



**River to
Coast
Children's
Services**

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

Thanks to our Board Of Directors:

Staff wishes to acknowledge and thank the community members who have served on the River to Coast Board of Directors in 2013. They are the guiding lights who generously give their time, expertise and monetary support to keep the doors open and programs running here at RCCS. Our thanks to:

- | | |
|-------------------------|----------------------|
| • BRENDAN COEN | • YVONNE RAINEY |
| • PATTY GERLACH, Tres. | • NANCY SAXE |
| • VICKI HALSTEAD, Chair | • JENNIFER SCHIAVONE |
| • PATTY JOHNSTON | • KEVIN TRIPP |
| • BOBBI NOEL, Secretary | • BOB ST. CLAIR |
| • JENNEL PARR | • STEPHEN ZOLLMAN |



A Call for Nominations

River to Coast Children's Services is Looking for YOU! (to serve on its Board of Directors)

Board service is a wonderful way to help support the work that RCCS does for the children and families of west Sonoma County. It is also an excellent opportunity to make new connections with other community-oriented individuals who want to be a positive force for children. We extend an invitation to parents, providers and community members to volunteer energy, experience and expertise by becoming a member of the RCCS Board of Directors.

Interested individuals please contact Jynx Lopez at 707.869.3613 or e-mail to: jlopez@rccservices.org.

Thank you D and G Property Management for being a Silver Level Tee Sponsor at our "For the Children" Golf Tournament.



Nuestra misión es cultivar el desarrollo saludable de los niños y familias en nuestra comunidad. Ofrecemos recursos, referencias, apoyo y oportunidades a los proveedores de cuidado de niños, familias y comunidades en el Oeste de Condado de Sonoma

"Our mission is to nurture the healthy development of children and families in our community. We offer resources, referrals, support and opportunities to child care providers, families and communities in western Sonoma County".

**DECEMBER/DECIEMBRE©2013
JANUARY/ENERO©2014**

*The Staff and Board
of River to Coast
Children's Services
wishes everyone a
peaceful and joy-filled
new year.
Welcome 2014!*



sonomacounty
DEPARTMENT OF HEALTH SERVICES

AB2109

NEW LAW AFFECTS PERSONAL BELIEF EXEMPTIONS

Vaccines Protect Children From Serious Illnesses. Children who have not been vaccinated pose a risk to both the individual child and to others in their schools and community.

Make sure your child has all his/her vaccines. New Laws for families that use a Personal Belief Exemption to enroll unvaccinated children in school will take effect January 1, 2014.

For any child to enroll in a new school (including childcares/preschools) after January 2014, you must either submit proof of vaccination or submit proof of a required counseling session with a health care provider on the benefits and risks of vaccinations.

Later this year, information and forms for providers and parents will be made available by Sonoma County Public Health. Go to www.sonoma-county.org/schools or call 707-565-4573 for more information.

NUEVA LEY AFECTA A CREENCIA PERSONAL EXENCIONES

Las vacunas protegen a niños contra enfermedades graves. Los niños que no hayan sido vacunados suponen un riesgo al niño tanto individual y a los demás en sus escuelas y comunidad.

Asegúrese de que su hijo tiene todas sus vacunas. Nuevas leyes para las familias que usan una exención Personal de creencia para inscribir a los niños no vacunados en la escuela llevará a efecto 01 de enero de 2014.

Para cualquier niño matricularse en una escuela nueva (incluyendo cuidado infantiles/preescolares) después de enero de 2014, deberá presentar prueba de vacunación o someter la prueba de una sesión de asesoría necesaria con un médico sobre los beneficios y riesgos de las vacunas.

Más adelante este año, información y formularios para proveedores y padres estarán disponibles por la salud pública del Condado de Sonoma. Ir a www.sonoma-county.org/schools o llame al 707-565-4573 para obtener más información.

Our thanks to the Welfare League in Santa Rosa for the donation of six beautiful newborn baby layettes. Six families in need received them.

News from the California Resource and Referral Network 2013 Child Care Portfolio

Licensed Child Care in Decline **Working Families Encounter Barriers to Finding Child Care**

Guerneville, Calif. - As California's economy continues to recover and parents are entering the workforce in increasing numbers, access to affordable, high quality child care is essential. Working families depend on child care programs which also provide learning experiences critical to their children's development. Yet, according to the 2013 California Child Care Portfolio, a report released today by the California Child Care Resource & Referral Network, in Sonoma County there are just over 13,200 licensed child care spaces available to serve an estimated 51,900 children whose parents are in the workforce. For families able to find child care that does meet their needs, all too often high costs limit their ability to access that care.

A Lack of Child Care Supply

The total licensed child care supply in California has decreased by 3% compared to 2010, making licensed child care available to only 25% of children with working parents. In Sonoma County, the total licensed supply decreased 5%, with licensed slots available to 25% of children with working parents. Furthermore, compared to 2010 the current FCCCH capacity in Sonoma County fell by 7%, while center-based care decreased by 5%.

Need for full-time care and flexible hours

Among the reasons parents are seeking child care; employment is the top factor at 77%, followed by parent in school or training at 12% and parent seeking employment at 10%. Given the variety of work schedules, it is not surprising that there is a great need for full-time care as well as care during non-traditional hours. In Sonoma County, requests for care during the evening, weekends, or overnight was at 8%. Additionally, the need for full-time care reached 82% for children 0-5 years old. Upon examining the schedules of care available, 1% of child care centers and 17% of family child care homes offer care during non-traditional hours. Child care providers offering full-time care was at 79% and 88% respectively.

Child Care is Unaffordable

A dire fact remains; 20% of the county's children aged 0-5 years are living in families whose incomes fall below the federal poverty line. For these families and many others it is an often insurmountable struggle to find high quality child care that is affordable. Nationally, California ranks 6th for least affordable center-based care for an infant, according to the Child Care Aware report: *2013 High Cost of Care*. The average cost in Sonoma County is \$8,788 for full-time infant care in a child care center. Despite these high costs, over \$1 billion has been cut from the state's child care and development programs since 2008 preventing low-income families from accessing subsidized care.

Choosing child care is not an easy task. Families must consider a myriad of factors, such as cost, location, and work schedule, in order to find a child care arrangement that meets their needs. While California has made some gains in helping working families, by increasing the minimum wage and providing more flexibility with Paid Family Leave, the state has yet to recognize the increasing importance of child care as vital resource.

The *2013 Child Care Portfolio* is the 9th in a biennial series of statewide and county-by-county reports documenting licensed child care supply and demand in California. The data was collected in 2012 from local child care resource and referral programs and prepared by the California Child Care Resource & Referral Network, a statewide organization. The 69 locally-based, state-funded child care resource and referral programs (R&Rs) work to improve the quality, availability, and affordability of child care in local communities throughout the state.

To access the full report and county-by-county data, please visit: www.rnnetwork.org

For more information on west Sonoma County child care contact:

Elaina Boyce, eboyce@rccservices.org/(707)869.3613 ext 104



Calendar December 2013 Diciembre Calendario

- ◆ 12/2&3: Kindergym in Guerneville
- ◆ 12/4: Kindergym in Forestville
- ◆ 12/5: Attendance sheets due in RCCS by 5 PM ◆◆Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 12/9&10: Kindergym in Guerneville
- ◆ 12/11: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107
- ◆ 12/11: Kindergym in Forestville
- ◆ 12/12: Kindergym in Bodega Bay
- ◆ 12/16 & 17: Kindergym in Guerneville
- ◆ 12/18: Provider payday◆◆ Dia de pago de los proveedores
- ◆ 12/18: Kindergym in Forestville
- ◆ 12/23 & 24: NO KINDERGYM IN GUERNEVILLE
- ◆ 12/24 THROUGH JAN 1, 2014: OFFICE CLOSED ◆◆ OFICINA CERRADA
- ◆ 12/25: NO KINDERGYM IN FORESTVILLE
- ◆ 12/30 & 31: NO KINDERGYM IN GUERNEVILLE



Calendar January 2014 Enero Calendario

- ◆ 1/2: OFFICE OPEN ◆◆ OFICINA ABIERTO
- ◆ 1/5: Attendance sheets due in RCCS by 5 PM ◆◆Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 1/6: Kindergym in Guerneville
- ◆ 1/8: Kindergym in Forestville
- ◆ 1/8: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107
- ◆ 1/9: Kindergym in Bodega Bay
- ◆ 1/13 & 14: Kindergym in Guerneville
- ◆ 1/15: Kindergym in Forestville
- ◆ 1/18: Provider payday◆◆ Dia de pago de los proveedores
- ◆ 1/20: OFFICE CLOSED◆◆MARTIN LUTHER KING DAY◆◆OFICINA CERRADA
- ◆ 1/20 & 21: NO KINDERGYM IN GUERNEVILLE
- ◆ 1/21: Join us as Rainbow Cattle Company presents: Give Back Tuesday, starts at 6:00 PM, dinner serves at 7:00 pm, raffle/auction!
- ◆ 1/22: Kindergym in Forestville
- ◆ 1/22: Board of Directors meeting◆◆Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 1/22: Outreach Committee meeting 5:00 PM at RCCS◆◆El comité de publicidad de RCCS se reúne de 5:00 PM en RCCS
- ◆ 1/27 & 28: Kindergym in Guerneville
- ◆ 1/29: Kindergym in Forestville
- ◆ 1/28 & 29: OFFICE CLOSED ◆◆OFICINA CERRADA

Notes:

Includes State and Federal pass through Operating Funds. Does not include Bond Revenue, etc.
 This chart is not to imply that other categories of the California Budget should have received less.
 Early Education received a 1.77% increase of \$55M. \$30M was used to backfill sequestration of Federal Child Care Development Block Grant and \$25M was directed to expansion of part day preschool.

Source: California Department of Finance for all State Budget Items except Early Education. Per Schedule 9 (2010-11) or equivalent for subsequent budgets. Thanks for their assistance. Early Education amounts are rounded and from Early Edge. Thanks for their assistance

Conclusion: The State wished to be conservative and assure a healthy reserve going forward. However, the cuts and the lack of restoration fell most heavily on Early Education.
 Chart courtesy of Kidango, Inc.

How Early Education Fared with Restoration in 2013-2014 Budget Comparison

In thousands(000)	FY 08-09 Funding Level	FY 12-13 Funding Level	% of Cuts (FY 12-13 compared to FY 08-09)	FY 13-14 Restoration	Net Effect Cuts and Restoration
Legislature, Judicial and Executive	8,183,061	3,195,575	-60.95%	46.03%	-14.92%
K-12 Education	41,899,019	45,587,360	8.80%	4.21%	13.02%
Higher Education	11,193,476	10,635,838	-4.98%	11.03%	6.05%
Health and Human Services	64,425,379	77,568,495	20.40%	39.24%	59.64%
Early Education	3,100,000	2,100,000	-32.26%	1.77%	-30.48%

Servicios de preparación de impuestos GRATIS para las personas que califiquen!

Ahora, más que nunca, usted merece que le regresen su dinero, especialmente durante la temporada de impuestos. Gánalo! Guárdalo! Ahórralo! Wine Country ofrece GRATIS, la preparación de la declaración de impuestos de calidad a individuos, familias y a gente mayor. Para calificar para esta ayuda GRATUITA y poder aplicar para posibles créditos de cuidado infantil por ingreso del trabajo, el ingreso familiar debe ser menos de \$50,000. Ser un ciudadano de los EE.UU. no es un requisito.

Los lugares que ofrecen estos servicios también garantizan a los contribuyentes elegibles que reclaman el Crédito Tributario por Ingreso del Trabajo (EITC), uno de los mayores recursos del gobierno federal para los residentes de bajos ingresos. Se reduce la cantidad de impuestos que las familias de bajos a moderados ingresos estén obligados a pagar, y ofrece un suplemento salarial para algunas familias. De acuerdo con la New American Foundation, miles de californianos no reclaman el EITC. Las familias y la economía local sufre cuando estos reembolsos no son reclamados.

Que debe traer a su cita donde prepararan sus impuestos Gánalo! Guárdelo! Ahórralo!

- Tarjeta de identificación con foto
- Tarjeta de seguro social o ITIN para el contribuyente
- Fechas de nacimiento de todos los miembros de la familia
- Documentación de ingresos
- W-2 de todos los puestos de trabajo
- Forma de 1099 y otras formas de ingresos (ex. Trabajo por su cuenta propia -1099; Ingresos de intereses acumulados - 1099-INT; Desempleo - 1099-G; Seguro social)
- Cheque en blanco para depósito directo
- Declaración de impuestos del año anterior
- Otros documentos:
- Nombre, dirección y número de teléfono del propietario (si renta)
- Gastos de cuidado infantil- documentación de gastos y nombre de proveedor, dirección y identificación fiscal
- Gastos de educación - matrícula y libros; intereses de préstamos estudiantiles
- Costos médicos
- Gastos de negocio
- Información de hipoteca y impuestos de propiedad



Para leer más acerca de estos últimos resultados, valla a la pagina de Internet al www.unitedwaywinecountry.org/eitc haga clic aquí.

FREE tax preparation services for those who qualify!

Now, more than ever, you deserve to keep your money, especially during tax season. Earn It! Keep It! Save It! Wine Country provides FREE, quality tax return preparation to individuals, families, and seniors. To qualify for FREE tax help and possible earned income tax and child care credits, your household income must be less than \$50,000. Being a U.S. citizen is NOT a requirement.

The tax sites also ensure eligible taxpayers claim the Earned Income Tax Credit (EITC), one of the federal government's largest resources for low-income residents. It reduces the amount of income tax low-to-moderate income families are required to pay, and provides a wage supplement to some families. According to the New America Foundation, thousands of Californians fail to claim EITC. Families and local economies suffer when these refunds go unclaimed.

What to bring to an Earn It! Keep It! Save It! site:

- Photo ID
- Social Security cards or ITIN for tax payer, spouse and all dependents
- Dates of birth for family members
- Documentation of income:
- W-2 forms for all jobs
- 1099 forms and other income forms (Ex. Self Employment - 1099-Misc; Interest Income - 1099-INT; Unemployment - 1099-G; Social Security)
- Voided check for direct deposit
- Previous year's tax return if available
- Other documents:
- Name, address and phone number of landlord (if you rent)
- Child care expenses - documentation of expenses and provider name, address, tax ID
- Education expenses - tuition and books; student loan interest
- Medical costs
- Business expenses
- Mortgage and Property Tax information



For more information / Para más información: www.unitedwaywinecountry.org/eitc

Stress Free Holiday Family Activities

The holidays can be a joyous yet stressful time of the year for children as well as parents. Even the youngest of children can be affected by the chaos and anxiety that sometimes surrounds the holidays. Below are some relaxing activities that a family can do together that may help to reduce stress and ensure a more enjoyable holiday season.

- Spend some time in the kitchen with your children making simple holiday goodies for friends and neighbors. Even toddlers can dip pretzels into chocolate or put sprinkles on cookies.
- Make homemade holiday cards for friends and family. Use fun craft materials such as pompoms and squiggly eyes to boost creativity.
- Spend an evening watching past holiday videos of your family.
- Make a "What we are thankful for" family journal, assigning each family member their own page. Include drawings and photos to make the journal complete.
- Take a walk to find treasures in nature. Bring your treasures home and make them into a decorative wreath.
- Help others together. Volunteer as a family at your local food pantry, animal shelter or even as Salvation Army bell ringers.
- Make simple holiday decorations and ornaments for your home.
- Snuggle up and read holiday stories together while sipping hot chocolate.
- Have a family PJ night. Grab blankets and pillows, make popcorn, and watch favorite holiday shows. Take a leisurely drive through neighborhoods enjoying holiday decorations.

http://www.pal.ua.edu/stress/holiday_activities.php

Children and Holiday Stress

When parents are stressed during the holidays, their children will pick up those feelings and react accordingly. The following stress management tips will help both parents and children recognize holiday anxiety and feel less stress - because helping kids cope with holiday stress is the best way to enjoy the festivities!

- **Infants and toddlers:** At this age the upset in children's routines and predictability are the main contributors to holiday stress. Try to schedule activities around naptimes and mealtimes. Keep bedtime routines as close to normal as possible. Watch for signs your child is becoming stressed and overly tired- fussiness, ear pulling, and clinging behaviors. Don't forget your child's favorite blanket or stuffed animal when you run errands or travel. A bit of home will reduce your child's holiday anxiety.
- **Preschoolers:** Your little ones are now old enough to experience the excitement and anticipation of holiday celebrations. However, they can become over stimulated easily. This can lead to tears of frustration and a regression to younger behaviors such as toileting issues, eating with hands, or thumb sucking. Keep plenty of healthy snacks available when you're out shopping or visiting to ward off hunger related tantrums. Be patient with your child during these stressful times and remember when the holidays are over things will improve.
- **Older children:** Extra curricular activities at school and worship during the holiday season can add a great deal of stress. Be on the lookout for signs your child is feeling anxious or overwhelmed- stomachaches, headaches, fatigue, and nervous behaviors such as nail biting. Do the best you can to see that your child is getting plenty of rest and eating regularly. Ask them to tell you how they feel and what can be done to help them be more calm and relaxed.

- **Cope with your own holiday anxiety.** The less holiday stress you feel, the more relaxed your children will be. Plan ahead and remain flexible. Try not to overbook your time or take on responsibilities you have no real desire to fulfill. Sit quietly and think about what the holiday really means to you then make your decisions based on your true values.



PAL - Parenting Assistance Line

[The University of Alabama](http://www.pal.ua.edu) | Child Development Resources | P.O. Box 870157 | Tuscaloosa, AL 35487

Phone: 1-866-962-3030



Thank You



**Hale's Apple Farm
Safeway
Trader Joes
Whole Foods**

**For your generous
donation towards our
Fall Festival for West
County children!**

From River to Coast Children's Services



News from the STARS Preschools

STARS PRESCHOOLS ENROLLING FAMILIES NOW!!



River to Coast Children's Services is enrolling families NOW in the Monte Rio, Guerneville, Montgomery and Sebastopol STARS Preschool Programs

Full time & part time slots available.
Private pay and subsidized families welcome.

Ranuras de tiempo completo y tiempo parcial disponibles. Pago privado y las familias subsidiadas bienvenidos.

River to Coast Children's Services esta inscribiendo familias para las escuelas prescolares en Monte Rio, Montgomery, Sebastopol y Guerneville.

Monte Rio STARS Preschool Lic#: 493008495, Montgomery STARS Preschool Lic #: 493008492
Guernville STARS Preschool Lic#: 493008614, Sebastopol STARS Preschool Lic 3: 493008669

Visit us on Facebook:

<http://www.facebook.com/pages/River-to-Coast-Childrens-Services/229456943781488>

ALGUNOS PUNTOS DE NUESTRA POLIZA DE REFERENCIAS

La poliza de referencias de RIVER TO COAST CHILDREN'S SERVICES respeta la preferencia de los padres. La responsabilidad de escoger el cuidado de niños es de los padres. Asistimos a los padres a encontrar la variedad más amplia de cuidado de niños que se ofrece y ofrecemos información para evaluar el cuidado de niños. Una recomendación de RCCS no significa una garantía de calidad. Les pedimos a los padres que hagan una entrevista cuidadosa y que examinen las recomendaciones antes de que dejen un niño al cuidado de otra persona.

Padres que están buscando información acerca de quejas previas de una casa o centro con licencia para cuidar niños, pueden llamar a Community Care Licensing tel. 588-5026.

Para registrar una queja llamen al mismo numero al River to Coast Children's Services. 707.869-3613.

OUR REFERRAL POLICY

River to coast children's services' referral policy is based on respecting parental choice. Responsibility for selecting child care rests with each parent. RCCS assists parents in finding the widest range of available child care and offers information to help families evaluate available child care options. A RIVER TO COAST CHILDREN'S SERVICES referral is not a recommendation or a guarantee of quality care. Parents should carefully interview and check references of potential child care providers before leaving a child in their care.

For Information on all licensed family child care homes and centers call Community Care Licensing at 707.588.5026

River to Coast Children's Services. 707.869-3613. info@rccservices.org / www.rccservices.org

ADDENDUM TO HANDBOOK

Our Service Delivery Area. RCCS' service area includes the West Sonoma County Union High School, Monte Rio, Guerneville, Harmony, Fort Ross, Oak Grove, Montgomery, Sonoma County portion of Shoreline Unified School and the Kashia Reservation School Districts .

For AP funding: For families in the Alternative Payment Programs, either the care must be used OR the family must live in the service area described above.

For CFCC Funding: For families in the Family Child Care (CFCC) programs, child care must be provided by our contracted providers in the RCCS Family Child Care Network. *Your case manager will share network providers with you.*

Rccs has two new preschools: a preschool on the campus of Guerneville Elementary School & a preschool on the campus of the West County High School District in Sebastopol.

In addition, we will continue to operate our preschools at Monte Rio Elementary School and Montgomery Elementary School in Cazadero. Enrollment is open now and funding is available for qualified families!

For more information or enrollment call Melanie Wainwright: (707) 869-3613 x155

Preschool Hours of Operation for 2013-2014

- Guerneville: 7:30 AM-5:30PM
- Monte Rio: 8:30AM-Noon
- Montgomery: 8:30AM - Noon Tuesdays and Thursdays only
- Sebastopol: 7:30AM -5:30PM



River To Coast Children's Services Upcoming Provider Workshops

■ December 18, 2013

"School Readiness Revisited."

Shelley Caviness and Marta Tilling from First 5 are coming to present a school readiness workshop to our Family Childcare Providers, Parents, and Preschool Center Teachers. There is some new information out and you will be able to ask questions of these well informed speakers.

■ January, February and March 2014

"Triple P Training Program"

These three workshops are set aside for a series of discussion groups and seminars about the "Triple P", Positive Parenting Program. Presented by speakers from Parents Place. This series will fill up fast, so call and let us know if you would like to attend this important series of workshops.

All classes are presented in both English and Spanish

For more information, and to sign up, call:

Mendy at 869-3613 ext 117

CPR/First Aid Training UPDATE:

RCCS has funds to help reimburse child care providers for the cost of First Aid and CPR training. Trainings must follow the following guidelines in order to be eligible for reimbursement:

THE FIRST AID COURSE is at least 4 hours long and includes instruction in several illnesses and injuries (such as burns, diabetic emergencies, seizures, fainting, bleeding, shock, environmental exposure, bites and stings, dental emergencies, eye injuries, head and neck injuries, respiratory emergencies, fractures and sprains, toxic substances, wound care, choking, rescue breathing) and their symptoms and first aid treatments, including protecting oneself while providing first aid (universal precautions). The course also includes instruction in preparing for emergencies, including first aid kits, first aid action plans, working with parents and children during an emergency, emergency planning, and injury reporting. The courses are lay-person and child-focused. Skills practice and testing of certain skills are included (splinting and care for bleeding, and wrapping a sprain or strain).

THE CPR COURSE is at least 4 hours long and includes instruction in infant, child, and adult CPR and AED (Automated External Defibrillator) for infant, child and adult. The course focuses on skills practices and testing of CPR and using the AED.

In order to receive a reimbursement, providers need to have a special reimbursement form signed by the trainer at the end of the course. Most trainers have this form, but you may also obtain one from Mendy Behrens at RCCS. Call her at 869-3613 ext. 117 to arrange to get the required paperwork *before* you go to your scheduled trainings.



The Emergency Resources Program at RCCS Parents, did you know...

IF your children need food, infant formula, diapers, lice treatment, or other over-the-counter medications, such as acetaminophen, you may access the RCCS Emergency Resources Program. All that West County families need do is come by and pick up the items. Families whose children are enrolled in RCCS subsidized child care programs are eligible too. We will need the zipcode of your residence and a contact phone number.

For lice treatment, infant formula, or OTC medications, the family should call RCCS before coming by, to assure that the items are on hand in the office. Food and diapers are usually on hand Monday through Friday, 9AM to 5PM at the River to Coast Children's Services office located at 16300 1st Street in Guerneville.

Call 869-3613 for more information or to request a specific item.

El Programa de Emergencia de RCCS Padres, ustedes saben que...

Si sus hijos necesitan comida, formula para bebés, pañales, tratamiento contra el piojo, o cualquier medicamento que se puede obtener sin receta, como acetaminógeno, usted puede tener acceso al Programa de Emergencia de RCCS. Todo lo que las familias del West County (el oeste del condado) tienen que hacer es pasar a recoger los artículos. Las familias que reciben subsidios de RCCS también son elegibles. Necesitaremos el código postal de su residencia y su número de teléfono.

Para el tratamiento contra el piojo, formula para bebés, o medicamentos que puede obtener sin receta, es necesario que la familia llame a RCCS antes de venir para confirmar que tenemos los artículos necesarios en la oficina. Comida y pañales normalmente están disponibles de lunes a viernes de 9am a 5pm en nuestras oficinas localizadas en 16300 1st Street en Guerneville.

Llame al 707-869-3613 para obtener más información o para solicitar un artículo específico.

The RCCS Emergency Resources Program is funded by a grant from: Community Foundation Sonoma County Thank You!

River to Coast Children's Services

Staff and their phone number extensions.

(707) 869-3613

- Jynx Lopez (Executive Director) 111
- Andy Hilldale (Fiscal Specialist) 106
- Soledad Cardona (Lead Family Case Manager, Senior NHTSA Certified Car Safety Seat Technician) 107
- Ana Martinez (Family Case Manager) 109
- Faviola Ledezma (Family Case Manager) 114
- Mel Wainwright (Family Case Manager) 155
- Mendy Behrens (Child Development Resource Specialist) 117
- Cara Colombo (Child Development Resource Specialist) 112
- Kari Wilson (Child Development Resource Specialist) 112
- Lupita Dominguez (Child Development Resource Specialist) 118
- Jayme Melum (Preschools Program Director) 105
- Elaina Boyce (Community Resources & Referral Coordinator) 104
- Anahi Flores (Reception & R&R Counselor) 101
- David Cameron (Program Manager - Vets Hall) (707) 604-7725

Prepárate con la **Cruz Roja**



American Red Cross
Sonoma, Mendocino
& Lake Counties

Patrocinado por la Cruz Roja Americana, el California Safe Corps es un programa de AmeriCorps que ofrece educación en preparación en caso de desastres y en RPC/DEA y Primeros Auxilios a comunidades tradicionalmente marginadas: personas mayores, personas con dominio limitado del Inglés, personas con discapacidad, los niños, los jóvenes, y otras comunidades.

Preparación en Caso de Desastre y Entrenamiento en RPC/DEA y Primeros Auxilios

Servicios GRATIS:

Educación Comunitaria ante Desastre

- Presentación de 20 minutos
 - Hacer un plan
 - Participantes salen con un plan hecho
- Presentación de 45 minutos
 - Tener un equipo de suministros
 - Hacer un plan
 - Informarse



Entrenamiento en RPC/DEA y Primeros Auxilios

- Cómo reconocer y tratar una emergencia
- Pasos de acción de emergencia:

Verifique-Llame-Ayude

Mesa de Información sobre Preparación ante Desastre

- Interacción uno-a-uno con los asistentes para:
 - Responder a sus preguntas y discutir sobre sus preocupaciones
 - Dar materiales e información sobre cómo prepararse
 - Dar información sobre las clases y otros servicios ofrecidos por la Cruz Roja Americana



Para incluirnos en su evento u organizar uno con nosotros, contacte sus miembros locales de Safe Corps:

Valerin Lopez

707.577.7615 • Valerin.Lopez@redcross.org

Sarah Finnigan

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Sonoma, Mendocino, and Lake Counties Chapter
5297 Aero Drive, Santa Rosa, CA 95403
707.577.7600

Be **Red Cross** Ready



American Red Cross
Sonoma, Mendocino
& Lake Counties

American Red Cross sponsored AmeriCorps service opportunity, California Safe Corps, brings life-saving disaster preparedness and CPR/AED and First Aid training to traditionally under-served populations: seniors, persons with limited English proficiency, persons with disabilities, children, youth, and other communities.

Disaster **Preparedness** and CPR/AED/First Aid **Training**

FREE Services:

Community Disaster Education (CDE)

- 20-minute presentation
 - Make a disaster plan
 - Walk away with a completed disaster plan
- 45 minutes presentation
 - Build a Disaster Kit,
 - Make a Disaster Plan, and
 - Be informed



CPR/AED and First Aid Training

- How to recognize and care for an emergency
- Emergency action steps: **Check-Call-Care**



Disaster Preparedness Booths

- One-to-one interactions with attendees to
 - Answer questions and discuss concerns
 - Hand out and go over preparedness materials
 - Provide information about health and safety classes



To include us in your event or to organize an event with us, please contact your local Safe Corps Members:

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**River to
Coast
Children's
Services**

Resources, Referrals & Support ♦ Recursos, Referencias y Apoyo

**P.O. Box 16
Guerneville, CA 95446**

U.S. POSTAGE
NON-PROFIT
GUERNEVILLE, CA 95446
PERMIT #18

RETURN SERVICE REQUESTED

Ongoing Children's Activities from RCCS: **Kindergym:**

- ☑ River to Coast Children's Services brings Kindergym to Forestville on Wednesday 9:30 AM to 12:30 PM. Held at the Forestville United Methodist Church, 6550 Covey Road in downtown Forestville. A bilingual program, features activities for children 0 to 5 years (accompanied by their care givers)
- ☑ River to Coast Children's Services offers Kindergym Monday and Tuesday mornings 9:45 AM to 12:20 PM in Guerneville at the Guerneville Vets' Hall, located on the corner of 1st and Church Streets in downtown Guerneville. Features activities for children 0 to 6 years (accompanied by their care givers).
- ☑ NEW! River to Coast Children's Services offers Kindergym in Bodega Bay 10:00 AM to 12:30 PM on the 2nd Thursday of each month. Held at the Bodega Bay Union Church, 1320 Bayview St. Features activities for children 0 to 5 years (accompanied by their care givers).

Kindergyms are FREE, but donations are accepted, Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org



River to Coast Children's Services
P.O.Box 16/16300 1st St.
Guerneville, Ca 95446
(707)869-3613
Fax(707) 869-2616
email: info@rccservices.org
<http://www.rccservices.org>

Serving west Sonoma County with:

- Help paying for child care
- Referrals for child care
- Resources for children and their families
- Support & Training for child care providers
- Emergency Resources Program
- Kindergym in Guerneville, Forestville and Bodega Bay
- Car Safety Seat Program
- Counseling Program for children and their families
- Preschools

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Sirviendo el Oeste del Condado de Sonoma con:

- Referencias para el Cuidado de Niños
- Recursos para los Niños y sus Familias
- Apoyo para los Proveedores del Cuidado de Niños
- Ayuda Monetaria para el Cuidado de Niños
- Programa de suministros de Emergencia
- Gimnasio para Niños en Guerneville, Forestville y Bodega Bay
- Programa de Asientos de Seguridad
- Programa de Conserjería
- Prescolar