple P Parenting Tips. Website with quick and easy parenting tips to help with temper tantrums, disobedience, bedtime dramas, homework problems and a whole host of other common parenting issues. For a list of agencies offering free in-person Triple P classes go to triplep-shasta.com/triple-p-in-my-community.

BUTTE COUNTY

Co-parenting, Parallel Parenting Group. Learn how to effectively manage strong emotions and deal with your ex. Fully online. Facilitated by Melinda Haynes, LMFT. (530)451-4151.

SHASTA COUNTY

Bridges to School Success; Redding. Support group sessions for parents and others caring for children share ideas, support and information each Wed from 6-7pm on a drop-in basis; for parents/caregivers with children of all age groups. Child care is available. Shasta County Office of Education. 1644 Magnolia Avenue. shastacoe.org/programs-services/bridges-to-success. (530)225-0350.

Hill Country C.A.R.E. Center; Redding. Provides rapid access to professional help for people who are overwhelmed by emotional distress, traumatic events or severe life stressors. Additional activities include peer support, education groups, pre-crisis and emergent crisis access to mental health professionals, case management and more. Also, the center is designed to help foster youth and their caregivers by providing supportive services and training. (C.A.R.E. stands for Counseling and Recovery Engagement.) Urgent outpatient mental health services 365 days a year. hillcountryclinic.org. 1401 Gold Street. (530)691-4446.

Parent Cafés; Redding. Moms, dads and primary caregivers build off each other's experiences to solve problems that could affect their own families. Parents make new friends, share ideas and learn about community resources. Visit website to learn more and to see the schedule for upcoming meetings. Offered through Shasta County Child Abuse Prevention Coordinating Council. hopeshasta.org. raisingshasta.org/parent-cafe. (530)241-5816.

Parent Partner Program; Redding. For any pregnant women or caregivers with children under age of 18. Programs help link families with needed resources, support and advocacy in parenting education, community and school advocacy, medical and dental care, shelter, food and clothing resources, transportation assistance, counseling services, substance abuse. hopeshasta.org. 3609 Bechelli Lane, Suite A. (530)242-2020.

Pathways to Hope Parent Leadership Advisory Group; RRedding. Parents and professionals collaborate to promote empowerment of families through parent leadership, mentoring in preventing child abuse and building successful and healthy families. Parents and caregivers can talk to someone who knows how they feel and answer questions and help connect them to resources. (530)710-8609. raisingshasta.org/parent-leadership-advisory-group. 2280 Benton drive, building c, suite B. Contact the Parent Leader Advisory Group, Candace Hutson: (530)242-202

Shasta Moms Circle; Anderson and Redding. Every month moms and their counselor get together to discuss issues about breastfeeding, parenting and more. To be eligible to participate in Shasta Moms' Circle you must be pregnant or exclusively breastfeeding. shastacounty.gov/health-human-services/page/shasta-moms-circle.

Anderson: 2889 East Center Street. (530)225-3715.
Redding: 2757 Churn Creek Road, Suite B. (530)224-4200.

GLENN COUNTY

The Parenting Support Group; Orland. Meets every Wed, 10:30am-noon at Harmony House in Orland, 343 Yolo St.

PLAYGROUPS

MULTIPLE COUNTIES

Hike it Baby; Multiple counties. A non-profit with a mission created to get families outside and hiking with birth to school age kids, connecting families to each other and to the outdoors. weareoutgrown.org.

BUTTE COUNTY

Chico Mothers' Club. Weekly playgroups grouped by age, monthly craft project, play date outings and activities for kids and parents. Low annual membership fee. chicomothersclub.org.

Fantastic Friday Playgroup; Chico. The entire gym at Athletic Horizons is open for preschool play. For ages walking-5 with an adult (maximum 2 kids per adult). 1st and 3rd Fri., 10am-noon. $15 (members $5), siblings +$1. athletichorizons.com. 415 Otterson Dr., Suite 70. (530)893-4967.

SEPARATION & DIVORCE SUPPORT

SHASTA COUNTY

Kids' Turn Shasta-Cascade; Redding. Nonprofit organization offering support to families going through separation or divorce. Whole-family six-week workshop series helps parents and children adjust to changing roles. Children attend a developmentally appropriate group class while parents attend an adult session focused on developing a healthy, changing relationship with their children. Free. kidsturnredding.org. (530)244-5749.

TEHAMA COUNTY

Tehama County Child Support Services; Red Bluff. Services include establishing paternity (fatherhood), locating absent parents, requesting child support and medical orders from the court and enforcing child support orders. tehamachildsupport.org. 1005 Vista Way, Suite A. (866)901-3212.

UNITED WAY
Northern California

211
NorCal

NEED HELP BUT DON'T KNOW WHERE TO START?

211 is here to help!

FIND RESOURCES ABOUT:

- Food Assistance
- Family and Child Support
- Housing & Shelter
- Utility Help
- Mental Health

CALL 211, TEXT YOUR ZIP CODE TO 898-211 OR VISIT 211NORCAL.ORG

OTHER RESOURCES:

Are you at risk of homelessness or have a past non-violent offense?

You can call 211 to get added into Coordinated Entry and see what support you may qualify for.

Medical Trauma in Children:
How Parents Can Help with Healing

BY JENNIFER ARNOLD

For medically complex kids, frequent appointments, blood draws, imaging, procedures and hospital stays are part of everyday life. While much of this care can be routine, the unpredictability of life with a chronic illness can take its toll. Most people don't realize that children living with chronic illnesses are at higher risk for medical trauma, a form of post-traumatic stress that stems from medical experiences themselves.

Understanding what medical trauma is and what to look for can help parents and caregivers support healing, strengthen coping skills and give their child back a sense of safety.

What Medical Trauma Looks Like

Medical trauma doesn't only come from medical crises and emergencies. It can also develop slowly through repeated pain, fear and loss of control. It can show up in many ways and it's not always obvious. Trauma in children can look like clinginess, irritability or avoidance around anything related to their care. Common signs include:

- Fear or panic before or during appointments
- Trouble falling or staying asleep
- Headaches, stomach aches or body tension
- Regression (wanting more help than usual, acting younger)
- Angry outbursts or shutdowns
- Refusing treatment or medical routines
- Avoiding conversations about anything related to their health

Many children experience hypervigilance, which is a constant sense of being "on alert," even when nothing scary is happening. Others hold their feelings inside because they don't yet have the words to explain them. Often, it comes out as an emotional explosion.

We experienced this with my son, who, after years of emergency hospital stays and painful recovery from surgeries, which he seemingly handled like a rockstar, unexpectedly dissolved into tears the moment we walked onto the children's surgery unit. This time, it was for a minor outpatient procedure with medical staff who had cared for him for more than a decade. For kids like mine, even with the most compassionate and familiar medical teams, fear or pain that isn't fully processed can linger in the body long after the experience is over.

How Parents Can Support Healing from Medical Trauma

While you can't control every aspect of your child's medical journey, you can help them feel safe, understood and more empowered. These strategies can help:

Build predictability when you can

When children aren't sure what to expect, their minds often imagine the worst. Using honest language to explain what will happen before appointments or procedures can reduce that fear. Tools like social stories, visual schedules or simple walkthroughs (if possible) of unfamiliar surgery centers can also help make unfamiliar experiences feel safer and more manageable.

Offer choices for a sense of control

Medical environments often leave children feeling powerless. Offering small, age-appropriate choices such as where to sit, which arm to use or how they want to cope during a procedure can restore a sense of agency. Even minor decisions help the brain feel safer and more in control during stressful moments.

Validate your child's experiences

Validation is one of the most powerful tools you have as a parent or caregiver. Instead of brushing off fear or discomfort and pain with comments like, "It's not that bad" or "You're OK, it's over," acknowledge what your child experienced. Let them know you believe their pain that their feelings make sense and that they handled something difficult. When children feel seen and understood, their ability to process stressful experiences grows.

Create calm-down strategies

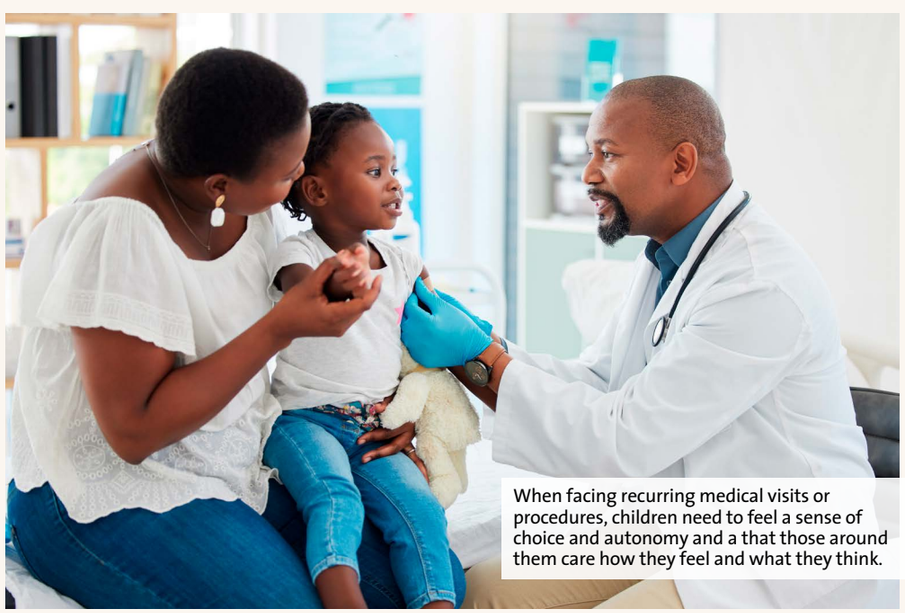
Portable coping tools can help children regulate their emotions before stress escalates. Items like noise-canceling headphones, sensory fidgets, a favorite playlist or a comfort object like a plushie or favorite blanket can provide grounding in medical settings. Practice using these tools during calm moments so your child feels confident reaching for them when stressful things happen.

One year after my son's emotional outburst, we found ourselves back at the same surgery center for an outpatient procedure. This time, we came prepared with headphones, comfort items from home and breathing techniques he had learned in therapy. The anxiety hadn't completely disappeared, but this time, there were no tears.

Support autonomy when possible

Involve your child in decisions whenever possible and encourage medical providers to speak directly to them, not just about them. If medical trauma begins to feel overwhelming or spills into daily life, consider a child therapist who can offer more coping tools and emotional support for both your child and your family.

Parenting a child with a chronic condition carries emotional challenges that most families never have to navigate and will never understand. Signs of medical trauma are not a failure; they're a natural response to an extremely difficult path. Your presence and advocacy matter and with support, children can heal and feel empowered again. ■



When facing recurring medical visits or procedures, children need to feel a sense of choice and autonomy and a that those around them care how they feel and what they think.



- General Resources
- Diverse Ability Swim Lessons
- Equine Assisted Learning & Psychotherapy
- Sports



GENERAL RESOURCES

MULTIPLE COUNTIES

AMJaMB Supported Living Services, LLC; Chico. Vendor for Far Northern Regional Center, provides services for individuals 18 years and older who live in Butte and Tehama County. Supported living, in-home respite, independent living services, personal assistance, Beyond Inclusion Day services, the Call Connection, Coordinated Career Pathways and Supported Employment. Provides opportunities for people to live and work in the communities of their own choosing, to be full members of the community in which they live, to feel safe and to exercise individual choice. 389 Connors Ct. Suite F. (530)872-3627 or (530)872-8526.

Little Red Hen Lifespan Center; Chico. Serving 9 Northern California counties. Supports individuals with developmental disabilities and their families. The resource office includes a lending library with more than 500 books, videos, DVDs and curriculum materials spanning the autism spectrum. Provides families, individuals, educators, and other professionals with information and resources. Also offers trainings and monthly parent support group. autismlifespan.org. 2418 Cohasset Rd., Suite 150. (530)897-0900.

Autism Speaks. An organization that helps families recognize early signs of autism and seek early intervention to improve learning, communication and social skills. autismspeaks.org. (888)288-4762.

Autism Support Network. A free online community that connects thousands of families to support each other. Strategies and guides for managing autism. Provides a search feature to find support near you. Search "Autism Support Network" on Facebook.

Braille & Talking Book Library; serving Northern California. A free service that loans braille and audiobooks and playback equipment by mail to eligible Northern California residents who are unable to read standard print materials due to blindness, low vision or physical disabilities. Library.ca.gov. btbl@library.ca.gov. (916)654-0640.

California Children's Services. A state program for children with certain diseases or health problems. Through this program, children up to age 21 can get the health care and services they need. Search "CCS" on dhcs.ca.gov.

Butte: (530)552-3891.
Shasta: For Partnership Health Members with CCS, call (800)863-4155. Non- Partnership clients with last names starting with A-G and T-Z call (530)229-8436. Last names starting with H- S call (530)229- 8107.
Siskiyou: (530)841-2132.
Tehama: (530)527-6824.

California MENTOR. The Family Home Agency programs match adults with intellectual and developmental disabilities who want to be part of the community with nurturing caregivers called Mentors. In a Mentor's home, individuals can develop relationships that help them grow and receive support while gaining valuable life skills. Serves individuals referred by Far Northern Regional Center. To find out more about the services or how to become a Mentor, visit sevitahealth.com/mentor-community-services/california/. (530)221-9911.

California State Department of Rehabilitation. Serving all upper CA counties. Helps individuals with physical, mental, emotional or learning disabilities go to work for the first time or return to work. Job training and placement, adaptive technology, vocational counseling, help with transportation & more. By application. dor.ca.gov.

Butte Co; Chico 1370 E. Lassen Ave. Suite 110. (530)895-5507.
Shasta Co; Redding. 1900 Churn Creek Rd., Ste. 100. (530)224-4708.
Siskiyou Co; Yreka. 500 N. Main St. (530)842-1662.
Tehama Co; Red Bluff. 705 Pine St. (530)529-4270.

Camp Ronald McDonald; Susanville. Provides confidence building experiences for children who are at risk, disadvantaged and/or living with physical, developmental or emotional disabilities. Registration opens Jan 1. Financial aid available. Rmhcnc.org. jkahn@rmhcnc.org. (916)734-4230.

Cerebral Palsy Guidance. Answers, support and assistance for parents of children with cerebral palsy. Information and resources for everything from financial assistance to medical equipment. Medical information on the site has been medically reviewed by board certified physicians. cerebralpalsyguidance.com.

Children's Craniofacial Association. A national, 501(c)3 nonprofit organization which addresses the medical, financial, psychosocial, emotional and educational concerns relating to craniofacial conditions. Annual family retreat and local meetups around the country. ccakids.org. (800)535-3643.

COMPASS; Shasta, Siskiyou, Tehama, Butte, Trinity Counties. Helps adults with developmental disabilities live interdependently in their own homes through services that include supported living, independent living and coordinated family support. Our staff walk beside our clients, offering education on choices and life skills or companionship and personal care. Our service empowers our clients to make decisions about how and where they live their lives. compass-cares.com . (530)242-8580.

Disability Action Center of Northern California; Butte, Colusa, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou and Tehama Counties. Serving the needs of people with disabilities since 1980. Advocacy, peer advising, information and referrals, housing strategies, assistive technology, durable medical equipment reuse program, volunteer opportunities, vision resources and traumatic brain injuries program. Offers voice options and senior communications program (social media), for all ages, families and individuals. actionctr.org.

Chico: 1161 East Ave. (530)893-8527.
Redding: 2440 Athens Ave. (530)242-8550.
Mt. Shasta: By appointment only. 109 E. Lake St. (530)242-8550.
Yreka: By appointment only. 201 S. Broadway St. (530)242-8550.

Disability Rights of CA. Education and community outreach, self-advocacy help, legal advice or representation. disabilityrightsca.org.

Down Syndrome Diagnosis Network. DSDN supports parents who have recently received a diagnosis for their child or unborn baby and connects them to other families. Resources, education, and support for parents and caregivers of a loved one with Down syndrome. (612)460-0765. dsdiagnosisnetwork.org.

Down Syndrome Information Alliance (DSIA). Serving Sacramento, Yolo, Placer, El Dorado, Nevada, Yuba, Shasta, Solano and Sutter counties. Support, referrals and resources to empower individuals with Down syndrome, their families, and the community. downsyndromeinfo.org. (916)658-1686. info@downsyndromeinfo.org.

Extended School Year (ESY). Special education and related services provided to students with disabilities beyond the regular school year in accordance with their IEP. The need for ESY services must be determined annually on an individual basis by the Individual Education Program (IEP) team. Contact your school for more information and availability.

Far Northern Regional Center. Serving

Do you have a loved one that you worry about being alone?

AMJaMB Provides a FREE service called The Call Connection

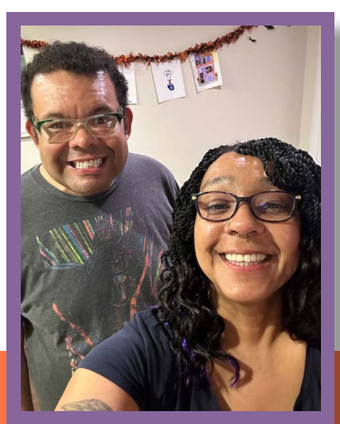
We can provide free reminders to clients for:



- Taking medications
- Going to doctor appointments
- Meal reminders
- Reminders to check blood sugar
- And much more!

Also provided at no charge:

- Welfare checks
- A friendly hello for those who don't get out much
- A call to the person of your choice if we can't reach you



We can contact you via phone, email, text, instant message, TTY or Ca. relay service for FREE!

We make FREE friendly phone calls to ensure that all is well.

Contact us: 530.872.8526

www.amjamb.com • Beyondinclusion.heidi@gmail.com • 389 Connors Ct. Suite F, Chico

9 counties in the North-Eastern most part of CA. FNRC partners with persons with developmental disabilities to live how they choose as equal and valued members of the community. Referrals for services and supports from birth through adulthood: farnorthernrc.org; (530)332-1529. Send mail to P.O. Box 492418, Redding, CA 96049.

Redding: 1900 Churn Creek Rd., Suite 114. (530)222-4791.
Chico: 1377 East Lassen Ave. (530)895-8633.
Satellite Offices: Red Bluff, Lake Almanor, Mt Shasta and Yreka

Hands Across Humanity. Dedicated to providing support, education, advocacy and funding research for health and disability-related topics. The funds raised make possible innovative health research and publications by healthcare professionals. Supports research to improve diagnostic and therapeutic care for people with disability-related health conditions. These findings benefit both individual and provider education. Prioritizes the voices of people with disabilities about their lived experiences. handsacrosshumanityfdn.

Head Start/Early Head Start. Support for children ages 5 and under with special needs and their parents. To find a program in your area, use the Head Start Locator online or call a local office in your county. eclkc.ohs.acf.hhs.gov. (866)763-6481.

Homeschool Association of California (HSC) Special Needs Homeschooling Information. Volunteer contact person for general information about homeschooling kids with special needs. hsc.org. (888)472-4440.

In-Home Support Services. California will pay parents of minor children as providers. To qualify, a child must have an undeniable level of need and documentation from a physician or regional center. cdss.ca.gov/In-Home-Supportive-Services.

Medi-Cal & Medicaid Waivers. Medi-Cal, California's Medicaid program, offers waivers to specific groups of individuals based on specific geographic areas of the state and provides medical coverage to individuals who may not otherwise be eligible under Medicaid rules. search "Medi-Cal Waivers" on dhcs.ca.gov.

North American Mental Health Services (NAMHS); Redding. Provides a Dual Diagnosis program for individuals with intellectual/developmental disabilities and co-occurring mental illnesses. Our program provides mental health outpatient services of medication management and individual therapy. Our staff members are educated for our program, and we welcome children and adults. namhs.com, 1-888-292-8080.

National Alliance on Mental Illness (NAMI); NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. nami.org/home. (703)524-7600. Local chapters: Butte (530)894-8551, Shasta: (530)691-4450.

National Association for Down Syndrome (NADS). The oldest Down syndrome advocacy organization in the country. Helps people with Down syndrome reach their full potential. Offers prenatal information for parents expecting a child with Down syndrome. nads.org.

National Organization for Rare Disorders (NORD); A database and resource center for people who are living with or have loved ones with a rare disease. rarediseases.org. (800)999-6673.

Northern California Center on Deafness; North Highland. Serves clients in Shasta, Butte, Siskiyoum Glenn and Tehama counties by providing communication services; counseling; advocacy, services; independent living skills instruction; job development and placement; information and referral; and community education. norcalcenter.org. (916)349-7500.

Parent Infant Programs; Redding. Serving most upper CA counties. In-home program for children ages 0-5 with developmental needs. Curriculum focuses on maximizing the development of the individual child, strengthening the parent-child relationship and helping parents develop strong advocacy skills. parentinfantprograms.com.

Anderson: 2775 Ventura St Suite A. (530)247-1375.
Chico: 1600 Humboldt Rd #3. (530)343-8106.

Rowell Family Empowerment of Northern CA; Siskiyou, Trinity, Shasta, Tehama, Butte and Glenn County. Parent-founded, parent-operated, nonprofit organization that offers free services to families of children ages 3-22 with special needs. Programs and trainings are supported through grants, contracts, donations and fundraising activities. rfenc.org. (530)226-5129.

SLATE. The hallmark of SLATE (Successful Living with Autism through Training & Education) is Get SET (Social Emotional Training). SLATE's summer program provides an environment for children and young adults to learn and grow side by side with typical children. rfenc.org/s-l-a-t-e. (530)226-5129.

State Council on Developmental Disabilities: Established by state and federal law as an independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need. The North State Office covers Butte, Glenn, Plumas, Tehama, Lassen, Shasta, Trinity, Modoc and Siskiyou Counties. scdd.ca.gov. (530) 895-4027.

The Autism Society. The nation's leading grassroots autism organization, increasing public awareness, advocating for appropriate services and providing the latest treatment information. Also hosts a national autism conference. autism-society.org. (800)328-8476.

Wings of Eagles. The Joseph Alvarez Organization for Seriously Ill Children is dedicated to helping and financially assisting families with seriously ill children in Butte, Glenn, Colusa, Tehama, Sutter, and Yuba Counties. "Wings of Eagles" was founded in memory of Joseph Alvarez in June of 1993, who died of a very rare and terminal form of leukemia a month before his tenth birthday. "Wings of Eagles" celebrated 30 years of service to the community in 2022. "Wings" has helped hundreds of families that have seriously ill children over the years with their out-of-pocket expenses, including gas, food, and lodging. wingsofeagles.org. (530)893-9231 or (530)570-5985.

Yes She Can, Inc. Dedicated to helping young women with autism and related disabilities develop transferable job skills and workplace social skills through authentic work experience. Serves teen girls with autism spectrum disorders transition from high school to adulthood and young women. yesshecaninc.org. (914)358-1460.





BUTTE COUNTY

ARC of Butte County; Chico. Serving Butte, Glenn and Tehama Counties, ARC assists people with developmental disabilities to choose & realize their goals. Family support groups in English and Spanish. arcbutte.org. 2030 Park Ave. (530)891-5865.

Butte County Special Education Local Plan Area (SELPA). Seeks out and serves children who are suspected of having a disability and children from birth to age 21 who may need special education services, including highly mobile (such as migrant or homeless) children with disabilities. If you believe your child may have special education needs, contact your local school district or the SELPA. Many children have learning needs that may be addressed through special education or related services. The first step to determine if your child qualifies for special education or related services is to make a referral to your local education agency. buttecountyselpa.org/info/child-find. (530)532-5875.

CSU, Chico Autism Clinic. Year-round program promotes the sensory, motor, communicative and cognitive skills of children with developmental disorders. Allows children to experience the sensory and motor input they are seeking in order to balance their nervous systems so they may focus on learning other skills. Sliding scale available. Search "autism clinic" at csuchico.edu. (530)898-4756.

Chico Children's Museum. With almost 7,000 square feet of exhibit space, the museum is focused on encouraging children and their caregivers to connect with imaginative play. Over the fall and winter, visitors will find an updated sensory room for a calming, therapeutic space for children; improvements to the camping room and a new play area. Walk-in admission Tues-Sun, 10am-4pm. Two-hour private group visits available Mondays. After-hours private events available by request. Birthday parties Sat and Sun, 10am-noon and 2-4pm by reservation. info@chicochildrensmuseum.org, chicochildrensmuseum.org. 325 Main St. (530)809-1492.

Chico Christian Preschool. An outreach ministry of Neighborhood Church of Chico. Ages 6 wks-6 yrs. Enrichment classes and inclusion program for children with special needs. chicochristianpreschool.org. Or contact tamarawanink@ncchico.org. 2801 Notre Dame Blvd. (530)879-8988.

Chico Speech and Language Center; Chico. Celebrating over 25 years of ser-

vice for our local community and beyond. Specializing and providing services to all ages and communication disorders. Chicospeechandlanguagecenter.com. 2627 Forest Ave. (530) 894-0702.
Family Support Programs-ARC of Butte County; Chico. The Arc of Butte County offers a range of comprehensive Family Support Programs aimed at fostering healthy family dynamics and empowering caregivers, including support for parents, guardians, grandparents and care providers of children with various conditions such as Autism, Cerebral Palsy and Down Syndrome.



Mason enjoys outings to the park and learning about dinosaurs.

For more information and a list of programs visit arcbutte.org/services/family-support-program. (530)399-7246.
Special Needs Carnival; Durham. For children and adults with intellectual and physical disabilities. A safe, accepting haven for those with special needs and their families. Carnival goers have access to a wide range of activities tailored specifically for individuals with disabilities, including face painting, a bounce house, adapted games and crafts, sensory activities, a cakewalk, superheroes and other characters. Booths are wheelchair accessible. Carnival is designed to avoid loud noises and sensory overload. Free of charge to special needs children and their families. Held twice a year in May and Oct. facebook.com/specialneedscarnival
The Lifespan Center Store; Chico. Items and toys that assist in developing pretend play skills, social and language skills, sensory and fine motor skills for children ages 4-12. Also offers awareness merchandise. Open during Little Red Hen's Children's Programs and Autism Lifespan's office hrs. autismlifespan.org. 2418 Cohasset Rd., Suite 150. (530)897-0900.
Work Training Center; Chico. Formerly Do-It Leisure. Programs in Chico, Oroville and Paradise. Dedicated to meeting the training, vocational and recreational needs of people ages 18 and up with disabilities. Day programs (transportation assistance available), community employment services and more. wtcinc.org. (530)343-7994.

GLENN COUNTY

The Rusty Wagon; Orland. Provides adults with disabilities a place in our community to learn, work and thrive. Our training store features local foods, goods and unique artisan products as well as a shopping experience, with superb customer service provided by our associates. Stop by and let our associates tell you all about our products. 420 Walker St. facebook.com/TheRustyWagonOrland. (530)988-9132.

SHASTA COUNTY

Alyssa Araiza Wings of Angels; Redding. Organization is committed to aiding families who have children suffering with pediatric cancer or life-threatening illness by providing unique support including groceries, gas, bills and other support. aawoa.com. (530)378-2373.
Connections ABA; Redding. Provides behavioral services and early intervention for children 0–10 years of age with a diagnosis of ASD. 2526 Goodwater Avenue. connectionsaba.net. (530)226-8255.
Mountain Valley Special Education JPA; Redding. A consortium of small school districts in Shasta County striving to provide a continuum of special education services by employing highly qualified professionals, sharing special education knowledge and expertise and providing professional development. 10140 Old Oregon Trail. mvjpa.com. (530)547-3274 or (530)223-1915.
Ridgeline Pediatric; Redding. Specialized pediatric day health and respite services. Three locations in Redding are staffed with pediatric RNs, LVNs and personal care attendants. The pediatric unit serves children ages birth-22 and the Transitional Care Unit allows children to continue services with Ridgeline after 22 years as long as the program is the best fit for their needs. ridgelinepediatric.com. (530)605-4866 or (530)255-8582.
Rough Rider Roundup; Redding. An inclusive, family-friendly outdoor event for the special needs community of Shasta County and the surrounding area. Rough Rider Roundup incorporates horse- and ranch-themed events into adaptable and accessible activities for children and adults of all ages and abilities. Held Annually in October. Registration required. roughriderroundup.com. 21449 Roughout Road. (209)256-9640.
Sensory Hour at Turtle Bay; Redding. Sensory Hour is an event for children with autism spectrum disorders and/or sensory processing sensitivities and their families to experience the Museum at their own pace. Dimmed lighting, minimal sounds and a relaxed atmosphere. Free, but preregistration is required and spots fill quickly. Check the website or call for information about upcoming dates. turtlebay.org/sensory-hour. 844 Sundial Bridge Drive. (530)242-3108.
Sensory Innovations; Redding. Provides sensory experiential learning, physical therapy and wellness that is accessible for people of all ages. This unique resource center was designed by a group of occupational therapists to promote client-directed health and wellness. Single visits rates and memberships available. sensoryinnovations.org. 20 Hilltop Drive, Suite A. (530)780-5559
Shasta Head Start, Inc.; Redding. Shasta Head Start is dedicated to making a positive difference in the lives of young children, one family at a time. Opportunities for education, parenting support and resources to families in Shasta, Siskiyou and Trinity counties. Highly qualified staff provide full-day and part-day classes, nutritious meals, safe and inclusive environments, parent education and support and curricula supporting kindergarten readiness. Free for qualifying families. shastaheadstart.org. 375 Lake Blvd., Suitr 100. (530)241-1036.
Small Talk Pediatrics; Redding. Provides speech therapy services for children of all ages. Each therapist has a passion for speech therapy and understands the value of communication in each persons' life. smalltalkpeds.com. 2526 Goodwater Avenue. (530)226-8255.
Special Needs Inclusion Parent Partnership; Redding. A parent support group that works with agencies within Northern California to provide equal information to all parents and caregivers. (530)215-9473.
S P O T; Redding. Provides excellent pediatric physical therapy, speech therapy and occupational therapy for ages 0-18 years old. We also provide developmental instruction and PT, OT and ST in-home for ages 0-5 years old. Our focus is on working to ensure every child has their highest quality of life. We are also a teaching facility for interns in all disciplines. susansprivateot.com. 1801 Buenaventura Blvd. (530)215-3385.

SISKIYOU COUNTY

Siskiyou Early Head Start; Yreka. Comprehensive child development services to low-income families in Siskiyou County. Parent involvement is a key part of the program. Choose the Early Head Start option from the programs and services drop down menu. siskiyoucoe.net. 1 Childs Way. (530)842-8493.
Siskiyou Opportunity Center; Yreka, Mount Shasta, and Redding. Organization that helps individuals with developmental disabilities ages 18+ find meaningful employment. See them for wonderful quality outdoor benches and picnic tables, purchases which help to support their work. siskiyouoc.org. Mount Shasta and Redding. (530)926-4698. Yreka (530)842-4110.

TEHAMA COUNTY

AMJaMB Supported Living Services, LLC; Chico. Vendor for Far Northern Regional Center, provides services for individuals 18 years and older who live in Butte and Tehama County. Supported living, in-home respite, independent living services, personal assistance, Beyond Inclusion Day services, the Call Connection, Coordinated Career Pathways and Supported Employment. Provides opportunities for people to live and work in the communities of their own choosing, to be full members of the community in which they live, to feel safe and to exercise individual choice. 389 Connors Ct. Suite F. (530)872-3627 or (530)872-8526.

NCCDI Tehama County Head Start; Red Bluff. Focused on the mission of enriching children's lives, empowering families and engaging the community. Early Head Start and Head Start services and counseling for individuals and families of all ages. nccdi.com. 220 Sycamore St., Suite 200. (530)529-1500 or (877)224-7772.
North Valley Services; Red Bluff. Programs and activities for persons with special needs ages 18 and older. Emphasizes independence and integration into the community. Functional, behavioral and employment skills development, transportation assistance, resource info, and more. northvalleyservices.org. 11799 Highway 99W. (530)527-0407.
Sacramento River Discovery Center; Red Bluff. Upper and Lower trails are wheelchair accessible. Explore the watershed, native wildlife and drought-tolerant gardening in the Red Bluff Recreation Area. Enjoy hiking, disc golf, water activities, monthly bird walks and field trips. Open Mon–Sat, 9am–1pm. SacramentoRiverDiscoveryCenterInc.com.1000 Sale Lane, Red Bluff. (530)527-1196.
Sensory friendly films. Prime Cinemas; Red Bluff. 2nd Sat of the month at 10:30am. Year-round for families of individuals with disabilities. Lights will be dimmed, trailers limited and sound volume lowered. The films will also be open captioned. 400 S Main Street. Primeredbluff.com. (530)529-5491.

DIVERSE ABILITY SWIM LESSONS

SHASTA COUNTY

Anderson Union High School Pool. Swim lessons are taught by lifeguards who have received specialized training to work with individuals with physical and developmental disabilities. ci.anderson.ca.us/departments/parks_and_recreation.php. 1471 Ferry St. (530)378-6654.
Shasta Family YMCA; Redding. Offering year-round swim lessons for youth with mental and physical disabilities. Lessons help build confidence in the water and reinforce social skills through specially trained instructors and the use of visual aids. 8 sessions. $165 (Y members $160. Third party billing available. Call for more information and upcoming classes. Sfymca.org. 1155 N. Court St. (530)246-9622.
Swim Foundations; Redding. Offers swim lessons for kids with autism and other sensory processing disorders, as well as community and private swim lessons and water safety classes.Register online. swimfoundations.com. (530)638-0486.

EQUINE ASSISTED LEARNING & PSYCHOTHERAPY

DLB Ranch; Multiple counties. DLB Ranch Inc is a non-profit organization that uses horses to help people gain insight into themselves, move past trauma, depression, anxiety, PTSD and other emotional challenges. It is an on-on-the-ground program. We work with adults, children and families as well as corporate groups for team building and decompression. dlbranch.org. 17596 Southlake Rd., Cottonwood. (530) 347-9902.


Parent Infant Program combines playtime with parent education.



The diversity of exciting programs in the North State for children with disabilities provides ample opportunity for people of all abilities to exercise their bodies and minds and lift their spirits.

Horse Encounters; Redding. Equine assisted activity for special needs. An approach to learning life skills where participants and certified equine specialists team up with a horse to reach their goals. roughoutranch.org. 21449 Roughout Road. (209)256-9640.
Major's Place; McCloud. A non-profit organization offering equine-assisted therapy to help individuals heal from trauma, anxiety, PTSD, and other emotional challenges. Our ground-based program supports children, adults, veterans, first responders and families. Also offers Horse Powered Reading® and provide team building and wellness experiences for groups. Scholarships available. majorsplace.org. Willow Creek Ranch, McCloud. welcome@majorsplace.org. (530) 853-1028.
Serene Ranch; Cottonwood. "Ride and Let it go." We have a decade of experience working with individuals with special needs, mental health challenges, at risk individuals or those recovering from trauma. Our horses are all rescues with their own stories to tell. Equine lessons and fun with the horses. Everyone gets to ride. Certified in Equine Assisted Learning and Therapy. We offer group and individual lessons. Learning horsemanship and riding skills translates into life skills. Safety and fun come first. Find us on Facebook or email sereneranchnorcal@gmail.com. 3871 Rancho Estates Rd. (530)440-1808.
Stable Hands; Yreka. Improves the physical, mental, emotional and social health of people living with disabilities through equine assisted activities and therapy. Ages 2 and up. Horses Helping Heroes veterans program (free). Scholarship program available. Find them on Facebook for updated news. stablehands.org. (530)842-3082.
Triple Creek Ranch; Red Bluff. Therapeutic horseback riding for individuals of all ages with physical, mental, emotional and learning disabilities. The unique relationship developed with a horse can lead to increased confidence, patience, self-esteem and more. We also offer youth horsemanship activities, including birthday parties & family classes. Triplecreekhorses.orgtriplecrkranch@yahoo.com. (530)527-9394.

SPORTS

MULTIPLE COUNTIES

Special Olympics Northern California. Offers free sports training for anyone diagnosed with intellectual disabilities ages 5 and up. Competitions for ages 8 and up. Call for county info. sonc.org. (925)944-8801.
Little League Challenger Program. Ages 4- 18 and up to 22 if enrolled in a school program. The Challenger Program allows players with intellectual or physical disabilities to enjoy the full benefits of Little League participation in an environment structured to their abilities. Open to participants living in district 1 (generally from Corning to Yreka). Sdallbaseball.com. Email sdallchallenger@gmail.com.

BUTTE COUNTY

The Pilates Barre; Chico, Pilates, Barre, yoga. Classes, workshops, workout essentials and instructor training. thepilatesbarrechico.com. 1905 Notre Dame Blvd. Ste 170. (530)433-9522.

SHASTA COUNTY

Shasta County Special Olympics. Offers free sports training for anyone diagnosed with an intellectual disability aged eight and up. Search "Special Olympics Shasta County" on Facebook. (510)224-7218.
Shasta Family YMCA: Redding. Offering year-round swim lessons for youth with mental and physical disabilities. Lessons help build confidence in the water and reinforce social skills through specially trained instructors and the use of visual aids. 8 sessions. $165 (Y members $160). Third party billing available. Call for more information and upcoming classes. Sfymca.org. 1155 N. Court St. (530)246-9622.

Hospital Care Cards: A Resource for Self-Advocacy for Those with Disabilities or Chronic Illness

BY BRIANA BEAVER

A trip to the emergency room can be a stressful experience for anybody, let alone somebody with a disability or chronic health conditions. Caught in a whirlwind of overwhelming symptoms, expressing personal needs to facilitate a safe visit is often complicated and frustrating.

It's not only the patients who experience these frustrations, but emergency room doctors do as well. The infrastructure of the emergency room environment can make it challenging to build rapport.

"The emergency room has a unique set of challenges," says Dr. Ben Isakson, M.D., an Enloe emergency room physician. "We don't have much time with any one patient. We're often pulled away in the middle of an encounter to deal with an emergency and we don't get to see our patients on a repeat basis to develop rapport and a therapeutic relationship. This makes it especially hard to pause and take into account the broadly variable needs of each patient we meet. This is frustrating for the emergency room doctors, but probably much more frustrating for patients who might not be getting the direct and personalized care they deserve." Recognizing an intricate system of complexities, Dr. Isakson suggests a simple but powerful solution.

Care Cards Help Assist with Communication Between Doctor and Patient

As a person with a disability, I discussed the emergency room experience with Dr. Isakson, from both his perspective as a provider and my perspective as a patient, with the goal of determining the most important facts, needs, desires, dos and don'ts that will facilitate the best possible experience in the emergency room.

Through this process, we created 3x3 printable Care Cards that feature prompts intended to assist patients in communicating their needs to medical professionals and ultimately build a bridge to our collective humanity. Dr. Isakson knows it takes courage to explain again and again needs that aren't always respected or well-received by the medical community. He tells his patients, "Thank you for showing up for yourself, anyway."

I invite you to print the downloadable Care Card file at handsacrosshumanityfdn.home.blog/care-cards-2/ and cut the Care Cards according to your needs. We provide cards featuring open-ended questions for you to fill out and two Cards featuring examples from Dr. Isakson.

We hope Care Cards may be a resource for self-advocacy and will bolster positive outcomes in the emergency department for those of us with disabilities and chronic conditions, as well as those without. Care Cards applicability extends beyond the hospital, into our communities. Whether at work, play, therapy, school or any other social event, sharing a card can open a pathway not only for self-advocacy, but for community, teamwork and inclusion. ■



Dr. Isacson and Briana Beaver collaborated to create these Hospital Care Cards to help disabled people seeking health care communicate more effectively with medical staff.

When the Game Ends: Helping Your Young Athlete Rebuild Identity After Injury

By Mary Hayes Weier

On our local high school football team, a family friend and star wide receiver – we'll call him Chris – tore his anterior cruciate ligament (ACL) mid-season. Chris had played club football since he was eight and hoped to play in college. He had surgery, months of rehab and cheered his team from the sidelines. The following season, fully recovered, Chris jumped back onto the field. A few games later, he tore his ACL again (worse this time) and decided to hang up his football jersey for good.

Years have passed and Chris is a happy young adult. But those months weren't easy. When a child's week revolves around practice, teammates and game day adrenaline, being sidelined can trigger grief, irritability, embarrassment and a sudden loss of belonging. It's a challenge thousands of young athletes deal with every day, whether they received an injury participating in football, dance, basketball or something else. The good news is you don't need to be a sports psychologist to help. You just need to treat this like the real loss it is.

Start With Validation

Start by validating what your young athlete is feeling before rushing to fix it. The American Academy of Pediatrics (via HealthyChildren.org) acknowledges that the pressure to win can create significant emotional stress for kids, and urges adults to focus on effort, sportsmanship and hard work, not just outcomes.

Right after an injury, that mindset matters. Parents and caregivers may be tempted to say, "You'll be back in no time," or to talk up beating the doctor's timeline. For a kid who is scared or even devastated, that can feel like more pressure. Instead, acknowledge your child's sense of loss. Remind them they don't have to figure out the whole season today. If they're willing to talk, ask what feels hardest right now – the pain, missing friends or not feeling like themselves.

When "Fine" Isn't Fine

Remember that the injury everyone can see isn't the only challenge. A National Athletic Trainers' Association consensus statement for school sports stresses noticing mental-health concerns early and having a clear plan to connect student athletes with qualified help when needed. Some sadness and irritability can be part of a normal adjustment period. The tricky part is when those feelings don't start to lift and begin to spill into everyday life: sleep, school, relationships and basic motivation. If your instincts tell you your child seems stuck, it's reasonable to loop in support through a pediatrician, school counselor, athletic trainer or a qualified mental health professional rather than waiting it out.



With love, support and patience, children can move through a sports injury to emotional and physical healing.

Belonging Is Part of Healing

Another loss after injury is social. The American Academy of Orthopedic Surgeons recommends a "healthy competition" atmosphere for young athletes that emphasizes confidence, cooperation and a positive self-image rather than just winning. This guidance underscores that by its nature, sports is a social, community-oriented activity.

That's why supporting your young athlete in staying socially connected is important; but follow their queues. Some kids want to attend practices and athletic events right away after an injury that has shifted them from player to spectator; others need space. Offer choices about whether they go, where they sit and what gets shared with coaches or teammates. If your child wants to stay involved, a low-pressure, team-adjacent role (helping with stats, film or coaching a younger teammate) can preserve belonging without forcing a brave face.

Rebuilding Confidence and Purpose

As the weeks go on, help your child rebuild identity by separating what they love about sports from the sport itself. When the sport stops, kids can feel like *they* have stopped. A gentle reframe is that athletics is one place your child expresses who they are: not the only place.

Talk about the traits their sport brought out – drive, leadership, resilience, belonging – and help them find other places those traits can live, whether that's music, a club, volunteering, a job or, when they're ready, a different sport or activity.

Nationwide Children's Hospital notes that sports participation decisions should consider physical development, emotional development and the child's interest in the sport. That's an important permission slip: a different path can be part of recovery, not quitting. The season might be over, but the future is full of promise. Your steady message – spoken and shown – is that your child is more than their position, their stats, or their jersey. ■

Preventing Sports Injuries in Kids and Teens

Youth sports injuries aren't always "freak accidents." Many build over time when kids are training hard without enough recovery, repeating the same movements year-round or ignoring early warning signs.

Consider the ACL tear common in many sports: If kids continue to put strain on a manageable "grade 2" partial tear, it can turn into a "grade 3" complete tear, which often requires surgery, a full reconstruction and up to a year of recovery time.

Here are some ways to lower risk:

- **Normalize communication and early reporting**. Johns Hopkins pediatric sports medicine emphasizes that kids should speak up about pain or "something that doesn't feel right," so that a preventable problem doesn't become a more serious one. A helpful rule at home: if something hurts, we say so – early.
- **Start each season with a check-in**. A preseason physical can help identify concerns before play begins. Nationwide Children's notes that sports physicals can reveal strengths and weaknesses to help guide sport choices.
- **Avoid too much, too soon** – and vary. Johns Hopkins cautions that year-round, single-sport schedules can overload the same muscles and joints and recommends cross-training and variety. HealthyChildren.org echoes this, noting that many youth injuries are due to overuse and specializing in one sport. The organization recommends time off (at least one day off per week and one month off per year from training for a particular sport).
- **Warm up, then reinforce technique**. Johns Hopkins recommends warming up with a mix of dynamic and static stretching and stresses proper technique and following sport guidelines. HealthyChildren.org also highlights the importance of proper technique and stopping activity if it hurts.
- **Use the right-fitting gear**. Both HealthyChildren.org and Nationwide Children's emphasize properly fitted, sport-appropriate protective equipment and safe, well-maintained play environments.
- **Hydrate and respect heat**. HealthyChildren.org recommends plenty of fluids and scaling back in high heat and humidity. Nationwide Children's offers a concrete guideline: about one cup of water every 15 to 20 minutes during heavy exercise and avoiding drinks with excess sugar or caffeine.

- Baseball
- Bowling
- Cheerleading
- Climbing Walls/Towers
- Football
- Freerunning/Parkour
- Golf: Clubs, Courses, Miniature Golf & Resorts
- Gymnastics
- Hockey: Roller
- Kart Racing
- Kayaking & River Rafting
- Lacrosse
- Martial Arts
- Paintball & Airsoft Parks & Fields
- Pickleball
- Rodeo
- Rowing
- Running
- Skateboarding
- Skating: Roller Facilities
- Soccer
- Swim Teams
- Tennis
- Trampoline
- Wrestling
- Ziplining



BASEBALL

BUTTE COUNTY

Biggs-Richvale. The Biggs-Richvale Little League (BRLL) is committed to creating a community where kids ages 4-16 can have fun, grow and succeed in an active and healthy environment. Ages 4-17. biggsrichvalell.com. biggsrichvalell@gmail.com.
Chico Eastside; Eastside Little League aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every player. chicoeastsidelittleleague.com. 328 Southgate Ave. chicoeastsidelittleleague@gmail.com.
Chico Softball Little League. Nonprofit youth organization made possible by volunteers, sponsors and participation fees. Provides the community with an educational athletic organization. chicosoftball.org. 340 Elm St. (530)864-2751.
Chico Westside Little League. Provides a high-quality experience where every athlete is coached using the principles of the Little League Double-Goal Coach, has fun playing the game, feels like an important part of the team regardless of performance, learns life lessons that have value beyond the playing field. 1380 East Avenue Suite 124. support@ChicoWestside.com.
Durham Little League. Little League baseball and softball. For ages 5-15. durhamlittleleague.org. president@durhamlittleleague.org. (530)519-8352.
Gridley Little League. Offers the community an exceptional educational athletic organization that provides enjoyment and satisfaction to all. tshq.bluesombrero.com/gridleyllbca.
Lake Oroville Little League. lakeorovillelittleleague.org. lakeorovillell@yahoo.com. (530)552-1890.
Palermo Little League. tshq.bluesombrero.com/Palermolittleleague. facebook.com/PalermoLL. littleleaguepalermo@gmail.com. palermollpresident@gmail.com.
Paradise Little League. Ages 4-17. We are a community that loves our children & the game of baseball. We are commitment to providing a safe environment for kids to learn, play, and grow! paradiselittleleague.org. info@paradiselittleleague.org.

GLENN COUNTY

Hamilton Capay Little League; Hamilton City. hamiltoncapay.org. Facebook.com/LittleLeagueHCLL. hamiltoncapay@gmail.com. (530)519-5262.
Orland Little League. Ages 4-14. Season runs March-June with sign-ups starting online in November and in person sign ups in January. Orlandlittleleague.org. facebook.com/OrlandLL. orlandllbaseball@gmail.com. (530)510-1865.
Willows Little League. willowslittleleague.org. Facebook.com/profile.php?id=61583479709877. willowslittleleague@gmail.com. (530)228-1857.

SHASTA COUNTY

Anderson Little League. We strive to teach each player skills, not only to play baseball and softball, but also life lessons of commitment, responsibility, teamwork and sportsmanship; skills that are necessary to help children become successful. andersonlittleleague.com. 2500 Emily Dr. (530)365-1391.
Burney Basin Little League; Offering Tee Ball, Farm and Minor Teams. leagues.bluesombrero.com/burneybasinll. facebook.com/profile.php?id=100057701700271. burneylittleleague@gmail.com. (530)355-8061.
Cottonwood Little League. Strives to impart the ideals of good sportsmanship, honesty, loyalty, courage and respect into the youth of our community. cottonwoodlittleleague.com/facebook.com/CLLballpark. (530)347-5582.
East Redding Little League. Offers a fun and competitive experience for boys and girls ages 4 through 16. Programs focus on the development of baseball and softball skills, teamwork, sportsmanship, perseverance and a love for the game. Erllbaseball.com. EastReddingLittleLeague@gmail.com.
Foothill Little League & Softball; Palo Cedro, Bella Vista, Millville and Shingle¬town. Players are developed in the lower leagues to become great players and teammates once they move on to high school and beyond. foothilllittleleague.com. facebook.com/ FoothillAreaLittleLeague. foothillarealittleleague@gmail.com.
Intermountain Youth Sports; Fall River Mills. Teams compete against other teams in the surrounding Intermountain area including Burney, Modoc & Mount Shasta. tshq.bluesombrero.com/intermoun¬tainys. intermountainyouthsports@gmail.com.
Shasta Dam Area Little League Baseball; Shasta Lake. A local youth baseball organization managed and run entirely by volunteers for the benefit of children in our community from the age of 4 in t-ball up to age 16 in the Seniors division. sdallbaseball.com. facebook.com/SDALLbaseball. SDALLBaseball@gmail.com.
West Redding Little League. Teaches baseball to boys and girls 4-18 in a safe, fun and competitive manner. Programs focus on the development of skills, sportsmanship and a love for the game of baseball. wrll.net/home. (530)941-9428.

TEHAMA COUNTY

Central Tehama Little League; Los Molinos. Tailored programs focuses on boosting performance, building confidence and preparing young athletes for success. Centraltehama.com. centraltehama@ gmail.com.
Corning Little League. clubs.bluesombrero.com. corningcalittleleague@gmail.com.
Red Bluff. Offering t-ball, farm, minors and majors softball and baseball. redblufflittleleague.com.

SISKIYOU COUNTY

South Siskiyou. Mount Shasta. Joint community effort to provide baseball and softball to the youth of our communities. Very active Facebook page. tshq.bluesombrero.com/southsiskiyoull. southsiskiyoull@gmail.com.
Yreka. Offering t-ball, farm, minor and major teams. leagues.bluesombrero.com/yrekalittleleague. (530)524-0354.

BOWLING

BUTTE COUNTY

Bowlero Lanes; Chico. Enjoy 38 lanes, online reservations, arcade, pro shop, sports bar and lounge area. bowlero.com/location/bowlero-chico. 2397 Esplanade. (530)895-3257.

GLENN COUNTY

Orland Bowl. facebook.com/people/Orland-Bowl/100057632042486. 507 Monterey St. (530)865-4313.

SHASTA COUNTY

Country Bowl; Redding. Host your next birthday party or special event, or join a bowling league or tournament. Full service bar, cafe restaurant, event catering, pool tables and arcade. Now offering "Clutch Bowling," interactive games, visual lane effects and more. countrybowl.com. 2615 Bechelli Ln. (530)223-1080.
Kids Bowl Free Summer Program. Offers registered kids two free games of bowling free daily (shoe rental fee may apply). Low-cost family passes available so the whole family can play. Local participating centers: Shasta Lanes and Country Bowl. Must register before bowling at the local centers. kidsbowlfree.com.
Shasta Lanes; Redding. With 24 lanes and a wide range of amenities, including a full service lounge, cafe, pro shop, arcade and more. We are the perfect destination for birthday parties, corporate events, school gatherings, fundraisers, large groups and more. shastalanes.com. 11093 Black Marble Way. (530)244-5773.

TEHAMA COUNTY

Java Lanes; Corning. Bowling, cafe, arcade and cocktail lounge. Leagues for everyone and affordable family fun. facebook.com/javalanes. 2075 Solano St. (530)824-3500.
Lariat Bowl; Red Bluff. 16 lanes, 18 holes miniature golf, pool tables, arcade, snack bar, lounge, parties. lariatbowl.com. 365 S. Main St. (530)527-2720.

CHEERLEADING

BUTTE COUNTY

Chico Cheer All-Stars; Athletic program provides safe and current training for cheerleaders to achieve their highest potential on and off the competition floor. Ages 5-19. chicocheerallstars.com. 13306 Cabin Hollow Ct., Suite 120. (530)894-2227.
Sacramento Youth Football & Cheer; Chico, Durham, Paradise and Pleasant Valley. Participants ages 6-14 learn fundamentals of the sport, cheers and more. Open to boys and girls. Typically offer cheer camps and fun events. sacyouthfootball.com.
Chico Jr. Panthers: chicojrpanthers.org. 901 Esplanade. chicojrpanthers@gmail.com.
Durham Junior Trojans: durhamjuniortrojans.com. president@durhamjuniortrojans.com.
Paradise Jr. Bobcats: facebook.com/paradisejuniorfootball.
Pleasant Valley Jr. Vikings: pvjrvikings.org.

SHASTA COUNTY

Sacramento Youth Football & Cheer. Anderson, Redding, Cottonwood. Participants ages 6-14 learn fundamentals of the sport, cheers and more. Open to boys and girls. Typically offer cheer camps and fun events. sacyouthfootball.com.
Anderson Jr. Cubs. andersonjrcubs.com. (530)440-0856.
Cottonwood. West Valley Jr. Eagles: westvalleyjreagles.com. westvalleyjunioreaglespres@gmail.com.
Redding. Enterprise Jr. Hornets: facebook.com/EnterpriseJrHornets. (530)510-8290.
Redding. Shasta Jr. Wolves: facebook.com/ShastaJrWolvess. (530)782-0845.

SISKIYOU COUNTY

Yreka Jr. Miners Youth Football & Cheer. Provides a safe environment for youth ages 6-14 to learn and apply the principles of teamwork, discipline, dedication and sportsmanship. yrekajrminers.com. info-jrminers@gmail.com.

TEHAMA COUNTY

Corning Youth Football & Cheer. For ages 6-14. Emphasizes school performance and competent coaching in a safe environment. facebook.com/Corning-Youth-Football-and-Cheer-100068115219756.
Red Bluff Jr. Spartans. For ages 6-14. Programs create an atmosphere conducive to the development of mind, character and physical skill. tshq.bluesombrero.com/rbjspartans.

CLIMBING WALLS/ TOWERS

BUTTE COUNTY

Rare Air Trampoline Park; Chico. Rock climbing wall that is surrounded by an airbag. With varying degrees of difficulty, climbers of all skill levels can enjoy the challenge of conquering our wall. rareairpark-chico.com. 1090 E. 20th St. (530)433-5557.
Terrain Park Climbing Center; Chico. 2,200-sq.-ft. indoor rock-climbing walls, kids classes, indoor slackline, weight room, game lounge, banquet and study rooms, and more. terrainparkclimbingcenter.com. 931 W. 5th St. (530)809-0796.

JACKSON COUNTY, OREGON

Rogue Rock Gym; Medford, OR. Rock climbing gym. Offers youth programs for ages 7 and up. roguerockgym.com. 3001 Samike Dr., Suite 104. (541)245-2665.
ScienceWorks Hands-On Museum; Ashland, OR. Offers a "Geologic Climb through Time" outdoor climbing wall. Visitors of all ages can enjoy a hands-on/feet-on experience traversing through a fossil record from Precambrian to present day, learning Earth's history by discovering fossils from different time periods. scienceworksmuseum.org. 1500 E. Main St. (541)482-6767.

SHASTA COUNTY

Rare Air Trampoline Park; Redding. With varying degrees of difficulty, climbers of all skill levels can enjoy the challenge of conquering our 20' wall. rareairpark.com. 3625 Old 44 Dr. (530)221-1206.
Shasta Rock Club; Redding. An indoor rock-climbing gym offers fun and challenging routes for climbers of all abilities, sizes, shapes and ages. A route-setting team sets creative new routes. Also offers guided outdoor climbing trips, yoga classes, indoor classes and camps for ages 5-18. shastarockclub.com. 2325 Athens Ave. (530)691-4505.

SISKIYOU COUNTY

Siskiyou Family YMCA; Yreka. The rock climbing wall is open for all ages on Tues & Thurs from 5:30-7:30pm. Interested in booking the climbing wall for your next party? Contact us. siskiyouymca.org/climb. 350 N. Foothill Dr. (530)842-9622.

FOOTBALL

MULTIPLE COUNTIES

Sacramento Youth Football & Cheer. Program for ages 6-14 develops mind and character as well as physical skills. Teams vary by age and weight. Find a program near you. *Check team pages for more up-to-date information. facebook.com/2021SYF. sacyouthfootball.com.
Pleasant Valley Jr. Vikings. pvjrvikings.org.
Chico Jr. Panthers. chicojrpanthers.org.
Durham Jr. Trojans. durhamjuniortrojans.com.
Paradise Jr. Bobcats. facebook.com/paradisejuniorfootball.
Orland Aztecs. tshq.bluesombrero.com/orlandaztecs. ameredith9.wixsite.com/orlandaztecs.
Anderson Jr. Cubs. andersonjrcubs.com.
Shasta Jr. Wolves. facebook.com/ShastaJrWolvess. (530)782-0845.
Uprep Jr. Panthers; Redding. facebook.com/uprep.j.panthers.
West Valley Jr. Eagles; Redding. westvalleyjreagles.com.
Corning Jr. Lions. facebook.com/Corning-Youth-Football-and-Cheer-100068115219756.
Red Bluff Jr. Spartans. tshq.bluesombrero.com/rbjspartans.

FREERUNNING/ PARKOUR

SHASTA COUNTY

NorCal Elite Gymnastics; Redding. Ages 6 and up. Parkour and freerunning. Learn to flip, twist and run over obstacles. Practice your urban free-run skills in a fully matted gym. Weekly classes and birthday parties offered. facebook.com/NorCalEliteGym. 4425 Tenaya Ct. (530)223-5483.
Ninja Coalition HQ; Redding. Ninja training for all skill levels for ages 5-15. Core physical fundamentals and training gives a unique approach to fitness, including strength, flexibility, balance, coordination, conditioning and problem solving. Obstacles, based on the hit show American Ninja Warrior, are a great way for kids and teens to have fun while getting in a great workout. ninjacoalition.com. 900 Dana Dr. (530)605-3329.

GOLF: CLUBS, COURSES, MINIATURE GOLF & RESORTS

GOLF CLUBS

BUTTE COUNTY

Butte Creek Country Club; Chico. 18-hole private course | 6,897 yds | Par 72. Individual lessons, summer camps for kids, junior programs, social events & more. buttecreekcountryclub.com. 175 Estates Dr. Pro-shop/tee time: (530)343-8292. Membership: (530)343-7979.

SHASTA COUNTY

Grape Ranch Golf Club; Palo Cedro. 9-hole semi-private community course | 3,145 yds | Par 36. Supports Youth on Course (discounts with valid student ID). graperanchgolfclub.com. 22499 Golftime Dr. (530)547-3012.
Riverview Golf & Country Club; Redding.18-hole private course | 6,610 yds | Par 72. Offers junior golf summer camps. riverviewgolf.net. 4200 Bechelli Ln. (530)224-2255.

GOLF COURSES

BUTTE COUNTY

Bidwell Park Golf Course; Chico. 18-hole public course | 6,363 yds | Par 72. Offers an extensive Jr summer series, family events & private lessons. golfbidwellpark.com. 3199 Golf Course Rd. (530)891-8417.
Table Mountain Golf Course; Oroville. 18-hole public course | 6,690 yds | Par 72. Offers youth summer camps ages 6-17 and junior lessons for ages 3 and up. tablemountaingolf.com. 2700 Oro Dam Blvd. (530)533-3922.

SHASTA COUNTY

Allen's Golf Course; Redding. 9-hole public course | 1,706 yds | Par 31. Offers private and group lessons for adults and children. allensgolfcourse.com. 2780 Sacramento Dr. (530)241-5055.
Aqua Golf Driving Range; Redding. Hit into a pool of water on the Sacramento River. Offers tips and tricks for children. tinyurl.com/AquaGolf. 2275 Park Marina Dr. (530)244-4653.
Lake Redding Golf Course; Redding. 9-hole public course | 1,790 yds | Par 31. Youth lessons for ages 7-15. lakereddinggolfcourse.com. 1795 Benton. (530)243-1930.
Tucker Oaks Golf Course; Redding. 9-hole public course | 3,191 yds | Par 36. Offers private lessons for youth with a professional. $10 (ages 18 & under); $5 for Youth on Course members. golfredding.com. 6241 Churn Creek Rd. (530)365-3350.

SISKIYOU COUNTY

McCloud Golf Course. 9-hole public course | 2,983 yds | Par 36. Pro Shop generally open early April-end of October. Walking carts available to borrow. mccloudgolfclub.com. 1001 Squaw Valley Rd. (530)964-2535.
Weed Golf Course. 9-hole public course. weedgolfcourse.com. 27730 Old Edgewood Rd. (530)938-9971.

TEHAMA COUNTY

The Links at Rolling Hills; Corning. 18-hole public John Daly signature course | 5293-6737 yds | Par 72. Offers private lessons and seasonal junior golf. rollinghillscasino.com/golf. 2657 Everett Freeman Way. (530)528-3500.

MINIATURE GOLF

BUTTE COUNTY

Funland; Chico. 18-hole outdoor course offers a fun yet challenging mix of holes around running streams and fountains, up and over hills, under and around rocks, in a well-vegetated environment with a waterfall. funlandchico.com. 2465 Carmichael Dr. (530)343-1601.

SHASTA COUNTY

Oasis Fun Center; Shasta Lake. Two 18-hole miniature golf courses outdoors and a tropical themed 7-hole indoor course. Outdoor courses include multi-level holes, water hazards and terrain variations. All courses are lighted and one outdoor course is wheelchair accessible and stroller friendly. Go-karts, bumper boats, ax throwing, laser tag and more. oasisfuncenter.com. 3330 Cascade Blvd. (530)275-3042.

TEHAMA COUNTY

Lariat Bowl; Red Bluff. 18-hole outdoor course with water hazards and more. lariatbowl.com. 365 S. Main St. (530)527-2720.

RESORTS

SISKIYOU COUNTY

Mount Shasta Resort.18-hole semi-private course | 6,035 yds | Par 70. Offers private lessons and seasonal junior golf camp. mountshastaresort.com. 1000 Siskiyou Lake Blvd. (530)868-4081.

GYMNASTICS

BUTTE COUNTY

Athletic Horizons Gymnastics Center; Chico. This 15,000 sq ft facility, Butte County's largest gymnastic center is home to many proud gymnastic champions. Classes in gymnastics and tumbling for ages 18 mos to 18 years, taught by National Safety Certified instructors. Awesome birthday packages will make your child's birthday truly special. athletichorizons.com. 415 Otterson Dr. #70. (530)893-4967.
Feather River Elite Gymnastics; Oroville. Gymnastics classes for children from walking and up, tumbling classes. Summer camps available. featherriverelite.com.1950 Kitrick Ave. (530)615-3525.
Kinetics Academy of Dance & Gymnastics; Chico. Utilizing all apparatuses of gymnastics and more. Classes offered are gymnastics, tumble and acro, aerial arts and circus, cheer clinics and private lessons. Check us out for birthday parties too. Boys and girls ages 18 mos -18 years. kineticsacademyofdance.com. 627 Broadway St., Suite. 100. (530)345-2505.

SHASTA COUNTY

Dance Depot; Redding. Provides all levels of instruction for boys and girls, 18 mos-adult/beginner. Classes offered in acrobatics, ballet, tap, jazz, lyrical, hip-hop and Mommy & Me or Daddy & Me performance opportunities. dancedepot-family.com. 2225 Larkspur Ln. (530)241-7764.
NorCal Elite Gymnastics Center; Redding. Teaches students the art of tumbling for beginners and veterans of the mat. Classes in gymnastics, parkour, ninja and fitness gym. Ages 16 mos & up. facebook.com/NorCalEliteGym. 4425 Tenaya Ct. (530)223-5483.
Shasta Gymnastics Academy; Redding. The premiere gym in Redding for trampoline, tumbling, gymnastics and preschool/kinder gym. Host a birthday party with us! shastagymnasticsacademy.com. 2629 Bechelli Ln. (530)229-9194.

TEHAMA COUNTY

Athletics Unlimited Red Bluff; Red Bluff. Infants to Teens. Coaches gymnastics to advanced level two, M-F. Soft play Tue and Thur. portal.iclasspro.com/athleticsunlimited/dashboard. 446 Antelope Blvd. (530)227-5150.

HOCKEY: ROLLER

BUTTE COUNTY

Chico Adult Roller Hockey. Adult inline roller hockey league welcomes men and women of all ages and abilities. B & C leagues. For truly beginning players, C-level offers a low-key, fun way to learn to play. For players with some experience or good skaters/athletes, B-level adds some pressure and competition. Leagues run fall (Sept.-Dec.) and spring (Feb.-May). funlandchico.com. (530)343-1601.

SHASTA COUNTY

Shasta Roller Hockey; Redding. Non-profit, volunteer organization offers youth inline hockey for over 20 years. lLow-pressure, family-friendly environment allows kids to learn the game, build their confidence and play competitive inline roller hockey with their friends. shastarollerhockey.com. 20155 Viking Way. shastarollerhockeyleague@gmail.com.

KART RACING

SHASTA COUNTY

Oasis Speedway; Shasta Lake City. Lighted 800-ft concrete racetrack with banked S-turns. Eight single-seat and three double-seat go-karts. Ages 9 & up (must be 52" tall) may drive single seat karts. Younger children may ride as a passenger in a double-seat kart with drivers ages 18 or older. oasisfuncenter.com. 3330 Cascade Blvd. (530)275-3042.

KAYAKING & RIVER RAFTING

MULTIPLE COUNTIES

6 Rivers Rafting. Wide range of rafting and kayak trips. Guided river trips on the Trinity River and Klamath Rivers. Whether you're flying solo or coming with a group, they can help you plan and execute the perfect river rafting and kayaking experience. All gear provided. sixriversrafting.com. 707-599-4221.

BUTTE COUNTY

Explore California Outdoors. Family-run adventure company in Northern California offering all-inclusive family camping, scenic river rafting, hiking and custom outdoor excursions throughout Northern California. Every trip comes with top-quality gear, tasty multi-course meals on overnight trips, and a caring staff who handle all the details—so your family can relax and enjoy the adventure. exploreCAoutdoors.com. eco@exploreCAoutdoors.com. (530)521-1883.
Forebay Aquatic Center; Oroville. Swim in a beautiful outdoor setting or rent kayaks, canoes, stand-up paddle boards, hydro bikes or pedal boats. Learn to row, sail, kayak or canoe and take a moonlight paddle tour. Offers youth aquatic camps, outdoor education and birthday party/special event bookings. forebayaquaticcenter.com. 930 Garden Dr. (530)774-7934.

SHASTA COUNTY

Just Kayak More; Redding. Large and active group of dedicated North State kayaking paddlers. Weekly local paddles and events. Offers online resources and group email. justkayakmore.com.
Shasta Paddlers; Redding. Loose-knit group for enthusiasts of kayaking, canoeing, stand-up paddle boarding and anything else that travels on the water under human power. Weekly social paddles at Whiskeytown Lake. Sacramento River paddles and events throughout the North State. All skill levels and ages welcome. Look up facebook.com/354884684697048 for upcoming events.

SISKIYOU COUNTY

Lake Siskiyou Beach & Camp; Mount Shasta. Rent a kayak, canoe or pedal boat from the Beach Rental/Splash Zone Hut. Call for pricing on equipment rental. Open April 1-Nov 1. lakesiskiyouresort.com. 4239 W. A. Barr Rd. (888)926-2618.
River Dancers River & Kayak Adventures; Mount Shasta. Adventures offered include white water rafting and kayaking trips. Day outings and overnight multi-day camps. Trained guides help guests discover new ways to enjoy the environment while learning skills on the river. Includes swimming, water-play, learning about wildlife and good food. riverdancers.com. 308 S. Mt. Shasta Blvd. (530)918-8610.

LACROSSE

MULTIPLE COUNTIES

Northern California Junior Lacrosse Association. Offers information and resources about lacrosse including off-season camps, clinics, travel teams and tournaments. ncjla.org.
U.S. Lacrosse. Great online resource for lacrosse history, info and tips. Includes informative videos. uslacrosse.org.

BUTTE COUNTY

Chico Rebels Lacrosse. For boys ages 9-17 and high school girls. Teaches and promotes lacrosse in a fun, safe and sportsmanlike environment. Dedicated to skills development including speed, position and finesse. chicorebelslacrosse.org. (530)680-2412.

MARTIAL ARTS

BUTTE COUNTY

Americana Brazilian Jiu-Jitsu; Chico. Ages 7 and up. Competitive jiu-jitsu school with experienced instructors. Offers one-on-one training and smaller classes. americanabjj.com. (530)519-2099.
Chico: 13306 Cabin Hallow Ct., Suite 100. Paradise: 7126 Skyway Suite F.
Azad's Martial Arts Family Center; Chico. Ages 3 and up. Classes for kids and adults in Hapkido, Tae Kwon Do, Tai Chi, Judo, Jiu-Jitsu, Karate, kickboxing and more. azadsmartialarts.com. 313 Walnut St., Suite. 150. (530)892-2923.
Chico Dojo. Ages 4 and up. Classes build children's self-confidence, respect, self-discipline and strength by promoting physical fitness in a fun and upbeat environment. Also offers Kobayashi Shorin Ryu Karate and Kobudo (weapons) style from Okinawa, Japan. chicodojo.com. 485 East Ave. (530)898-9753.
Haley's Martial Arts; Chico. Classes for adults and children ages 3 and up in Shorin Ryu Karate, Kobudo (weapons), Aikido and Judo. hmacdojo.com. 260 Cohasset Rd., Suite 150. (530)895-3114.
StandAlone MMA Gym; Chico. Classes for children 8-15 in Brazilian Jiu Jitsu and Striking. Classes for adults in Muay Thai, BJJ, Wrestling and Boxing. standalonemma.com. 848 W 9th St. (530)893-8392.

SHASTA COUNTY

NorthWest Martial Arts; Anderson. Self-defense training center for all ages. Develops self-confidence and self-control. facebook.com/northwestmartialartscenter. 2676 Gateway Dr. (530)378-1169.
Sphinx California MFA; Redding. Learn self-defense and discipline through karate and various martial arts. The first two classes are free, giving you a great introduction to Redding martial arts, including Redding FMA and Redding MMA. Specializes in the Filipino martial art of stick fighting. sphinxcafma.com. 1666 East Cypress Ave #18. 530) 319-3700. information@sphinxcafma.com
The Center for Meditative & Healing Arts; Viola. Offers a variety of age-appropriate classes for all skill levels, including Tai Chi, Tai Chi Sword, Tai Chi Fan, Qi Gong for all ages. Meditation, yoga, reiki, acupressure for ages 10 and up. meditativehealingarts.org. (530)638-5283.
Rice Brothers Jiu Jitsu; Redding. 1-hour gi and no gi classes for kids and adults. Free no obligation, 3-day trial. facebook.com/ricebrosbjj or ricebrosacademy.com. 2445 Athens Ave. (530)638-9536.

TEHAMA COUNTY

Kelly's Martial Arts; Cottonwood. Karate from its birthplace in Japan includes hand and foot striking combined with grappling. Voted best in the north state! Kids, Tweens, Teens, Adult classes. Ages 5 and up. Also offering self-defense and yoga classes. kellys-martialarts.net. 20633 Gas Point Rd. Suite H. (530) 410-2263.

PAINTBALL & AIRSOFT PARKS & FIELDS

BUTTE COUNTY

Surplus City Combat Zone Paintball Park; Oroville. Open weekends for paintball, airsoft and gel blasters. Private party rentals available. combatzonepaintball.com. 4444 Pacific Heights Rd. (530)533-5300.



SHASTA COUNTY

US Airsoft World; Anderson. Features a "tactical city" and Airsoft store. More than 10 acres dedicated to Airsoft, with stat tracking and leaderboards. usairsoft.com. 4506 Panorama Point Rd. (530)365-1000.

PICKLEBALL

BUTTE COUNTY

Chico Pickleball. Members age 10-88. We play every day and we enthusiastically welcome players of all skill levels, ages and ability. Lessons, training and play are free; equipment provided. We'd love to introduce you to "the fastest growing sport in the nation." chicopickleball.com. 1900 Dr Martin Luther King Jr Pkwy.
Chico Racquet Club. 8 well-lit courts. Basket with paddles & balls provided. chicoracquetclub.com.
1629 Manzanita Ave. (530)895-1881.

SHASTA COUNTY

Redding Pickleball Group. A dynamic group of active individuals that come together to enjoy pickleball and all its benefits. Currently more than 400 members. pickleballredding.com. Enterprise Park, 4000 Victor Ave. (530)638-6945.

RAFTING

SISKIYOU COUNTY

River Dancers River & Kayak Adventures; Mount Shasta. Adventures offered include white water rafting and kayaking trips. Day outings and overnight multi-day camps. Trained guides help guests discover new ways to enjoy the environment while learning skills on the river. Includes swimming, water-play, learning about wildlife and good food. riverdancers.com. 308 S. Mt. Shasta Blvd. (530)918-8610.
Six Rivers Rafting Company; Willow Creek and Junction City. Offers guided river trips on the Trinity River. Whether you're flying solo or coming with a group, we can help you plan and execute the perfect river rafting and kayaking experience. We'll provide all the gear – all you need to bring is your sense of adventure. Whether you're a first-timer or you have experience, we can help craft the perfect trip that you will remember for years to come. sixriversrafting.com. (707)599-4221. sixriversrafting@gmail.com.

RODEO

MULTIPLE COUNTIES

California High School & Jr. High Rodeo Association District 1 Team. Events for grades 6-12 include team roping, tie down roping, steer wrestling, breakaway roping, barrel racing, pole bending, goat tying, saddle bronc-riding, bareback riding, bull riding, cutting and the queen contest. facebook.com/chsraD1.

ROWING

BUTTE COUNTY

Table Mountain Rowing Club; Oroville. Rowing out of the Forebay Aquatic Center, on the beautiful Thermalito North Forebay, considered one of the best rowing venues in the West. tablemountainrowing.org. 930 Garden Drive. (530)519-3368.

RUNNING

CLUBS & ORGANIZATIONS

MULTIPLE COUNTIES

4-H Youth Development Program. National program for youth ages 5-19. Opportunities to build confidence, learn responsibility, make friends, share interests, develop lifelong skills and make a difference in the community. Activities and projects range from building robots to raising rabbits and designing web pages, to landscape design, hiking, interior design, astronomy, dance and much more. 4-h.org.
Butte County: cebutte.ucanr.edu/4-H_Program. (530)552-5812.
Glenn County: ceglenn.ucanr.edu. (530)865-1107.
Shasta County: ceshasta.ucanr.edu/4-H_Program. (530)224-4900.
Siskiyou County: cesiskiyou.ucanr.edu/4-H_Program. (530)842-2711.
Tehama County: cetehama.ucanr.edu/4-H_Program. (530)527-3101.
Girls on The Run of The North State. Butte, Glenn, Shasta and Tehama Counties. A fun, character-building program for girls in grades 3-8. Uses the power of running to help build confident, strong girls from the inside out. Strengthens girls physically, emotionally and socially in preparation to face the upcoming pressures of adolescence and helps create a lifetime of self-respect and healthy living. Fall and spring programs. gotrnorthstate.org. (530)636-0786.

BUTTE COUNTY

The Chico Running Club. Hosts fun runs and walks, weekly and annual events and online message board for members and the Chico community. Organizes a variety of annual races for participants from all over California. chicorunningclub.org.
Fleet Feet; Chico. For beginners all the way up to marathons, Fleet Feet offers training programs all year round and workouts designed by RRCA and USATF-certified running coaches. fleetfeetchico.com. 241 Main St. (530)345-1000.

SHASTA COUNTY

Sweat Running Club; Redding. A multi-sport club for all ages and abilities. Hosts non-competitive fun runs. sweatrc.com. (530)515-6157.

SKATEBOARDING

MULTIPLE COUNTIES

North State Skate Competition Series. Shasta, Siskiyou and Tehama Counties. All ages. Skate Movement is a Redding-based nonprofit, directing youth toward skating instead of getting involved in drugs and negative activities. Mount Shasta, Anderson, Red Bluff and Corning. facebook.com/skatemvmt. 530skater@gmail.com.

BUTTE COUNTY

Humboldt Avenue Skate Park; Chico. Skateboards, scooters and skates (including roller skates, inline skates and rollerblades) are allowed on the skateboard track. chicorec.com/humboldt-avenue-skate-park. 371 Humboldt Ave. (530)895-4711.
Bedrock Skate & Bike Park; Oroville. Features banks, quarter pipes, one half-pipe, pyramids and a concrete pool with an island. The Skate and Bike Park is open from sunrise to dusk daily. frrpd.com. 1276 Feather River Blvd. (530)533-2011.

SHASTA COUNTY

South Volonte Skate Park; Anderson. Skateboards and skates only. goskate.com/sp/listing/anderson-skate-park. Volonte Park, Emily Rd. (530)378-6626.
Redding Redding Skateboard Park. Skateboards and skates only. goskate.com/sp/listing/redding-skatepark. Caldwell Park, 58 Quartz Hill Rd. (530)225-4095.
Skateboarding Camps; Redding. Youth skateboarding camps for participants to learn basic skateboarding skills. reddingrecreation.org. (530)225-4095.

SISKIYOU COUNTY

Mount Shasta Skateboard Park. Skateboards, skates, bikes and scooters allowed. msrec.org/shastice-park. Shastice Park, 800 Rockfellow Dr. (530)926-2494.
Weed Skatepark. Skateboards, skates and bikes allowed at specified times/dates. instagram.com/explore/locations/70876333/weed-skatepark. 1299 Railroad Ave. (530)938-4685.

TEHAMA COUNTY

Corning Community Park. Skateboards, skates and all non-motorized wheels allowed. Helmets required. corning-park.edan.io. 1485 Toomes Ave. (530)824-7029.
Diamond Skateboard Park; Red Bluff. Skateboards and inline skates allowed. Open from 8am-dusk. cityofredbluff.org. 700 Diamond Ave. (530)527-2605.

ROLLERSKATE & ROLLER HOCKEY

BUTTE COUNTY

Cal Skate Of Chico. Indoor skating facility offers varied skate sessions and special events for all ages, plus birthday party options. Hosts inline hockey and roller derby bouts. funlandchico.com. 2465 Carmichael Dr. (530)343-1601.

SHASTA COUNTY

Shasta Roller Hockey Youth League (SRHL); Redding. Non-profit, volunteer organization that has been proudly offering youth inline hockey for over 20 years. Low-pressure, family-friendly environment allows kids to learn the game, build their confidence and play competitive inline roller hockey with their friends. Children of all abilities ages 4-17 welcome. All players participate in each game. shastarollerhockey.com. Big League Dreams Redding, 20115 Viking Way. shastarollerhockeyleague@gmail.com. Viking Skate Country; Redding. Roller & inline skating sessions for all ages, family fun nights, holiday skates, event and private party rentals. vikingskatecountry.com. 735 Auditorium Dr. (530)246-3901.

SOCCER

BUTTE COUNTY

Butte United Soccer Club; Chico. Committed to the highest level of competitive soccer play by developing players' technical skills, tactical skills and sportsmanship. Girls and boys teams in the U8-U19 age groups. butteunited.com. (530)680-8990.
Chico Cal Soccer Club. A competitive club operating under the Butte Youth Soccer League and District 6 of the California Youth Soccer Association. Focuses on building teams around three values: family, work ethic and success. Spring registration and tryout for teams beginning at the U9 age group for boys and girls. chicocalsoccer.org. info@chicocalsoccer.org. (530)521-9798.
Chico Youth Soccer League. No tryouts – everyone who signs on time makes the team. All players participate in each game. Encourages good sportsmanship among players, coaches and parents. Spring and fall sessions for ages 5-14, for boys and girls in the U6-U14 age divisions. cyslsoccer.com. (530)894-1088.

SHASTA COUNTY

Soccer for Adults; Redding. 7v7 Adult Soccer League, 5 seasons per year. Weekly pick-up games, Family Drop ins and flag football. $5 per night, or buy a monthly membership. californiasoccerpark.com/leagues. California Soccer Park, 9800 Old Oregon Trl. (530)505-4626.
Anderson Youth Soccer League. Anderson and Cottonwood. Helps players advance their skills, respect and love for the game. Register in Spring and Fall for boys and girls ages 4-18. Offers a Little Kicks program for ages 2-4 that helps develop elementary soccer techniques, self-confidence and team spirit while having fun. ayslca.com.
North State Soccer; Redding. Program dedicated to developing and sustaining a quality, consistent, safe and positive environment. Assists youth soccer players

in attaining their highest possible level of personal skills, tactics, sportsmanship and overall soccer proficiency through proper teaching and competition. 6U to 19U. northstatesoccer.com. Email: doc@reddingsoccer.com.

SISKIYOU COUNTY

Mt. Shasta Youth Soccer. Part of the CalNorth District 9 Youth Soccer Association. Recreational play for boys and girls ages 8-18. msrec.org/mt-shasta-youth-soccer. (530)926-2494.
North Siskiyou Soccer League; Yreka. For boys and girls ages 3-18. Part of the California Youth Soccer Association. Operated by parents and volunteers with the goal of getting kids on the field to play soccer and have a good time. Registration begins in April for fall teams. facebook.com/SiskiyouSoccerLeague. Email: nsslsoccer@gmail.com.

TEHAMA COUNTY

Red Bluff Youth Soccer League. Teaching children the fundamentals of soccer and encouraging a love for the sport. For boys and girls, ages 3-19. Fall registration in May. rbysl.org. 2009 Park Ave.

SWIM TEAMS

BUTTE COUNTY

Chico AquaJets & Mini Jets. Ages 5 and up. Year-round swim team, all levels welcome. Instruction and competitive opportunities locally and nationally. facebook.com/chicoaquajets. gomotionapp.com/team/caj/page/practice-times/minijets. membership@chicoaquajets.org.

SHASTA COUNTY

ISR Swim Lessons. Infant Swimming Resource (ISR) is for children 6 mos and older. Swim school specializes in survival swim skills and we only offer private lessons. All students who complete the program will master the self-rescue swim skills so that they could survive if they found themselves in the water unattended (takes about 6 weeks on average to complete). Sign up or learn more at reddingISR.com. (530)949-0226.
Redding Swim Team. Multi-season racing swim program that emphasizes sportsmanship, friendship, integrity, commitment and skill development for each swimmer. Ages 4-18+. Includes adult fitness programs, Swim Safe and Strong Swimmer learn to swim programs. ReddingSwimTeam.org. (530)246-2666.
Shasta Family YMCA Sharks Swim Team; Redding. Offers a year-round competitive swim team for all ages and skill levels, providing a safe, healthy and positive environment for every athlete. Build friendships, push your limits and achieve greatness—together! For adult programs, check out our Masters Swim Team. sfymca.org. 1155 N. Court St. (530)246-9622.

SISKIYOU & TRINTIY COUNTIES

Scotts Valley Sharks; Etna. Goal is to provide youth a healthy, goal-oriented team experience. Swimmers from 4 to 18 are part of this team. scottvalleysharks.weebly.com. (530)598-9162.
Sun Oak Stingrays; Redding. Year-round USA-Registered Swim Team. Their motto is, "Kindness – Technique – FUN!!" Ages 5-18. sunoaks.com. 3452 Argyle Rd., Redding. info@sunoaks.com. (530)221-4405.

TEHAMA COUNTY

North State Narwhals. Designed to help swimmers of all levels improve their skills, build teamwork and most importantly have fun while swimming fast. Whether you are a beginner or a seasoned swimmer, our focus is on developing each swimmer's potential through a positive, supportive environment. Open to all swimmers ages [5-18]. We'd love to have you on the team. Text Coach Julia at (530)200-2629.

TENNIS

BUTTE COUNTY

Chico Racquet Club & Resort. Private tennis facility with 11 lighted tennis courts, volleyball court, bocce ball, pickleball courts and more. chicoracquetclub.com. 1629 Manzanita Ave. (530)895-1881.
Chico State University. Eight lighted tennis courts. csuchico.edu/aaspace/commonspaces/court/index.shtml. 458 Nord Ave. (530)898-4636.

GLENN COUNTY

Orland High School. Six public tennis courts. Not lighted. 101 Shasta St. (530)865-1210.
Willows High School. Three lighted public tennis courts. 206 N. Merrill Ave. (530)934-6611.

SHASTA COUNTY

Riverview Country Club; Redding. Four private tennis courts. 4200 Bechelli Ln. (530)224-2255.
Shasta College Tennis Courts; Redding. Eight public tennis courts. Not lighted. 19800 Shasta College Dr. (530)242-7500.

SISKIYOU COUNTY

College Of The Siskiyous; Weed. Four public tennis courts. Not lighted. 470 College Ave. (530)938-5555.
Dunsmuir High School. Two public tennis courts. Not lighted. 5805 High School Way. (530)235-4835.

TEHAMA COUNTY

Red Bluff Union High School. Four lighted public tennis courts. 1535 Douglas St. (530)529-8710.

TRAMPOLINE

BUTTE COUNTY

Rare Air Trampoline Park; Chico. 10,000-sq.-ft. of trampoline space includes multiple dodgeball courts, slam dunk basketball hoops, an airbag pit, main court, a junior zone and more. Arcade, birthday parties, private party rooms, air-robics classes and toddler time twice weekly and for jumpers ages 6 and under, family days and sensory days. rareairparkchico.com. 1090 E. 20th St. (530)433-5557.

SHASTA COUNTY

NorCal Elite Gymnastic Center; Redding. Fully equipped training center for the up and coming gymnast and for those who want some fun with their fitness. Open gym time and birthday parties featuring 50-ft. tumble trampoline and pit. facebook.com/NorCalEliteGym. 4425 Tenaya Ct. (530)223-5483.
Rare Air Trampoline Park; Redding. 10,000-sq.-ft. of trampoline space includes multiple dodgeball courts, slam dunk basketball hoops, rock climbing wall and more. Arcade, birthday parties, private party rooms, air-robics classes and toddler time twice weekly for jumpers ages 6 and under and family days. rareairpark.com. 3625 Old 44 Dr. (530)221-1206.

SISKIYOU COUNTY

Mount Shasta Gymnastics. A recreational gymnastics facility with a variety of classes for preschool through advanced. 1014 N. Mt. Shasta Blvd. instagram.com/explore/locations/678497224/mount-shasta-gymnastics. (530)926-1113.

WRESTLING

MULTIPLE COUNTIES

NorCal Junior High Wrestling. Four Leagues: East, West, North and South. Wrestlers in grades K-8. mynorcalwrestling.com.
Anderson: (925)523-8950.
Burney: (530)945-4590.
Chico: (916)616-5939
Corning: (530)588-5298.
Durham: (530)828-7708.
Orland: (530)828-4218.
Oroville: (530)433-6646.
Palo Cedro: (530)356-3705.
Paradise: (530)321-1676.
Red Bluff: 530-722-5079.
Shasta Lake: (925)783-3232.
Willows: 530-570-8592.

BUTTE COUNTY

CARD Wrestling Program; Chico. Open to all ages/stages of development. Check for summer camp. chicorec.com. (530)895-4711.

TEHAMA COUNTY

PAL Wrestling; Corning. Specializes in teaching the basics of wrestling and boxing along with respect and discipline. Wrestling for boys and girls in grades K-8. Boxing for boys and girls ages 10-18 (18 if still in high school). Part of NorCal league. tehamaso.org/wrestling. 1081 Solano St. luishernandezpals@gmail.com. (530)953-7836.

ZIPLINING

SHASTA COUNTY

Turtle Bay's Forest Adventure Playground; Redding. Guests can climb a large tower for a bird's eye view of the Park. The playground also features adult sized swings, a large rock wall, super slide and more. Access to the Forest Adventure Playground is free for members and included with Park admission. turtlebay.org/playgrounds. 844 Sundial Bridge Dr. (530)243-8850.

OTHER AREAS

Mount Hermon Adventures. Ages 10 and up. 75-250 lbs. Glide along interconnected ziplines to experience the upper reaches of a giant coastal redwood forest. Certified zipline guides share ecological knowledge and bring the forest's history to life. mounthermonadventures.com. 17 Conference Dr. (831)430-4357.
Rogue Valley ZipLine Adventure; Rogue Valley ZipLine Adventure; Central Point, OR. Must be at least 8 yrs and weigh between 65-275 lbs and be in good physical condition. Guided zipline tours on a progressive 5-zipline course with spectacular views including Crater Lake Rim, Mt. McLoughlin and Table Rocks. rvzipline.com. Shuttle: 9450 Old Stage Rd. (541)821-9476(ZIPN).









mountHermon | KIDDER CREEK

KIDDER CREEK

Christ-centered Outdoor Adventure Camps

for Grades 2–12 located in Northern California

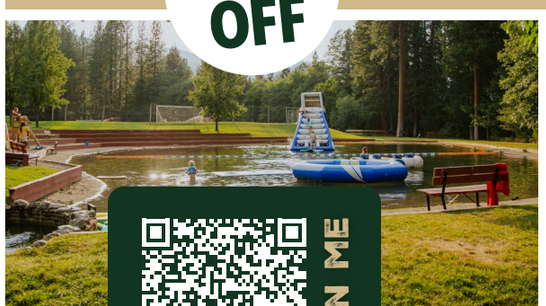
Join us for the biggest adventure of your summer!

Campers can choose from a variety of camps featuring whitewater rafting, horseback riding, backpacking, rock climbing, ziplining, and more.

Along the way, they'll grow in their faith, encounter Jesus, and build meaningful friendships—all while experiencing the best week of their summer.

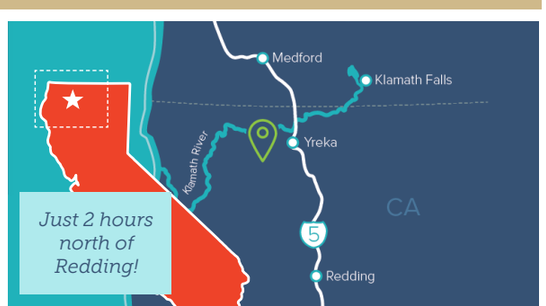
10% OFF

USE CODE KC10 TO GET 10% OFF ANY SUMMER PROGRAM!



SCAN ME





Reserve your spot at ***kiddercreek.org***





BUTTE COUNTY

Campybara Summer Camp Ages: 9-14.
RESIDENTIAL CAMP
wildcampybara.com • (707) 583-9627
Sierra Nevada and Cascade Ranges,
1958 Wild Oak Lane, Chico.
Sessions:
Sierra Nevada, June 16-23 (Out of Chico, CA)
Cascades, July 27-Aug (Out of Portland, OR).
Cost: $700

Sleep away summer camp rooted in nature appreciation, hands-on outdoor skills and creative expression. Build practical abilities, artistic confidence and a strong sense of community and teamwork. Hiking, swimming, whittling, archery, watercolor painting, fire-starting, linoleum carving, singing around the campfire and much more.



Chico Area Recreation & Park District (CARD)
DAY CAMPS
chicorec.gov • (530) 895-4711
Venue Varies • Ages 3.5–17
Sessions: June 9–August 12. Times vary.
Cost: Varies

Your kids will love our summer camps like Camp Chi-Da-Ca, Camp Chico Creek, Summertime Delight, and more! We have 75+ camps where your kids can explore nature, burn energy, discover new talents and create lifelong memories. Aquatics Programs: When the summer heat's on, cool off in the pool – even rent the whole pool for a birthday splash.



Chico Racquet Club Camps
chicoracquetclub.com • (530) 895-1881
1629 Manzanita Ave, Chico.

CRC Beach Volleyball Academy-Summer Camps
DAY CAMP • Ages: 10-17
chicoracquetclub.com/volleyball/summer/camp

Sessions: Mon, Tues Wed, & Thurs. 9am-12pm
Camp #1 June 8-11
Camp #2 June 15 -18
Camp #3 June 22-25
Camp #4 June 29-July 2
Camp #5 July 13-16
Camp #6 July 20-23
Cost: $100.00 per camper each camp

All training sessions will be divided by ability, not age. Skills: Passing, Digging, Setting, Hitting, Serving and Blocking Tactics: Serve, Receive, Attacking, Transition and Defense Coverage. Match play. Fast double and mini tournaments.

CRC Tennis and Pickleball Camps
DAY CAMP • Ages: 4-16.
chicoracquetclub.com/tennis/youth
Session: June 8-Aug,12. 10:30am-3pm.
Cost: $65/Day $230/Week. Member discount with weekly purchase.

The ultimate country club experience. Your kids will enjoy a day of tennis in the morning, swimming and relaxing by the pool mid-day and an afternoon of Pickleball.





Kinetics Academy of Dance & Gymnastics
DAY CAMPS
kineticsacademyofdance.com/summer-camps-and-classes
(530)345-2505 • 627 Broadway Street, Suite 100, Chico
office@KineticsAcademyofDance.com

Cheer Camp • Ages 6-15
Sessions: June 15 – 19, M-Th 12-2:30pm, Fri 12:30-2:30
Cost: $170
An action-packed camp filled with skill-building, confidence-boosting and fun!

TikTok Time Dance Camp • Ages: 6-12
Session: June 16-18, M-Th, 12:15-2:45pm
Cost: $165
Learn Tik Tok viral dances with some hip-hop and more. This high-energy and perfect for all levels.

Gymnastics Camp • Ages 5 - 12
Sessions:
June 22 -25, M-Th 12-2:30pm
Aug. 3-6, M-Th 12:15-2:45pm
Cost: $170
Learn and practice gymnastics skills. Includes stretching, conditioning and teaching of drills to build strong gymnastics skills.

K-Pop Dance Heroes • Ages: 4-14
Session: June 22-25, M-Th 12:15-2:45pm
Cost: $165
Step into a world where rhythm, power and performance collide!

Aerial Arts & Circus Open Gym • Ages 6-16
Session: June 26, Friday 12:30-2pm
Cost: $55
Open gym time will allow your child to practice their skills on their own. Coaches will monitor safe activity and assist where needed.

Aerial Arts & Circus Camp • Ages 6-16
Sessions:
July 13-16, M-Th, 12:30-2:30pm, Cost: $175
Aug. 10, Mon, 11:30-2:30pm, Cost: $49
Fly high at this unique circus themed camp. Learn basics on the lyra (hoop), aerial hammock and trapeze. Lots of strengthening and stretching plus more!

REGENERATIVE ARTS LEARNING CENTER & DAY CAMP

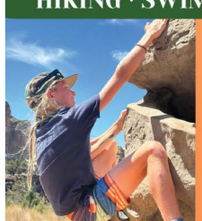
Our mission is to encourage creative expression as a way to examine the natural world and bring little people closer to their natural world.

REGISTER NOW FOR SUMMER CAMP PROGRAMS!
For children ages 3-12
Arts & crafts, Outdoor play & projects, Nature games, music & movement
Sessions: June 23 - Aug 7, Tues – Fri, 1- 4 days a week. 9:30-2:30pm.

954 N. Old Stage Rd. Mt Shasta • radlearningcenter@gmail.com • radlearningcenter.org



HIKING · SWIMMING · ARCHERY · ART · JEWELRY · COMMUNITY



CAMPYBARA SUMMER CAMP
8 DAY SLEEP-AWAY SESSIONS
Chico, CA · Portland OR · $700



WildCampybara.com 707-583-9627







Kinetics Academy of Dance & Gymnastics cont...

Ninja Fun Camp • Ages 4-8
Session: June 29 – July 2, M-Th 12-2:30pm
Cost: $165
Designed specifically for young kids who love to swing, climb and jump. Practice strength, balance and endurance exercises. With crafts, games and open gym time your kiddo will stay busy and get plenty of exercise!

Musical Theater Camp • Ages: 6-15
Session: June 29-July 2, M-Th 12:15-2:45pm
Cost: $165
Introduces dancers to the exciting world of Broadway-style movement, storytelling and performance. Learn expressive choreography inspired by popular musical theater styles while building confidence, musicality and stage presence. Join us on Thursday for a dynamic camp-end showcase. No prior musical theater experience is required - just a love of dance!

Jumps & Stunts Cheer Clinic • Ages 6-15
Sessions: July 3,12:45-3:15pm
Cost: $49
Our cheer instructors will work with your beginner or experienced cheerleader. Work on stunts, pyramids and more while mastering flying or base skills. Also focuses on cheer jumps, with drills designed to help participants improve their technique and execution. Join us solo or bring a partner—either way, they'll level up their cheer game!

Summer Nutcracker • Ages: 6-17
Session: July 6-10, M-Fri 10:30am-12:30pm
Cost: $175
Dancers will explore classical ballet technique while learning choreography inspired by the beloved holiday tradition. Camp focuses on musicality, performance quality, artistry and age-appropriate technique in a supportive and inspiring environment. The final day of camp will include a short, informal performance for family and friends and auditions for an exclusive intensive to be held later in the summer.

Dance & Gymnastics Camp • Ages 4 - 12
Sessions:
July 7-9, M-Th 12:15-2:45pm
July 27-30, M-Th 12:15-2:45pm
Cost: $165
Can't decide? Get them both in the unique camp that will leave your camper wanting more. Enjoy high energy dancing fun in our dance studio, then head over to our gymnastics gym to flip around.

Dance Team Preview • Ages 6-15
July 13-17, M-Fri 10:00am-12:00pm
Cost: $150
Are you ready to move, groove and make history? No experience? No problem! All you need is a willingness to learn, a positive, can-do attitude. We're here to help you grow, work hard and spread the joy of dance everywhere you go!

Back Handspring Clinic • Ages 6-16
Sessions:
July 17, 12:45-2:45pm
July 24, 12:45-2:45pm
Cost: $45 each session
Are you ready to master the coveted back handspring? Whether you're just starting or refining your technique, this clinic is designed to help you achieve your goal.

A Wickedly Good Time Dance Camp • Ages: 5-12
Session: July 20-23, M-Th 12:15-2:45pm
Cost: $165
A wickedly wonderful summer dance camp! Dance to the iconic songs of the hit musical while learning spellbinding choreography in jazz, lyrical and musical theater. You'll be ready to defy gravity in an Oz-tastic performance at the end of the camp.

Gymnastics Beyond Basics Camp • Ages 6-15
Session: July 20-23, 12-2:30pm
Cost: $170
Working on a back handspring, back tuck or aerial? How about walk-overs on the beam or a kip on the bar. If you want to perfect those skills or continue to practice them, then this camp is for you. We'll get serious with stretching, conditioning and focusing on those skills YOU'RE trying to achieve. With a bit of personalization this camp is like none other.

Unicorn Fairy Ballet
Session: Aug.10-13, M-Th 12:15-2:45pm
Cost: $165
Get immersed in unicorns, fairies and other enchanted creatures as you twirl, leap, chassé and plié your way through this magical camp!

Princess Party • Ages: 4-9
Session: Aug 3-6, M-Th 12:15-2:45pm
Cost: $165
Let the magical tales of Beauty and the Beast, Moana, Elsa, Cinderella and more inspire your little dancer to twirl and shine! This enchanting camp is filled with creativity, movement, and royal fun. On the last day, we'll wish upon a star, enjoy a royal tea party, and dazzle families with a delightful dance performance.

Summer Passes (Dance or Gymnastics)
June 15-Aug 25
Get your move on all summer long with our exclusive unlimited pass. Choose from a variety of dance options with our All-You-Can -Dance Pass or get lots of gymnastics practice with our All-You-Can Flip Pass. Enjoy the freedom to drop into any or all available classes throughout the season. Changes in class availability can happen. Any updates will be conveniently emailed to you. Class appropriate attire must be worn. Please check our website for attire for each class.

Gymnastics – OPEN GYM • Ages 5-12
Session: Aug.14, 12:45-2:30pm
Cost: $18
Open gym time will allow your child to practice their skills on their own. Coaches will monitor safe play and assist where needed. Although a coach will be on site, this is not a coach guided class.

Aerial Arts Summer Class • Ages 6-16
Session: July 19-Aug. 14, Fridays 11:30-12:30pm
Cost: $166
Get ready to fly, spin, and shine! Aerial Arts & Circus is an action-packed class where students explore the thrill of aerial movement using aerial hammock and Lyra (aerial hoop) while building strength, flexibility, and body awareness. Students will learn dynamic skills both in the air and on the ground, with additional circus arts such as tumbling, poi spinning, hula hooping, and creative movement woven into each class. Perfect for movers who are adventurous!

Tumble Warriors • Ages: 4-7
Session: June 20 – Aug. 15, Saturdays 1:30-2:30pm
Cost: $156
Game-based fitness fun designed to support your child's physical and mental growth. Action-packed class is a dynamic blend of ninja training and boot camp. Develop strength, balance, flexibility and confidence through exciting obstacles, interactive games and fun challenges. With every jump, climb and victory, campers gain important fitness skills while having an absolute blast.

Cheer and Tumble • Ages: 5-14
Session: June 18-Aug 14, Thursdays 3:30-4:30pm
Cost: $135
All levels are welcome! Whether you're just starting out or looking to improve your skills, this class covers everything cheer. Learn, practice and perfect tumbling, stunting, sharp motions, cheers, dances, and more. Build strength, flexibility and confidence while having tons of fun in a supportive environment. No matter your experience, you'll leave energized and ready to cheer your best!

Mini Movers Playtime • Ages: 6mo – 3:yrs
Sessions:
June 25-July 13
July 26 – Aug. 14
Thursdays 9:15-10:15am
Cost: $50
A safe, indoor space for toddlers to explore, move and play. The perfect opportunity for little ones to burn off energy, practice gross motor skills and socialize with other children in a fun, supervised environment. Gives parents a chance to connect with other caregivers in a relaxed setting.



North State Ballet Summer Dance Camps & Intensives • Ages: 3+.
DAY CAMPS
northstateballet.com • (530)774-2364
2400 Notre Dame Blvd , Chico.
Sessions:
- June 8-26 summer session 1
- June 29-July 3 summer dance camps and technique intensive 1
- July 6-24 summer session 2
- July 27-31 ballet/contemporary intensive.

Cost: $125-$600
Technique intensives with guest master teachers
Acro intensives
Two 3-week dance class sessions

Chico Creek Dance
DAY CAMPS
chicocreekdance.com • (530)829-1832
1144 W 1st Street, Chico

Princess Dance Camp • Ages 3-8
June 8-12, 9am-12pm, Cost: $175
Little dancers can twirl, sparkle and use their imagination! Enjoy fun dance classes, princess-themed games, crafts and music while building confidence, creativity and coordination. Each day is filled with storytelling, movement and fun in a supportive environment.

Disney Dance Camp • Ages 5-11
June 22-26, 9am-1pm, Cost: $175
Kids dance, play and celebrate their favorite Disney songs and characters. Learn exciting dance routines, enjoy themed games and crafts and build confidence

Recycled Art Camp • Ages 7-12
June 8-12, 1pm-4pm, Cost: $175
Kids create unique projects using everyday recycled materials. Explore crafting, building and decorating while turning simple items into creative works of art.

Harry Potter Art Camp • Ages 5-12
June 15-19, 9am-12pm, Cost: $175
Kids create wizard-inspired projects, play themed games and explore their creativity in a fun, enchanted setting. Campers enjoy crafting magical items and bringing their imagination to life with a touch of wizarding adventure!

Art Around the World Art Camp • Ages 5-12
June 22-26, 1pm-4pm, Cost: $175
Kids explore creativity through art inspired by different cultures and countries. Try a variety of fun projects while learning about global art styles, colors and traditions.

Magical & Mythical Creatures Art Camp • Ages 7-12
June 29-July 3, 9am-12pm, Cost: $175
Bring dragons, unicorns, mermaids and other legendary creatures to life through fun art projects. Campers explore their imagination while painting, drawing and crafting in a magical, creative environment.



Chico Martial Arts Summer Camp
DAY CAMP
azadsmartialarts.com/classes/summer-camp
(530)892-2923 • 313 Walnut St #150, Chico
Sessions: All sessions M-F, 8am-12pm
- Nerf Camp June 8-12 and July 6-10
- Ninja Camp June 15-19 and July 13-17
- Gladiator Camp June 22-25 and July 20-24

Cost: Early Bird Enrollment: $175/week (March 16-31)
Priority Enrollment: $215/week (April 1-30)
Last Advantage Enrollment: $255/week (May 1-May 31)
Open Enrollment: $285/week (June 1 - July 20)
Space is limited, and our camps sell out fast.
Don't let your child slip into habits of inactivity and excessive screen time this summer. Invest in their future success by enrolling them in Azad's Martial Arts Summer Camp today!



Terrain Park Climbing Center Youth Summer Camp
DAY CAMP
terrainparkclimbingcenter.com/youth-programs-chico
(530)809-0796
931 W 5th Street, Chico.
Ages 8-13.
Sessions: June 15 – Aug. 7,
Mon-Thurs, 9am-12pm
Cost: $250 each single child,
$215 each if siblings sign up together
Geared towards providing young climbers an environment where they can have fun and grow as a climber. Camp is a great way for young climbers to connect with other climbers on a weekly basis. We also get to utilize our new Adventure Center!



Forebay Aquatic Center Summer Camp
Ages: 8-14.
DAY CAMP
forebayaquaticcenter.com/summercamps
(530) 774-7934 • 930 Garden Drive, Oroville
Sessions:
- June 8-12, 15-19, 22-26
- July 6-10, 13-17, 20-24, 27-31
- August 3-7

All camps are half day 8am-12pm or full day 8am-5pm
Cost: half day $185, full day $285 with flexible daily or weekly plans.

As the only aquatic camp in the North State, we offer 8 weekly camp sessions from June to August. Each week is filled with boating skills, aquatic activities and environmental education with an emphasis on water and boating safety. We do a variety of games, art and music to complement our aquatic fun.

Learn to master crafts in a safe and exciting environment, including kayaking, orienteering and stand-up paddle boarding. Learn about local wildlife, learn lifelong skills and work on team-building activities. Visiting educators include the local fire department, state park rangers, bird or fish experts and more! Family Fun Friday allow your camper to bring up to four family members and share what they learned that week, offering an hour of free rentals to all from noon -1:00 pm. We encourage families to participate and spend water time together.









SHASTA COUNTY

Rare Air Fly Camp • Ages: 6-12.
DAY CAMP
rareairpark.csom/flycamp
(530)221-1206
3625 Old 44 Dr., Redding.

Sessions:
- June 22 - June 25, 8am-12pm
- July 6 - July 9, 8am-12pm

Cost: $150 (Early Bird) to $175
Come jump, flip and play your summer away! Our Fly Camp Dream Team will lead your kids in an interactive camp that will include team building games, crafts, various trampoline games, fun in the sun, rock wall climbing, etc. Your kiddos are sure to have a blast!

The Redding Arts Project's Dance and Theatre Camps • Ages: 3 - Adult.
DAY CAMPS
thereddingartsproject.com
(530)245-1019
1726 Market Street, Redding.

Session: June 29 – July 31
Cost: $18-$475
Join us for an unforgettable month of dance and theatre featuring a dynamic 3-Week Dance Intensive in ballet, tap, jazz, lyrical and hip-hop for kids through adults, along with a full mainstage production of Peter Pan – inviting adult performers, teens and children in featured roles. Train, perform and grow in a vibrant artistic community where technique meets creativity and stage magic comes to life. Visit our website for full schedules, auditions, tuition, and registration details.

Shasta Rock Summer Climbing Camp • Ages: 5-12.
DAY CAMP
shastarockclub.com/summer-camps-2026
(530) 691-4505
Shasta Rock Club, 2325 Athens Avenue, Redding

Sessions:
- June 15 – 19, 9am - 1pm
- July 6 – 10, 9am - 1pm
- July 13 – 17, 9am - 1pm
- July 20 – 24, 9am - 1pm.

Cost: 1st child - $300, additional children - $275/ea
Play games, make friends and climb a lot! Our goal is to provide campers with a unique experience that is challenging, educative and teaches teamwork. Leave camp more confident, empowered and courageous. Previous climbing experience is NOT required.

Redding Fashion Alliance • Age: 7-15
DAY CAMPS
reddingfashionalliance.org
(530)215-1350
1698 Market Street, Redding
reddingfashion@gmail.com
Cost: Early Bird by May 30: $140, Standard: $150. Fee includes supplies. We have plenty of donated fabrics. Students are welcome to bring their own fabrics if they wish.

In the below sessions, campers will learn to:
Operate the sewing machine
Understand sewing terms
Follow sewing instructions to create projects
Sew straight and curved seams
Cut out simple pattern

Make a Summer Beach Outfit: June 16-18, 9am-12pm
PJ Pants and Carry Bag: June 16-18 or 22-25, 1-4pm
Beginning Sewing: June 22-25, 9am-12pm
Breezy Summer Beachwear - Tablecloth Dress: July 6-9 9am-12pm
Beginning Sewing – Aprons and Bags: July 6-9, 1-4pm
Adventures in Upcycling: July 20-23, 9am-12pm
Beginning Sewing – Tote Bag and Apron Skills: July 20-23, 1-4pm

Sessions in which campers will learn crafting skills:
Fashion Accessories: July 13-16, 9am-12pm
Fabric Artistry - Fabric books, mini-tapestries, fabric mobiles, paper applique: July 13-16 or 27-30, 1-4pm
Mat Hatters and Bag Tatters - Hand sewing, machine sewing, drawing, stamping: July 27-30, 9am-12pm

Lassen Volcanic National Park Campout
RESIDENTIAL CAMP • Ages: 5-100.
explorecaoutdoors.com/lassen-volcanic-national-park-camping-trip
(530)521-1883
Lassen Volcanic National Park, Lassen Volcanic National Park- Lost Creek
Session: June 18-21.
Cost: $225-$395
Join us for an unforgettable family camping adventure! Relax, enjoy quality time with your family, and make new friends. We'll provide the gear, delicious meals and plenty of fun activities. Explore volcanic geology, swim, kayak, and hike- there's something for everyone. Just show up and let the good times roll!

Redding City Ballet
reddingcityballet.org/events/summer-class-schedule
Redding City Ballet, 935 Locust St., Redding.
(530) 709-1205

Summer Tap and Jazz Week
DAY CAMPS • Ages: 6 - adult.

Sessions:
- Children's Basic Tap | Age 6-10 | 1:30-2:00pm
- Intermediate Tap | Age 8+ | 2:00-2:45pm
- Advanced Tap | Age 11+ | 2:45-3:30pm
- Children's Basic Jazz | Age 6-10 | 2:00-2:45pm
- Intermediate Jazz | Age 8+| 2:45-3:30
- Advanced Jazz | Age 12+) | 3:30-4:30pm.

Cost: $45-75
Tap and Jazz week will be a fun and exciting week to learn the fundamentals of these dance styles! Students who take the tap classes will build on the basics of tap, from scuffs to shuffles, flaps to sugars. This class will improve coordination, endurance, and musicality. Jazz classes combine elements of ballet and modern dance with current dance forms, emphasizing rhythm, isolations and expressive movement.

Summer Dance Classes
DAY CAMP
Ages: ages 3 and up
Sessions: Please visit our website for details! We're offering a variety of dance classes all summer long!.
Cost: $45-85
Join us for a variety of summer classes including ballet, tap and jazz for all ages and levels. Choose what fits your schedule – drop in for individual classes or enroll for the full session. From evening classes to week-long opportunities!

Dance Depot 3-Day Camps & Ballet Intensive
DAY CAMP
dancedepotfamily.com
(530)275-9618
2225 Larkspur Lane, Redding.
Ages: 18 months (Mommy or daddy & ME) - Adult.
Sessions: Check website in June for times.
- July 7-9, 14-16, 21-23, 3-Day Camps (T, W, Th)
- July 7-23, 3-Week Ballet Intensive (T & Th mornings)
- August Intensives – Specialty classes! (TBD)

Cost: $60 - $130 w/BIG discounts for additional classes.
We offer a variety of dance styles including ballet, lyrical jazz, acrobatics, tap, hip-hop and more, along with Mommy or Daddy and ME classes. Students will be able to jump in and dance with us for just 3 days or for 1-3 weeks. Don't miss out on this unforgettable summer experience for your child!
Register online starting June 2026 or call (530)275-9618.



MENDOCINO COUNTY

4th of July MacKerricher State Park Family Campout
RESIDENTIAL CAMP
https://www.explorecaoutdoors.com/mackerricher-state-park-camping-trip
(530)521-1883
MacKerricher State Park, 24100 MacKerricher Park Rd, Fort Bragg
Ages: 5-100.
Session: July 2-5
Cost: $225-395

Join us for an awesome 4th of July camp out with other families! While you spend quality time with your family, we'll handle the planning, provide the equipment and serve you tasty meals. Get out and explore the beach, tidepools and more. Celebrate 4th of July on the coast!



SISKIYOU COUNTY

SOL Gratitude Village
DAY CAMP
(760) 828-8090
Sessions: June 15, 2026 - August 28, 2026.
Cost: Half Day 9-noon, 12:30-3:30 pm $60/day.
Full Day 9-3:30 pm $95/day
Wilderness skills and natural world connection, are and music, songs and games.



SISKIYOU COUNTY

Kidder Creek Overnight Adventure Camps
Ages: Ages 7-18.
kiddercreek.org
(888)642-2677
Sessions: June 7 - August 8
Cost: $679-$1,079
We offer a wide variety of programs including Ranch Camp, Adventure Camp, White-Water Rafting Camp, Backpacking Camp, Mountain Bike Camp and more.

Kids Summer Fun Camp • Ages: 3-10
DAY CAMP
(702)277-9531
Weed High school & Weed Community Pool, 909 Hillside Dr.
Session: June 29 – August, 9am to 4pm
Cost: $365
Daily swimming, outdoor games, stem activities, storytelling, nature exploration, arts and crafts, interactive games, reading, hiking, etc. Cost assistance for qualifying families.



Rengenerative Arts Camp • Ages: 3-12
DAY CAMP
radlearningcenter.org
954 N. Old Stage Road, Mount Shasta
Sessions: June 23-Aug 7, Tues-Fri, 9:30-2:30.
Cost: $60/day
Recycled and natural arts and crafts, kids' garden and nature studies, solar cooking, music, movement & more!



TEHAMA COUNTY

Ignite Your Flare
DAY CAMPS
Igniteyourflare.com
(530)255-4180
446 Walnut Street, Red Bluff

Build skills, grow confidence and stay active in a fun, encouraging environment. Try something new or keep building your skills. We've got something for everyone.
Cost: $25/camp by April 1, $30/camp by May 1, $40 late registration closes June 1.
Sessions: All sessions 4:30-6:30pm
Emotion Explosion | Age: 4+ | June 5
The FarEras Tour | Age: 6+ | June 6
K-Pop Dance Hunter | Age: 6+ | June 66
Broadway Bound | Age: 6+ | June 27



TRINITY COUNTY

Junior River Guide School • Six Rivers Rafting
RESIDENTIAL CAMP
sixriversrafting.com
(707) 599-4221
Hayden Flat Group Campground, Trinity National Forest, Weaverville
Ages: 11-17.
Sessions:
9:30am Thursday, June 25- 4pm Sunday, June28.
Cost: $500.00

For youth (ages 11-17) looking to have fun and learn the basics of guiding a raft and river rescue/safety techniques. Includes an outdoor "classroom" component each morning, but most of our time will be spent on the river with hands on learning about and practicing whitewater river skills. School will meet the first day at Six Rivers Rafting main office and camping for the families will be provided downriver at Hayden Flat Group Campground free of charge. Families are welcome to provide their own accommodations.

Loving and Accepting Your Teen No Matter What

By Ce Eshelman

Parents get frustrated, even desperate when they cannot make their attachment-challenged teen be different (i.e. be good.) We can even get to the point where we don't want to be around our traumatized child and have nothing positive to say.

I understand that; however, check out this comment, "I can't accept him this way." If you don't accept your child the way he is, then that same child will not have a cheerleader to encourage positive movement forward. Our adolescents need to see their preciousness in our eyes, even when their behavior is ugly and unacceptable. That acceptance says they are lovable.

What if when you heard that snarky tone, processed those mean words and saw that offensive behavior, you gently requested a correction with compassion in your voice and soft loving eyes? That would mean you are being a loving parent.

Your child needs love when she or he is being the worst. Children of any age do bad things when they feel bad about themselves and those around them. Turn the tide by focusing on being love-in-action and simply correcting the offense with your heart intact.

Work seriously hard not to be a negative mirror. Instead, be a loving one. Your child, who is acting out of pain, needs the latter more. Commit to being love in action. ■

Ce is the Creator of the Love+ Parenting Model found in the Love Matters Parenting Society Therapeutic Parent Program found at LoveMattersParenting.com and AttachPlace.com.



- Scholarship Opportunities
- Teen Employment
- Volunteer Opportunities for Youth & Teens
- Youth & Teen Clubs & Centers



SCHOLARSHIP OPPORTUNITIES

MULTIPLE COUNTIES

Community Foundation and Tri Counties Bank Scholarships. For high school seniors planning to attend a community college, trade school, or four-year college or university. Awarded to students who demonstrate interest in public service, community engagement, or business entrepreneurship. $1,000-$1,500. tcbk.com/about/community/scholarship-assistance.

Golden 1 Credit Union Scholarships. All eligible California students can apply for a higher education scholarship valued at up to $20,000. To qualify, students must, have a minimum 3.0 GPA, have completed at least 24 hours of community service or 24 hours of work experience in the past 12 months, be a Golden 1 Credit Union member. Deadlines are in January of each year. golden1.com/our-community/scholarships.

Gustafson-Fritz Scholarship for Women; Shasta and Trinity Counties. For female high school graduates in Shasta or Trinity County planning to attend a two- or four-year college, a trade or vocational school in the coming year who demonstrate attributes of generosity, creativity, exemplary work ethic and kindness. GPA in range of 2.7 to 3.3. Demonstrate financial need. Deadline Feb each year. tinyurl.com/gustafsonfritz.

The McConnell Foundation Scholars Program. Supports students who are likely to bring about positive change in their communities. Recipients receive $30,000 scholarship, mentoring and programs for personal and professional growth. Ideal candidates have significant financial need, are among the first generation in their family to pursue higher education, are committed to college as their pathway to success,and have already demonstrated the values of giving back and caring for others. Special consideration is given for those who have overcome significant challenges such as homelessness, participation in the foster-care system or multi-generational poverty. mcconnellfoundation.org/mcconnell-scholars-program.

TEEN EMPLOYMENT

LABOR LAWS FOR MINORS

California Department of Industrial Relations. Information about underage employment and work permit forms required annually. See Labor Law, Minors at dir.ca.gov/dlse/DLSE-CL.htm.
United States Department of Labor. Information on federal regulations for working minors. dol.gov/general/topic/youthlabor.
YoungWorkers.org. Find a fact sheet and app specifically designed for teens in California seeking employment. youngworkers.org/permits.

JOB HUNTING RESOURCES

BUTTE COUNTY

Butte County One-Stop. Employment program designed to help youth in search of employment. Resumé training, interview preparation, vocational assessments and more. Ask to speak with a resource specialist in one of the One-Stop Centers. butteonestop.org.
Chico: 765 East Ave. (530)552-6621.
Oroville: 78 Table Mountain Blvd. (530)538-7301.
Paradise: 5922 Clark Rd.
Junior Rec Leader Program; Oroville. 7th - 12th grade. Partners youth leaders with camp Rec Leaders in learning knowledgeable skills to begin to enter the workforce. Application and interview process is required. Applicants must possess a willingness to learn and clear communication skills. frrpd.com/junior-rec-leader-program. 1875 Feather Blvd. (530)533-2011.

GLENN COUNTY

Glenn County Community Action Department. Vocational assessments, work experience, job listings, interview preparation, life skills instruction and more. countyofglenn.net/job-tips.
Orland: 125 E Walker St. (530)865-6115.
Willows: 420 E Laurel St. (530)934-1486.

SHASTA COUNTY

The Smart Business Resource Center; Redding. Nonprofit organization committed to helping job seekers find jobs and increase training and skills. Offers career advisors to help write resumes, practice interviews and discuss future goals. Under Young Adult Services on the website menu. thesmartcenter.biz. 760 Cypress Ave Suite 210. (530)246-7911.

SISKIYOU COUNTY

The Smart Business Resource Center; Weed. Nonprofit organization committed to helping job seekers find jobs and increase training and skills. Offers career advisors to help write resumes, practice interviews and discuss future goals. Under Young Adult Services on the website menu. thesmartcenter.biz. 582 Main St. (530)657-0139.

TEHAMA COUNTY

Tehama County Department of Social Services; Red Bluff. GED services, basic skills education, ESL, learning disability assessments, and educational resources. The Work First Center offers job readiness, life skills training, resume building and career planning workshops along with job-seeking services. tcdss.org/index.php/employment-services. 376 S Main St. (530)527-1911.
Tehama County Job Training Center; Red Bluff. Job listings, training and education, and employment workshops. jobtrainingcenter.org. 718 Main Street (530)529-7000.

VOLUNTEER OPPORTUNITIES FOR YOUTH & TEENS

NATIONAL/MULTIPLE COUNTIES

4-H Million Trees Project. Teen Laura Webber founded 4HMT to inspire up to 6 million youth to plant trees to slow global climate change. She has enlisted 200,000 members to date, with more than 7,500,000 trees planted. 4hmilliontrees.org.
American Red Cross. Both high school and college students can get involved doing service and educational projects to benefit school and community. Opportunities can involve communication teams, feeding teams, behind the scenes, communications and outreach.
Chico: 1601 Esplanade. (530)891-0885.
Redding: 3609 Bechelli Ln, Unit 1. (530)244-8000.
Binky Patrol. All-volunteer national organization makes and distributes homemade blankets called "binkies" to infants, children and youth ages 0-18 who have suffered severe medical issues, abuse or trauma. School groups, Scout troops, services groups, families and individuals can all volunteer. Anyone who loves to sew, knit or crochet can create binkies or help gather materials needed to make them. binkypatrol.org. (503)214-8346.
Habitat for Humanity. Opportunities include home building, supporting awareness-raising events. Provides a variety of opportunities for anyone ages 5-40. Contact your local Habitat for Humanity for more details. habitat.org/volunteer/near-you/youth-programs.
Chico: buttehabitat.org. 220 Meyers St. (530)343-7423.
Yreka: Habitatsiskiyou.org. 311 S Main St. (530)938-2612.
Interact Clubs. A service-based club partnered with Rotary to help local and global charities. Students develop leadership skills while discovering the power of service above self. Check with your local high school or rotary club for more information.
Libraries. Teens are welcome to join advisory committees at the Redding and Red Bluff libraries. Teens meet regularly to discuss and make decisions about teen programs and book selections at their libraries. Many volunteer programs for youth & teens available. See the *Education* section for library contact information.
Museums. Volunteering at a museum allows the opportunity to learn and share information with museum visitors. From history to science, many museums offer volunteer opportunities for youth and teens. See *Museums & Historical Sites* to find local museums that can likely use your help.
Pay It Forward. Students work with teachers at their local schools to develop Pay It Forward assignments. Established by Catherine Ryan Hyde, author of the novel Pay It Forward, the foundation provides supportive education materials and seed money to those who qualify. Pay it Forward Day happens annually each April. payitforwardday.com.
Project Linus. The gifts of new, handmade blankets and afghans created by volunteer "blanketeers" provide love, security, warmth and comfort to children ages birth-18 who are seriously ill, traumatized or otherwise in need. A rewarding and fun service opportunity for individuals and community groups. projectlinus.org. (309)585-0686.
Reading Pals Educator Support Services; Chico and Shasta County. Volunteers spend one or two hours a week reading with students one-on-one in area schools to ensure every student reads with confidence, becomes confident learner, well-prepared for a successful future. Teens and adults can volunteer. shastaess.org/content-areas/elaliteracy/reading-pals. 530-225-0255.
Roots & Shoots. Initiative of Jane Goodall Institute. For those who want to do something about the problems facing their community and our world – social justice, pollution, climate change, and more. We provide the support, resources, tools and training to empower you to take action and lead change in your community. rootsandshoots.org/take-action. 1120 20th St NW. Washington DC. (703)682-9220.
We Day. Empowers young global citizens through an inspirational annual We Day event where more than 200,000 young people come together in stadium gatherings across the US, Canada and the UK to take part in an unprecedented educational initiative. Participants earn tickets to We Day by engaging in service activities through a year-long educational initiative called We Act, through their group or school as part of the We Schools program. we.org.

BUTTE & GLENN COUNTIES

Bidwell Wildlife Rehabilitation; Chico. Volunteers are needed for in-home wildlife nurturing work, transporting animals and supplies, fundraising and helping with the hotline. Has a great need for rehabbing birds. bidwellwildliferehab.org. info@bidwellwildliferehab.org. (530)343-9004.
Blue Sky Festivals & Events; Chico. We welcome volunteers from charity groups, individuals, athletic teams and work groups. Volunteer with us for half a day and receive a complimentary ticket into the event you volunteered for. facebook.com/BlueSkyFestivalsAndEvents. 1380 East Ave. (949)891-3254.
Boys and Girls Club. Various teenage volunteer positions through our Teen Center programs such as Leaders in Training (LIT), Counselors in Training (CIT), senior projects and community service assignments. Call your local BaGC Teen Center for more information. bgcnv.org/get-involved/volunteer-opportunities.
Chico: (530)899-0335.
Hamilton City: (530)826-3474 ext. 5035.
Oroville: Las Plumas High TC, (530)538-2310 ext. 1019, or Oroville High TC, (530)538-2320 ext. 3016.
Paradise: (530)413-9740.
Bridging the Gap; Chico. A non-profit, publicly supported organization, under the umbrella of North Valley Community Foundation. Focused on providing clean and safe water for developing countries. Volunteer your time to help make a difference. btg4water.org. (530)342-5746.
Butte County Library. The Butte County Libraries encourage volunteerism as one way to involve members of the community in the activities of the library. Opportunities include working on projects, helping with literacy needs and learning new skills. buttecounty.net/528/Library. (530)552-5652.
Biggs: 464A B St.
Chico: 1108 Sherman Ave.
Durham: 2545 Durham-Dayton Hwy.
Gridley: 299 Spruce St.
Oroville: 1820 Mitchell Ave.
Paradise: 5922 Clark Rd.
Butte Environmental Council; Chico. Nonprofit supported by a community of volunteers, interns, partners and those who financially contribute to efforts. Focused on wildfire resilience, organic waste and edible food recovery, and urban greening. Got to BEC events page to sign up for various projects. Talk to your teachers – Creek cleanup can sometimes get you extra credit. becnet.org. 313 Walnut St, Suite 140. (530)891-6424.
Butte Humane Society; Chico. Opportunities to provide the extra love and support our animals need to help prepare them for their forever homes. Tasks include walking dogs, feeding, events and socializing cats. buttehumane.org/volunteer-2. 13391 Garner Ln. (530)343-7917.
Chico Area Recreation & Park District; Chico. Looking for dedicated people who can volunteer 3-4 hours a week during the season. Opportunities available for those who are interested in spreading the "love of the game" while helping youth in a positive and safe environment. chicorec.com/volunteer-to-coach. 545 Vallombrosa Ave. (530)895-4711.
Chico Cat Coalition; A no-kill, non-profit shelter dedicated to rescuing, healing and rehoming cats. Volunteers needed

cated to enhancing the understanding and appreciation of the area's rich agricultural heritage. Volunteers can use all skills at any level to help with restoration, event support, woodworking, machinery repairs, grounds maintenance and numerous miscellaneous projects. patrickranchmuseum.org/volunteer. 10381 Midway. (530)342-4359.10381 Midway. (530)342-4359.

Torres Community Shelter; Chico. Volunteers help staff meet the everyday needs of our guests, assisting in providing services such as checking in, showering, laundry, mail, medication and more. Volunteer hours can be flexible to meet a schedule; shelter is open 24-hours a day. Teens welcome, with a parent or guardian. truenorthbutte.org. 101 Silver Dollar Way. (530)891-9048.

KZFR; Chico. People powered radio. Volunteer opportunities in the office, at special KZFR events, community events or during a Pledge Drive. Even hosting a radio show! Teens welcome with a parent or guardian. bit.ly/KZFRvolunteer. kzfr.org. Call Leah McKean for volunteer opportunity info: (530)895-0706.

SHASTA COUNTY

Citizen Monitoring Program; Shasta County. The Western Shasta Resource Conservation District offers fun, educational volunteer opportunities for all ages. Duties include scientific opportunities such as aquatic bioassessment sampling, in which volunteers collect benthic macroinvertebrates (creek bugs) and perform other tasks that help gauge watershed health. westernshastarcd.org. (530)365-7332 X 203.

City of Redding Parks & Recreation; Volunteering to clean parks and public spaces, donating a bench or table to Redding Parks, or participating in the Adopt Program is a great way to give back to the community. www.cityofredding.gov. 777 Cypress Ave. (530)225-4095.

Haven Humane Society; Shasta County. Volunteers aged 15 and younger are required to volunteer alongside a parent or guardian (18+) who must also go through the volunteer process. Volunteers aged 16-17 may volunteer without an adult on site but must have a parent/guardian sign liability waiver. This program also satisfies school community service. havenhumane.org/volunteer. 7449 Eastside Rd. (530)241-1653 X 223.

Mercy Medical Center; Redding. Opportunities include positions in clerical services, courtesy coffee cart, emergency dept, gift shop, pharmacy and more. dignityhealth.org/north-state/locations/mercy-redding/ways-to-give/volunteer-opportunities. 2175 Rosaline Ave. Gary: Cassingham@dignityhealth.org. (530)225-6468.

Northern Valley Catholic Social Service; Redding. Needs volunteer participation in every area from leadership and clerical support to hands-on mentoring and professional instruction. Volunteer assignments reward individuals with opportunities to test and fine tune their unique skills and to share their interests and abilities with others. nvcss.org/get-involved. 2400 Washington Ave. (530)241-0552.

Second Helpings Thrift Store; Redding. Second Helpings and volunteers strive to present a clean and sorted display of wonderful clothes, books, plants, kitchenware, knick-knacks, holiday decor, electrical items, jewelry, fabric and much more. fccredding.org/thrift-store.html. 2636 Churn Creek Rd., Suite B. (530)226-8000.

Shasta County Arts Council; Redding. Looking for volunteers to help with gallery opening nights, music and theater events such as the Silent Film Festival or the Nor-Cal Jazz Festival, and ARTsMART, or at times, even to help in the office. shastaartscouncil.org/volunteer. 1313 Market St. (530)241-7320.

Shasta County Office of Education; Redding. Varieties of programs available that rely on the support of volunteers. Please call for more information about how you can obtain clearance to work with students after school hours. shastacoe.org. 1644 Magnolia Avenue. (530)245-7830.

Shasta Public Library. Volunteers provided with orientation, training and proper supervision. Opportunities include storytime assistant, shelving assistant, class assistants, tutoring and book repair. shastalibraries.org/volunteer.

Anderson: 3200 West Center St. (530)365-7685.
Burney: 37116 Main St. (530)335-4317.
Redding: 11000 Parkview Ave. (530)245-7250.

Shasta Wildlife Rescue & Rehabilitation; Anderson. Nonprofit organization dedicated to the rescue, rehabilitation and release of sick, orphaned and injured wildlife in Northern California, caring for more than 1,000 lives each year. Volunteers aged 15 and older are needed in varying roles, primarily Apr.-Aug. shastawildlife.org. (530)365-9453.

Turtle Bay Exploration Park Teen Volunteer Program; Redding. Provides teens with skills and learning opportunities that will build confidence and develop future career interests. Volunteers have the opportunity to participate in a variety of disciplines including art, science, history, forestry, horticulture and animal care. turtlebay.org/volunteer. 844 Sundial Bridge Dr. (530)242-3155.

Wild Horse Sanctuary; Shingletown. Needs reliable volunteers for a variety of roles, Wed and Sat. Both individual and group opportunities are available. Opportunity to be a docent at the Visitor's Center where you'll learn about the sanctuary to be able to greet visitors and answer their common questions. Volunteers are also needed to help with brush and trail clearing, grounds maintenance and painting. wildhorsesanctuary.org. 5796 Wilson Hill Rd. (530)474-5770.

Youth/Peer Court; Redding. Focuses on a restorative justice program rather than punishment. Shasta County youth ages 14-18 may volunteer as peer jurors and attorneys in Youth/Peer Court, where offenders' cases are heard and sentenced. For the offender, after their sentence is successfully completed without reoffending while in the program, the offense record is cleared. Contact the Youth Violence Prevention Council to learn more. youthoptionsshasta.org. 1700 Pine St. Suite 250. (530)244-7194.

SISKIYOU COUNTY

Clean & Safe Mt. Shasta; A community action group dedicated to cleaning up illegal trash dumping in the city of Mount Shasta and surrounding areas. Volunteers can assist with cleanup efforts, educating the community about the environment, local laws and reporting protocols. mountshastatrailassociation.org/tag/clean-and-safe-mount-shasta. Call Belinda at (530)859-3149.

College of the Siskiyous; Weed. Scholarship and grant opportunities. Full of informative resources about which grants to apply to and how to receive financial aid. siskiyous.edu/financialaid. 800 College Ave. (530)938-5209.

Eagle's Nest Resale Shop; Weed. Volunteers welcome. Four hour shifts once a week, from receiving and processing merchandise to stocking the sales floor and assisting customers. siskiyous.edu/eaglesnest/#volunteer. 123 Main St. (530)938-4663.

Etna Farmers' Market; Etna. Operates and grows due to the generosity of our community volunteers. If you would like to become a part of this team, please contact Shirley Johnson. etnafarmersmarket.org/volunteering. (530)598-3185.

Mount Shasta Bioregional Ecology Center; Environmental stewardship and youth education are important to us, so we seek to provide opportunities for youth to volunteer. In addition to volunteering with our H.O.M.E. program, youth can participate in habitat and watershed restoration projects, community and park clean ups, trail work, weed pulling and more. mountshastaecology.org/get-involved. (530)926-5655.

Mount Shasta Trail Association; Connects people to nature and communities to one another in south Siskiyou County. Offers numerous volunteer opportunities to maintain beautiful areas in the region during the spring, summer and fall, to clean up trailheads, trim brush along trails and even construct new trails. mountshastatrailassociation.org.

Save The Rain; Mount Shasta. Organization's goal is to stop needless deaths by educating people in water-starved areas to use rain as a sustainable water supply. Find out ways you can volunteer. savetherain.org. 710 Monroe Way. (530)926-9999.

Siskiyou County Arts Council; Mount Shasta. A 501(c)3 nonprofit focused on cultivating strong and creative communities. Committed to encouraging imagination, diversity, social justice and environmental protection through the arts. At the heart of the Siskiyou County Arts Council are its volunteers. Looking for volunteers to help. siskiyouarts.org/about/#volunteer. (530)918-8380.

Siskiyou County Museum; Yreka. Jobs for those who love history and are interested in preserving it are numerous and varied. General tasks include maintaining museum and grounds, cataloging and researching. co.siskiyou.ca.us/museum. 910 S. Main St. SCMuseum@co.siskiyou.ca.us. (530)842-3836.

Siskiyou County Public Library; Yreka and 12 branches throughout the county. Many opportunities for people to volunteer within the library, including shelving, book repair, cleaning, shelf reading, etc. Inquire with your local branch librarian to learn more about how you can help your public library. co.siskiyou.ca.us/library. 719 4th St. (530)842-8807.

Butte Valley: 800 West Third St. (530)397-4932
Dunsmuir: 5714 Dunsmuir Avenue. (530)235-2035.
Etna: 115 Collier Way. (530)467-3661.
Fort Jones: 11960 East St. (530)468-2383.
Happy Camp: 143 Buckhorn Rd. (530)493-2964.
McCloud: 300 East Columbero Dr. (530)964-2169.



to raising rabbits, designing web pages to landscape design and much more. 4-h.org.
Butte County; Oroville: 5 County Center. (530)538-7201.
Glenn County; Orland: 821 E South St. (530)865-1107.
Shasta County; Redding: 1851 Hartnell Ave. (530)224-4900.
Siskiyou County; Yreka. 1655 S Main St: (530)842-2711.
Tehama County; Red Bluff: 1754 Walnut St. (530)527-3101.

Boys & Girls Club of the North Valley; Butte and Glenn Counties. Teens get assistance planning for high school graduation and beyond, preparing for a successful future. Programs also offered in STEM and other high-yield learning activities. bgcnv.org.
Chico: 601 Wall St. (530)879-5653.
Hamilton City: 277 Capay Ave. (530)826-3474 ext. 5035.
Oroville: 1535 Bridge St. (530)538-2320 ext. 3016.

Boys & Girls Club of the Siskiyous; Mount Shasta. Offers a safe place for young people to learn, play and grow outside of school hours with activities such as STEM, gardening, homework assistance, sports, games, and the arts–pottery, painting, and graphics, Hosted at Sisson Middle School. bgcgreatershasta.org. 601 E Alma St. (530)220-5055 or (530)220-7623.

Boy Scouts of America. Ages 7-17. Provides boys and young men an opportunity to try new things, serve others and build self-confidence, character and citizenship. Cub Scouts (ages 8-10), Boy Scouts (ages 11-17), Venturing program (ages 14-21). scouting.org.
Butte County; Chico: NorCal Scout Shop. gec-bsa.org. 3881 Benatar Way, Suite D. (530)809-0400.
Shasta, Trinity, Tehama, and Glenn Counties: gec-bsa.org. (530)809-0400.
Siskiyou County: Crater Lake Council. craterlakecouncil.org. (541)664-1444.

FosterClub. Online. Geared especially for youth, this interactive website includes articles written by young people, foster care Q & A, message boards, contests and biographies of famous people who grew up in foster care. fosterclub.com. (503)717-1552.

Frontier Girls Clubs; Redding. National program for girls in grades pre-K & up. Participants work on projects that include art, technology, home, health and fitness, the outdoors, agriculture, community service and more. Participants can earn more than 1,200 badges. Instills values of loyalty, faith and innovation. frontiergirlsclubs.com. 20845 Gregory Ln. (530)524-8799.

Girls Inc. of the Northern Sacramento Valley; Redding. For girls ages 6-18. Offers workshops, groups and camps that inspire girls to be strong, smart and bold. Research-based educational curriculum, resources and support. Works with community leaders and advocates. Serving Shasta and Tehama Counties. girlsincnsv.org. 1670 Market St., Suite 102. (530)768-2189.

Girl Scouts of Northern California. Girl-driven program for ages 5-17. Builds leadership skills, courage, confidence and character through discovering, connecting and taking action. gsnorcal.org. (800)447-4475.
Butte County; Chico. 2511 Floral Ave. (530)343-1904.
Glenn County: (530)528-8655.
Shasta & Siskiyou Counties; Redding. 1670 Market St #248. (530)221-6180.
Tehama County; Red Bluff. 933 Jackson St #3258 (510)562-8470.

North State Symphony for Youth; Chico, Redding, Red Bluff and Oroville. A vibrant professional orchestra performing in the North State. Offers many youth programs including annual school field trips to the symphony and scholarship opportunities for high school and college students and performs concerts and live music in the North State. northstatesymphony.org/2024-youth-concerts. (530)898-5984.

One Circle Foundation. Structured support groups for children, teens and adults. Circles are held in an emotionally safe environment. Counteracts negative social and interpersonal forces and fosters personal and collective strengths and positive connections. Includes Girls Circles and The Council for Boys & Young Men. onecirclefoundation.org. (415)419-5119.

Quest Clubs; Redding. A badge-based educational incentive program that can be used in a wide variety of ways with clubs, after school programs, homeschool curriculum and more. curiosityuntamed.com/clubs. 20845 Gregory Ln. (530)524-8799.

Rainbow Girls. International organization giving young women ages 8-20 a rainbow of opportunities. Promotes leadership, encourages service, builds character and develops friendships. To locate an assembly in Shasta, Tehama or Butte County, go to California Grand Assembly, "All about CA Rainbow" tab and choose "Assembly locator" in the drop down menu. gocarainbow.org. (559)226-0738.

NatureBridge in Yosemite Program. A school-sponsored field trip in partnership with North State schools funded by The McConnell Foundation. Five-day outdoor environmental science program exploring Yosemite National Park for sophomores and juniors from public high schools, continuation schools, alternative schools of choice and public charter schools in Shasta, Siskiyou, Tehama, Trinity, and other counties. Students connect with their peers, discover themselves and develop a lasting relationship with the environment. Application opens each fall; participants are selected by schools. mcconnellfoundation.org/nature-bridge-yosemite. 800 Shasta View Dr. (530)226-6200.

BUTTE COUNTY

6th Street Center for Youth; Chico. Offers services for homeless youth ages 14-24. Offers help with basic needs (i.e., shower, laundry facilities, hot meals, clothing, haircuts). Provides intensive case management, including counseling, support for education, employment and life skills. Also helps with family reunification/relocation. 6thstreetcenter.org. 130 W. 6th. St. (530)894-8008.

Boys & Girls Clubs of the North Valley. Butte County teen centers offer sports tournaments, organized team leagues, arts and crafts, photography, cooking classes, community service opportunities, leadership programs, homework help, education and career development and more. Computer labs on site. Leadership positions available for motivated teens. Membership is $100/year. bgcnv.org. Chico main office: 601 Wall St. (530)899-0335.
Chico Ostrander Clubhouse: Grades 1-6. 601 Wall St. (530)899-0335.
Chico Teen Center: "The Club". Grades Jr. & Sr. High. 628 Wall St. (530)899-0335.
Oroville Teen Center: Ages 12-18. 2380 Las Plumas Ave. (530)815-9430.

Butte College Small Business Development Center; Chico. Programs to help young adults ages 18 and up turn their entrepreneurial ideas and dreams into reality. buttecollegesbdc.com. 2480 Norte Dame Blvd. (530)895-9017.

Girls on The Run; Butte County. A nationwide character development program for girls in grades 3-8. Inspires girls to be joyful, healthy and confident. Follows a curriculum that creatively integrates running to teach life skills and a lifelong appreciation for health and fitness. gotrnorthstate.org. (530)636-0786.

Teen Programs - Butte Library; Chico. Check the website or pick up a pamphlet with current offerings for teens. buttecounty.net/BCLIBRARY. 1108 Sherman Ave. (530)552-5652.

The Axiom Youth Center; Oroville. A place for youth to find academic, emotional, physical and spiritual help through the outstanding volunteer efforts of the Oroville community. Helps students realize and utilize untapped potential. Open weekdays for grades 6-12. Game room includes billiards, air hockey, foosball and video games. Free programs. theaxiom.org. 1420 Myers St. (530)533-8010.

SHASTA COUNTY

Anderson Teen Center; A place to hang out, develop leadership skills and get involved in the community. Teens enjoy activities like cooking, creative arts, computers, homework help, indoor and outdoor games (basketball, pool, foosball, air hockey, martial arts), movies and more. Free. facebook.com/AndersonTeenCenter. 2889 E. Center St. (530)365-9021.

California Youth Partnership; Redding. Educates, equips and empowers youth and adults to make choices that will lead to a healthy selves, relationships and futures. Engaging youth wherever they gather: including schools, group homes, detention centers, youth homeless shelters and colleges. HOPE Fridays, HOPE Workshops, and HOPE Rising are free programs available to Shasta County residents. californiayouthpartnership.org. 1388 Court St, Suite. C. (530)338-3313.

FemFit Redding; Redding. Strength and conditioning gym designed for women in all seasons of life! Offer teen athlete workshops in a safe and supportive environment. Classes include a unique approach to fitness with breathwork practices, pelvic floor exercises, hormone health support and more. Femfitredding.com. 2704 Hartnell Ave Unit B. (530)780-8648.

King's Brotherhood Boys Club; Redding. Weekly club for boys 8-18. Promotes positive attitude, healthy mind and body, builds self-worth, teamwork and leadership skills. Activities include sports, computer lab, snacks and more. Free. See MLK Center at reddingrecreation.org. 1815 Sheridan St. (530)225-4375.

Makerspace at the Redding Library, Create It!; Redding Library. Open to kids, teens, and adults (10 & under must be accompanied by an adult). Offers 3D printing, podcasting studio, virtual reality, multimedia tools including music and animation software, traditional crafts and more. shastalibraries.org/makerspace.

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1100 Parkview Ave. (530)245-7252.
Positively Girls Club; Redding. Girls 8-12 & Girls Circle for 13-18. Weekly clubs offer a supportive environment for girls to get to know each other and their community through talking, fun activities and field trips and to build leadership skills. Free. See MLK Center at reddingrecreation.org. 1815 Sheridan St. (530)225-4375.
Shasta College SCI*FI Foster Youth Program; Redding. Educational support program for college students and students ages 13-26 who are current, transitioning out of or former foster youth. Support and resource information including info about financial assistance and health care. Lab rooms, weekly workshops, academic support and individual mentoring offered. shastacollege.edu/student-resources/student-services/sci-fi-foster-youth-program. 11555 Old Oregon Trail. (530)242-7556.
Teen Advisory Board; Redding. Teens (12-17) are invited to join the Redding Library Teen Advisory Board. Members help choose books and give their input for fun activities and library policies that affect teens. Tu 6-7:30pm. Free, application required. shastalibraries.org/tab. 1100 Parkview Ave. (530)245-7261.
Y Club at Shasta Family YMCA; RRedding. Y Club provides teens and pre-teens opportunities to grow, to work, and to give back to their community. Afterschool meal provided. $185.35 / month or included with Y Family Membership. Mon-Fri. 2 – 6 pm. sfymca.org. 1155 N. Court St. (530)246-9622.

SISKIYOU COUNTY

Poetry Out Loud; Mount Shasta. A national arts education program that allows high school students to engage in great poetry through dynamic recitation competitions. Develops public speaking skills, self-confidence and awareness of history and literature. siskiyouarts.org/?s=programs.
Rockside Ranch Apprenticeship; Etna. Life-changing apprenticeships for young men overcoming adversity. Offers practical organic farming experience and a supportive environment with Christian-based training on living as positive, productive members of society. rocksideranch.org. 2421 N. State Hwy 3. craig@rocksideranch.org. (530)467-4044.

TEHAMA COUNTY

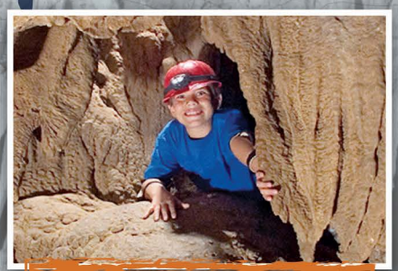
Restore Program; Corning and Red Bluff. Aims to reduce recidivism of juvenile offenders ages 10-17 by teaching tools and strategies that lead to transformative life changes. Mentors meet with youth in various Tehama County locations. facebook.com/restoreprogram. (530)213-3667.
Corning: 774 Third St.
Red Bluff: 715 Jackson St.





CAVE IN TO YOUR CURIOSITY.

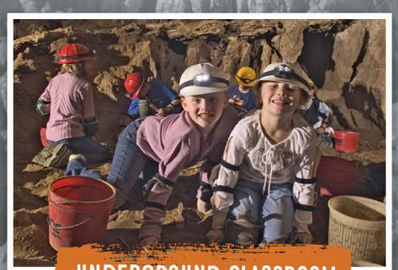
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TAKE YOUR TEEN ON A NORTH STATE MURAL TOUR

Young people especially benefit from public art

BY LINDA MARTIN

Viewing and talking about public art has special benefits for young people. Inviting children and teens to describe what they see helps them to expand their visual literacy vocabularies. Prompting them to reflect on the artwork encourages them to see from another person's perspective, growing their empathy. Exploring how the art piece makes them feel can reduce stress when the message is perceived as positive. Most importantly, making time to be together as a family on an art walk can strengthen family bonds.

Public art serves to beautify urban spaces – it's often included in downtown revitalization projects – which can enhance the quality of life for the community. It conveys cultural values and makes art accessible to all by reaching a much wider audience than those who frequent art museums. Don't forget to document your family art walks; murals make great backdrops for memorable photos. ■



Directions/info about local public murals:

REDDING
Redding Mural Riders Itinerary • visitredding.com/plan-your-trip/itineraries/mural-rider

CHICO
Exploring Public Art in Butte County • explorebuttecounty.com/activities/exploring-public-art-in-chico

Public Art in Downtown Chico • downtownchico.com/public-art-town.htm

OROVILLE
Exploring Public Art in Oroville • explorebuttecounty.com/activities/exploring-public-art-in-oroville

RED BLUFF
tehamacreatives.com/projects/public-art-of-red-bluff/







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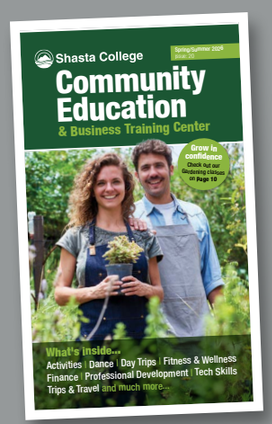
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