

# **Northcoast Children's Service**

## **2024 Spring Raffle Prizes**

- |   |  |
|---|--|
| 1. The Beach House Inn (Ft Bragg)                       | Gift Certificate for One Free Night Stay                                     |
| 2. Beachcomber Motel (Ft Bragg)                         | Certificate for One Night Stay   |
| 3. Surf And Sand Lodge (Ft Bragg)                       | Certificate for One Night Stay   |
| 4. Benbow Inn (Garberville)                             | Certificate for One Night Stay   |
| 5. San Fransico Symphony (San Francisco)                | 2 Tickets to Alonzo King & Peter Sellars, June 8 <sup>th</sup> (\$198 Value) |
| 6. Oregon Shakespeare Festival (Ashland)                | 2 Tickets to a Performance (\$150 Value)                                     |
| 7. Mt Ashland Ski Park                                  | 2 Lift Tickets   |
| 8. Bear River Casino Resort (Loleta)                    | Dinner for 2 & One-night Hotel Stay  |
| 9. Evergreen Aviation & Space Museum (Mcminnville, Or)  | Admission For 2 Adults And 2 Kids X 2  |
| 10. Evergreen Aviation & Space Museum (Mcminnville, Or) | Admission For 2 Adults And 2 Kids X 2  |
| 11. Lake Shasta Caverns & Turtle Bay (Redding)          | One Family Pass 2 Adults And 2 Kids & 4 Free Tickets                         |
| 12. Skunk Train (Willits)                               | 4 Vouchers for Wolf Tree Turn  |
| 13. Jerry's Rogue Jets (Gold Beach)                     | \$100 Complimentary Pass   |
| 14. Baywood Golf  | Gift Card for a Round of Golf & Cart For 2                                   |
| 15. San Francisco Zoo                                   | 2 Tickets to the Zoo   |
| 16. Lots 4 Tots   | \$100 Gift Certificate   |
| 17. Five Eleven Restaurant                              | \$100 Gift Certificate   |
| 18. The Heights Casino / Sunset Restaurant              | \$100 Gift Certificate to Sunset Restaurant                                  |
| 19. Premier Oil Change                                  | \$75 Gift Card   |
| 20. Premier Oil Change                                  | \$75 Gift Card   |
| 21. Brick & Fire  | \$75 Gift Certificate  |
| 22. Café Marina   | \$75 Gift Certificate  |
| 23. Jitter Bean Coffee Co.                              | \$50 Gift Card   |
| 24. Booklegger  | \$50 Gift Card   |
| 25. The Sea Grill                                       | \$50 Gift Certificate  |
| 26. Pierson Building Center                             | \$50 Gift Certificate  |
| 27. Café Mokka  | Voucher for 2 Bathers for One Half Hour (\$29 Value)                         |
| 28. Caravan Of Dreams                                   | Dotted Notebook/ Lined Notebook  |
| 29. College Of the Redwoods                             | 2 Season Passes For 2024-25 Home Athletic Events                             |
| 30. Fresh Freeze  | Certificate for 2 Meals of Any Kind W/Upgrade                                |
| 31. Toy Box   | book, Game & \$25 Gift Certificate   |
| 32. Ciara's Irish Shop                                  | Lambswool Hat and Scarf Set  |
| 33. Dutch Bros.   | \$25 Gift Card & Gift Pack   |
| 34. Plaza   | children's Book & Game   |
| 35. Tika Imports  | Puppet   |
| 36. Oriental Trading Co.                                | \$25 Gift Card   |
| 37. The Rocking Horse                                   | \$25 Gift Card   |
| 38. Coming Attractions Theaters                         | 2 Movie Passes   |
| 39. Coming Attractions Theaters                         | 4 Movie Passes   |

**Any Many More Prizes To Come!**

There Will Be Prizes For The Three Families Who Sell The Most Tickets Agency Wide!

**To: All Staff**

**From: Human Resources**

**RE: Employment Opportunities**

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**NORTHCOAST CHILDREN'S SERVICES JOB OPENINGS:**

**ASSISTANT TEACHERS, (Various Locations), Eureka**

Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' experience working with children.

**P/T 25-28 hrs./wk. \$17.99-\$19.73/hr. Open until Filled**

**CENTER DIRECTOR, McKinleyville 1 (Ptnr)**

Responsibilities include the overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Requires a minimum of 2 yrs. exp. working with preschool children in a group setting.

**Temporary F/T 40 hr./wk. (M-Fri); \$24.47-\$26.97/hr. Open Until Filled**

**(Temporary) CENTER DIRECTOR, Willow Creek (HS)**

Responsibilities include the overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Requires a minimum of 2 yrs. exp. working with preschool children in a group setting.

**Temporary F/T 40 hr./wk. (M-Fri); \$24.47-\$26.97/hr. Open Until Filled**

**TEACHER, Smith Lane, (EHS)**

Responsible for development & implementation of classroom activities—providing support and supervision for a toddler program. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), and meet Associate Teacher Level on the Child Development Permit Matrix

**P/T position: 28 hrs./wk. \$20.73-\$22.86/hr. Open Until Filled.**

**TEACHER, CRITC (Partnership)**

Responsible for the development & implementation of classroom activities for preschool children. Must have 12 core units in ECE/CD, meet Associate Teacher level on Child Development Permit Matrix or higher.

**F/T \$22.00-23.10/hr. Open Until Filled.**

**INTERPRETER, ASL , Fortuna, Eureka** Assist in interpreting in class, at parent meetings and on home visits for children and families. Bilingual ASL required. Must have 6 months experience working with children and families. Prefer 6-12 units in Early Childhood Education. **28 hours a week \$17.99-\$19.83 Open Until Filled.**

**ASSOCIATE TEACHER, Willow Creek (HS)**

Assists teacher in the implementation and supervision of activities for preschool children. Requires a minimum of 12 ECE units—including core classes—and at least one-year experience working with young children.

**F/T 32 hrs./wk. \$20.73-\$22.86/hr /hr. Open Until Filled**

**HOME VISITOR, Eureka (EHS) , Fortuna**

Provide weekly home visits and facilitates parent & child playgroups. Requires AA/AS degree in Early Childhood Education, Psychology, Social Work or a related field OR 24 Head Start related units.

**Bilingual preferred. F/T 40 hrs./wk \$21.05-\$22.10/hr Open Until Filled.**

**FAMILY SERVICES SPECIALIST, Arcata Main Office**

Provides services to families in the Head Start and Early Head Start programs. Assists families in determining needs & identifying and developing goals to meet those needs. BA in Social Work, Psychology, Child Development or a related field preferred. Prefer 2 years experience in case management, home visiting, or working with at-risk families. **F/T M-Fri. 40 hrs/wk \$23.04-24.19/hr. Open Until Filled.**



# 2024 - 2025 SCHOOL YEAR

ENROLL YOUR LITTLE ONE TODAY!



WHEN IS YOUR CHILD'S BIRTHDAY?

**9/2/2018 -  
9/1/2019**

**Enroll in K  
Kindergarten**

Kindergarten is  
offered at every  
elementary school.

**9/2/2019 -  
6/2/2020**

**Enroll in TK  
Transitional  
Kinder**

TK is offered at  
every elementary  
school.

**6/3/2020 -  
12/1/2021**

**Enroll in the  
District  
Preschool**

Part time preschool  
programs are  
available.

**ECS NOW OFFERS ONLINE ENROLLMENT!**

[WWW.EUREKACITYSCHOOLS.ORG/FOR\\_PARENTS/STUDENT\\_REGISTRATION](http://WWW.EUREKACITYSCHOOLS.ORG/FOR_PARENTS/STUDENT_REGISTRATION)





**2024**

## **Crianza de los hijos talleres de trabajo**

### **Eureka y Fortuna: en persona o por Zoom**

#### **Eureka**

Centro Jefferson, 1000 B St.

Sesión 1:

**8 de febrero**, jueves, 5:00-7:30 pm- Introducción

Sesión 2 & 3:

**15 de febrero**, jueves, 5:00-7:30 pm- Prevención de conductas y fomentar el comportamiento positivo

Sesión 4:

**22 de febrero**, jueves, 5:00-7:30 pm- Preparándose para el éxito escolar

**CANCELADA**

#### **Fortuna, Fortuna Head Start, 2085 Newburg Rd.**

Sesión 1:

**21 de marzo**, jueves, 5:00-7:30 pm- Usted y su hijo

Sesión 2 & 3:

**28 de marzo**, jueves, 5:00-7:30 pm- Prevención de conductas y fomentar el comportamiento positivo

Sesión 4:

**4 de abril**, jueves, 5:00-7:30 pm- Preparándose para el éxito escolar

#### **Reunión en inglés Zoom ID:**

ID de reunión : 820 4169 3049

Código de acceso: 380800

#### **Reunión en español Zoom ID**

ID de reunión : 869 5080 6053

Código de acceso: 351099

- ⇒ Se proporciona cena y cuidado de niños para quienes se registren.
- ⇒ El cuidado infantil está limitado a 24 niños (8 bebés/niños pequeños de 0 a 3 años y 16 preescolares de 4 a 10 años)
- ⇒ La cena es de 5:00 a 5:30 pm, el taller es de 5:30 a 7:30 pm

Para registrarse envíe un correo electrónico a [bbluntzer@ncsheadstart.org](mailto:bbluntzer@ncsheadstart.org) o llame al 707-825-1310 y deje un mensaje para:

- Cuantos adultos
- Nombres y edades de los niños para el cuidado infantil.
- Número de contacto





Northcoast Children's Services

2024

## Parenting Workshops

**Eureka and Fortuna– In Person or on Zoom**

**Eureka, Jefferson Center, 1000 E St.**

Session 1:

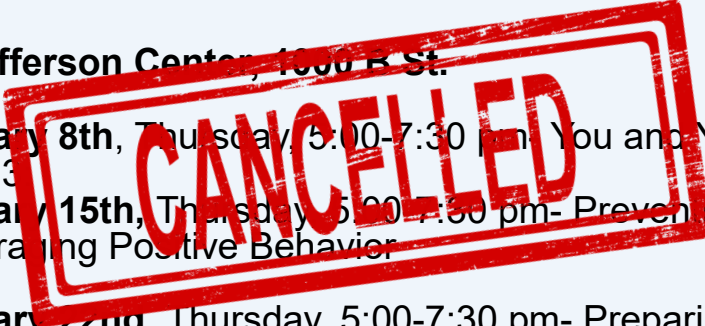
**February 8th**, Thursday, 5:00-7:30 pm- You and Your Child

Session 2 & 3:

**February 15th**, Thursday, 5:00-7:30 pm- Preventing Behavior and Encouraging Positive Behavior

Session 4:

**February 22nd**, Thursday, 5:00-7:30 pm- Preparing for School Success



**Fortuna, Fortuna Head Start, 2085 Newburg Rd.**

Session 1:

**March 21st**, Thursday, 5:00-7:30 pm- You and Your Child

Session 2 & 3:

**March 28th**, Thursday, 5:00-7:30 pm- Preventing Behavior and Encouraging Positive Behavior,

Session 4:

**April 4th**, Thursday, 5:00-7:30 pm- Preparing for School Success

**English meeting Zoom ID:**

Meeting ID: 820 4169 3049

Passcode: 380800

**Spanish meeting Zoom ID**

Meeting ID: 869 5080 6053

Passcode: 351099

**McKinleyville In Person only**

### McKinleyville

**McKinleyville Head Start, 1460 Hiller**

Session 1:

**February 29th**, Thursday, 5:00-7:30 pm- You and Your Child

Session 2 & 3:

**March 7th**, Thursday, 5:00-7:30 pm- Preventing Behavior and Encouraging Positive Behavior,

Session 4:

**March 14th**, Thursday, 5:00-7:30 pm- Preparing for School Success,

- ⇒ Dinner and childcare are provided for those who register.
- ⇒ Childcare is limited to 24 children (8 infant/toddlers 0-3 & 16 preschoolers 4-10 years)
- ⇒ Dinner is 5:00-5:30 pm, workshop is from 5:30-7:30 pm

To register email [bbluntzer@ncsheadstart.org](mailto:bbluntzer@ncsheadstart.org)  
or call **707-825-1310** and leave a message for:

- How many adults
- Names and ages of children for child care
- Contact number



HUMBOLDT BRIDGES TO SUCCESS AND  
THE HUMBOLDT COUNTY OFFICE OF  
EDUCATION PRESENT

**FREE!**

# ACT: Raising Safe Kids

A 9-WEEK PARENTING SERIES FOR FAMILIES WITH CHILDREN AGES 0-8 YEARS

**Starts February 27, 2024**

Additional Tuesdays, 5:30-7:30pm:

Mar. 5, 12, 19

Apr. 9, 23, 30

May 7, 14

Attendance at ALL classes required for  
Certificate of Completion.

Location: Humboldt County Office of Education  
901 Myrtle Avenue, Eureka

*Dinner included  
each session, and  
childcare provided  
for the **first 10  
children enrolled**  
(up to age 8).*

In this Training Series you will:

- Learn about your child's development.
- Increase positive parenting skills and practices.
- Be supported in creating a nurturing, safe, and healthy environment for your family.



**For more information and to register contact Ev at (707) 633-3065**

Made possible with a generous grant from the First 5/DHHS ACEs Collaborative



# Betty's Playdate

**SIGN UP NOW!**

@ BETTY'S DAY CENTER

- ✓ Every Saturday, 9:30AM - 11:30AM
- ✓ All children ages 6-12 years old accepted.
- ✓ Last Saturdays of the month parents are welcome to a pancake breakfast!

**CALL FOR ANY QUESTIONS**

**(707)407-3833**

**133 7th St., Eureka, CA 95501**





# *Betty Chinn's Easter Food Basket*

Friday, March 29th 2024

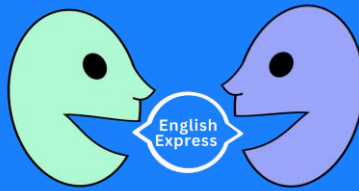
pick-up between 1:00 pm & 4:00 pm

133 7th street

Eureka, California 95501

**LIMITED SPOTS AVAILABLE  
SIGN-UP WITH BETTY'S DAY CENTER  
+1 (707)407-3833**





## FREE

- Classes
- Chromebooks
- Field Trips
- Connections to Community Resources

Mary Ann Hytken  
Teacher



### English Express Online



ONLINE

English for work and daily life!

Levels: Beginning to Intermediate

January 16-April 30

Tuesdays & Thursdays

6:30-7:30pm

Zoom ID 707-443-5021/Password 464816

### English Express In Person



IN PERSON

English for work and daily life!

Levels: Beginning to Intermediate

January 13-April 27

Saturdays, 11:30am-12:30pm

Rio Dell Community Resource Center

406 Wildwood Avenue, Rio Dell

### Field Trips



January 28: Lots 4 Tots, Eureka, 2-3pm

February 4: Merry Talisman Bead, Eureka, 2-3:30pm

February 18: Humboldt Bay National Wildlife  
Refuge, Loleta, 11am-12:30pm

March 24: Food for People, Eureka, 2-3pm

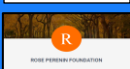
**Signups Required • Space Limited**

JOIN ANYTIME • REGISTRATION NOT REQUIRED • ALL FIRST LANGUAGES WELCOME

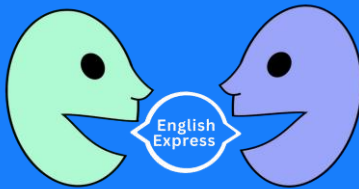
707-443-5021



English Express Empowered  
[englishexpressempowered.com](http://englishexpressempowered.com)







## Gratis

- Clases
- Chromebooks
- Excursiones
- Conexiones a recursos en la comunidad

Mary Ann Hytken  
Maestra



### English Express en línea



En línea

¡Inglés para el trabajo y la vida diaria!

Niveles: principiante a intermedio

16 de enero - 30 de abril

Los martes y jueves

6:30-7:30 p.m.

Enlace Zoom 707-443-5021/Contraseña 464816

### English Express en persona



Presenciales

¡Inglés para el trabajo y la vida diaria!

Niveles: principiante a intermedio

13 de enero – 27 de abril

Los sábados 11:30-12:30pm

Centro de recursos comunitarios de Rio Dell  
406 Wildwood Avenue, Rio Dell

### Excursiones



28 de enero: Lots 4 Tots, Eureka, 2-3p.m.

4 de febrero: Merry Talisman Bead, Eureka 2-3:30p.m.

18 de febrero: Humboldt Bay National Wildlife  
Refuge, Loleta, 11a.m.-12:30p.m.

24 de marzo: Food for People, Eureka, 2-3p.m.

**Se requieren registros. Espacio limitado.**

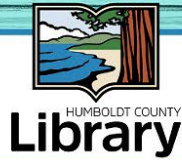
Únase en cualquier momento • No es necesario inscribirse • Todos son bienvenidos, sin importar su primer idioma



English Express Empowered  
[englishexpressempowered.com](http://englishexpressempowered.com)







## Family Literacy Party

# SINGER & SONGWRITER CARL MEREDITH!



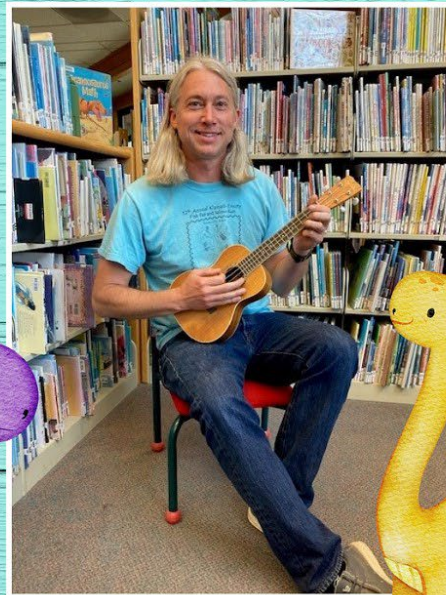
**FRIDAY, MARCH 15**

10:30 a.m. @ Eureka Library  
1313 Third St, Eureka

**SATURDAY, MARCH 16**

12:00 p.m. @ Blue Lake Library  
111 Greenwood Ave, Blue Lake

3:00 p.m. @ Arcata Library  
500 7th Street, Arcata



**Families are invited to enjoy, learn, and sing along to original, locally-written songs that will become instant favorites!**

**This is a FREE event for children and the adults who love them!**  
Each attendee gets to choose a free book to keep.

Since 1981, **Humboldt Literacy Project** has provided free, confidential English Language tutoring with programs for native English speakers, English as a second language, and family literacy. For more information about Humboldt Literacy Project and the life changing service they provide, call (707) 445-3655 or visit [www.HumboldtLiteracy.org](http://www.HumboldtLiteracy.org).

**INFO:**

**[WWW.HUMLIB.ORG](http://WWW.HUMLIB.ORG)**  
**(707) 269-1910**

**Current Playgroups by Location**  
**Grupo de juego actuales por ubicación**



<p>Arcata Play Center/First Year Playgroup  Contact/para más información:  Arcata Recreation Department (707) 822-7091</p>	<p>Manila Playgroup  Contact/para más información:  Redwood Coast Montessori (707) 832-1494</p>
<p>McKinleyville Playgroup  Contact/para más información:  McKinleyville Parks and Rec (707) 839-9003</p>	<p>Tiny Tots Playgroup  Contact/para más información:  Arcata United Methodist Church (707) 822-1963</p>
<p>Blue Lake Playgroup  Contact/para más información:  Blue Lake Parks and Recreation (707) 668-5932</p>	
<p>Orick Playgroup  Contact/para más información:  Orick Elementary School (707) 488-2821</p>	<p>Willow Creek Playgroup  Contact/para más información:  Willow Creek Community Resource Center (530) 629-3141</p>
<p>Ayukli Nandiviti Orleans Playgroup  Contact/para más información:  Two Feathers NAPS (707) 839-1933</p>	<p>Petrolia Playgroup  Contact/para más información:  (707) 629-3348</p>
<p>Pine Hill Pandas Playgroup  Contact /para más información:  Pine Hill South Bay Family Resource Center (707)445-5933</p>	<p>Casterlin Playgroup  Contact/para más información:  Casterlin Elementary School (707) 926-5402</p>
<p>Eel River Valley (Fortuna) Playgroup  Contact/para más información: Gene Lucas Community Center (707) 725-1722 hablamos español</p>	<p>Skuyl' soo hoo-no-woh Playgroup  Contact/para más información:  Two Feathers NAPS (707) 839-1933</p>
<p>Redway / Shelter Cove Playgroup  Contact/para mas información:  Southern Humboldt Family Resource Center (707) 923-1147</p>	<p>Loleta Playgroup  Contact/para más información:  Loleta Community Resource Center (707) 733-5239 hablamos español</p>
<p>Fortuna Parks and Rec Playgroup  Contact/para más información:  Fortuna Parks and Rec Dept. 707 725-7620</p>	<p>Salmon Creek Playgroup  Contact/para más información:  Salmon Creek School (707) 223-4657</p>
<p>Redwood Discovery Museum  Contact/para más información:  Redwood Discovery Museum (707) 443-9594</p>	<p>Jefferson Playgroup  Contact/para más información:  JeffersonCommunity Center (707) 497-6280  hablamos español</p>





**First 5 Humboldt Playgroup Schedule**  
**Horario de los grupos de juego de First 5 Humboldt**  
 Updated 2.29.24



MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
Arcata Play Center 10:00-12:00 D St Neighborhood Ctr 1301 D St, Arcata <b>**Starting Sept/2023, closed the last week of each month</b>	Manila 9:00-11:00 Redwood Coast Montessori School 1611 Peninsula Dr, Manila	Manila 9:00-11:00 Redwood Coast Montessori School 1611 Peninsula Dr, Manila	Pine Hill Pandas 9:30-11:30 Pine Hill FRC 5230 Vance Ave, Eureka	Willow Creek 10:30-12:30 Creekside Learning Center 75 Terrace Ln	Jefferson 10:00-12:00 Jefferson Comm Ctr 1000 B St, Eureka hablamos español
Eel River Valley (ERV) 9:30-11:30 Gene Lucas Comm Ctr 3000 Newburg Rd, Fortuna hablamos español	Pine Hill Pandas 9:30-11:30 Pine Hill FRC 5230 Vance Ave, Eureka	Loleta 9:30-11:30 Loleta Comm Church 218 Church St hablamos español	Blue Lake 10:00-12:00 Perigot Park 351 S. Railroad Ave	Salmon Creek 10:00-2:00 Salmon Creek School 3583 Upper Thomas Rd, Miranda	Tiny Tots 9:30-11:30 Arcata United Methodist Church 1761 11th St, Arcata
Ayukii Naníviiv Orleans 11:00-1:00 pm Mid-Klamath Watershed Council (Panamnik Bldg) Orleans	Eel River Valley (ERV) 9:30-11:30 Gene Lucas Comm Ctr 3000 Newburg Rd, Fortuna hablamos español	Arcata Play Center 10:00-12:00 D St Neighborhood Ctr 1301 D St, Arcata <b>**Starting Sept/2023, closed the last week of each month</b>	Redwood Discovery Museum 10:00-12:00 612 G St, Ste 102 Eureka	Rio Dell 10:00-12:00 Rio Dell Volunteer Fire Dept. 50 Center Street, Rio Dell	
Redway 12:30-2:30 Redway Elementary Rm 22 344 Humboldt Ave	Arcata Play Center 10:00-12:00 D St Neighborhood Ctr 1301 D St, Arcata <b>**Starting Sept/2023, closed the last week of each month</b>	Casterlin 11:00-1:30 24790 Alderpoint Rd Blocksburg Room 5	McKinleyville 10:30-12:30 McK Activity Ctr 1705 Gwin Rd	Skuy' soo hue-no-woh 10:00-12:00 The Center 1615 Heartwood Dr Rm 105, McKinleyville <b>*For local Native families</b>	
Shelter Cove 1:00-3:00 1555 Upper Pacific Dr Whitethorn	Blue Lake 10:00-12:00 Perigot Park 351 S. Railroad Ave, Blue Lake		Fortuna Parks and Rec 10:30-12:30 Fireman's Pavilion 9 Park St		
Petrolia 1:00-3:00 Mattole Valley Resource Center 167 Sherman St, Petrolia	Arcata Play Center First Year Playgroup 12:30-2:30 D St Neighborhood Ctr 1301 D St, Arcata <b>**Starting Sept/2023, closed the last week of each month</b>				
	Orick 12:30-2:30 Orick Elementary School 120912 US 101, Orick				



Scan this QR code to access a printable  
 version of this calendar on our website, or visit  
[www.first5humboldt.org](http://www.first5humboldt.org)



Also, check out First 5  
 and many of our Playgroup  
 Communities on Facebook

This is the general Playgroup  
 schedule. Calling the numbers listed  
 on the back of this schedule and  
 checking Facebook sites for specific  
 Playgroups, are the best ways to  
 confirm groups are on schedule.

Este es el horario general de los  
 grupos de juego. Llamar a los  
 números que aparecen en la parte  
 posterior de este horario y comprobar  
 los sitios de Facebook para grupos de  
 juego específicos, son las mejores  
 maneras de confirmar los grupos  
 están en horario.



## Empowering Parents. Transforming Teens.

- ▶ *Learn how to never argue with your child again*
- ▶ *Prevent or intervene in alcohol or drug use*
- ▶ *Improve school attendance and performance*
- ▶ *Explore solutions for social media/tech issues*

### FREE TEN WEEK COURSE!

**Starting March 5, 2024 through May 14th**

*(no class the week of April 2nd)*

**Time: Tuesdays 6:00-8:00pm**

**Location: Family Resource Center at Redway Elementary**

**Call Amy Terrones at (707) 923-1147 to register, spaces are limited.**



Southern Humboldt  
Family Resource Center

**Ready to feel empowered?**

**<https://parentproject.com>**

## Spring Equinox Celebration Family Celebration

Saturday, March 16<sup>th</sup> from 10 a.m. to 1 p.m.

Join Friends of the Dunes in welcoming the spring during the family-friendly Spanish bilingual Spring Equinox Celebration. Spring-themed activities, crafts, music and snacks. RSVP is appreciated but not required at (707) 444-1397 or [info@friendsofthedunes.org](mailto:info@friendsofthedunes.org).

The Spring Equinox ☀️ is a special time of year when the sun is directly above the equator and day and night are of equal length. It's also the official end of winter and beginning of spring! This is a great time of year to get outside and enjoy the longer days, sunshine, and spring wildflowers with nature lovers of all ages 🌸🌿. Free event. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila





# Grief Support Group for Teens *from ages 13 to 18*

Loss of a loved one can impact teens in many aspects of their lives, including school performance, self-esteem, relationships with family and friends, their ability to withstand peer pressure, and health.

The Hospice Grief Support Group for Teens is a safe and supportive environment where teens can share with other teens and participate in activities that will be focused on healing grief and honoring loved ones lost.

**THURSDAYS, MARCH 21<sup>st</sup> - MAY 16<sup>th</sup>**

(Group will not meet on April 18<sup>th</sup>)

**4:00 p.m. to 5:30 p.m.**

- The group is facilitated by Hospice Grief Counselors.
- This free service is open to all teens in our community who are experiencing loss due to a death.
- Refreshments will be provided.

**SPACE IS LIMITED • REGISTRATION IS REQUIRED**

**Please call 707.267.9801, Ext 0  
for more information or to register**



# Towards Citizenship Spring 2024

**First Class  
January 20**

## Prepare for the Naturalization Exam

**In-Person Classes  
Saturdays, 12-1:30pm**

**January 20 – April 13**

**[No Class March 31]**

**Jefferson Community Center**

**Room 2, 1000 B Street Eureka**

*Towards Citizenship  
can help many people  
achieve their goal!  
-Weeramon*



Elizabeth Niemeyer  
Teacher



**FREE • JOIN ANYTIME  
CALL 707-362-3968**

 **English Express Empowered**  
[englishexpressempowered.com](http://englishexpressempowered.com)





## ***Del Norte Covid-19 Testing***

### ***Get Vaccinated!***

COVID-19 vaccines are one of the most important tools to end the COVID-19 pandemic. A safe, effective, no-cost vaccine is available to everyone in Del Norte County. Getting vaccinated can help prevent you from getting seriously ill from the virus and protect those around you as well.

### ***Vaccine Locations***

#### ***Del Norte Public Health***

1st and 3rd Tuesday of every month

9:00 am - 11:30 am and 1:30 pm - 3:30 pm.

[Appointments Required](#)

#### ***Local Pharmacies Offering Vaccines***

CVS Pharmacy (Moderna) Walk-in subject to availability.

<https://www.cvs.com/immunizations/covid-19-vaccine>

Rite Aid Pharmacy (Moderna) Via Appointment

<https://www.riteaid.com/covid-19>

Safeway Pharmacy (Moderna) Via Appointment on Wednesdays only

<https://www.safeway.com/vaccinations/home>

Walgreens Pharmacy (Pfizer, Moderna, Janssen) Walk-ins subject to availability.

<https://www.walgreens.com/findcare/vaccination/covid-19/location-screening>

1-800-WALGREENS (1-800-925-4733)

Walmart Pharmacy (Moderna) Walk-ins during pharmacy hours.

<https://www.walmart.com/cp/immunizations-flu-shots/1228302>

#### ***Talk to your Primary Health Provider.***

Many healthcare offices offer Covid-19 vaccinations. Talk to your Doctor.

### ***Get Tested.***

We recommend getting tested as soon as possible if you are experiencing COVID-19 symptoms, even if you are vaccinated.

You should also get tested if:

- You have been in close contact with someone who has COVID-19
- You have taken part in activities that put you at higher risk for COVID-19, such as travel, attending large gatherings, or being in crowded indoor settings
- Your employer requires routine screening

#### ***Free Rapid Tests***

A limited amount of free rapid tests are available through Public Health. Please call to check availability at 707-464-0861.

They can be picked up at:

400 L Street

Crescent City, CA 95531

### Testing

Californians in need of COVID-19 testing can purchase over the counter (OTC) tests at local stores or pharmacies or order through their health insurers or the federal government at [special.usps.com/testkits](https://special.usps.com/testkits).

Individuals who use OTC tests and do not have a health care provider may access test-to-treat services by contacting Sesame Telehealth at [sesamecare.com/covidca](https://sesamecare.com/covidca) or by calling 1-833-686-5051.

### COVID-19 Vaccine Resource List

#### 1. Vaccine Info

##### ***Get vaccinated—it's safe, effective, and free***

Appointments are available for all residents age 5 and up through the state's My Turn system. Schedule an appointment at [myturn.ca.gov](https://myturn.ca.gov) or call 1-833-422-4255.

For step-by-step directions on scheduling a vaccination appointment, click [here for English](#) and [here for Spanish](#).

If you have questions or need assistance navigating this process, call Public Health at 1-707-445-6201.

Many local pharmacies are offering COVID-19 vaccine in partnership with the county and federal government. Most pharmacies allow walk-ins, but please call ahead to confirm. Go to [vaccines.gov](https://vaccines.gov) or text your ZIP code to 438829 to check availability at participating pharmacies, or click on the individual links below.



##### ***Additional Doses***

Additional doses of the mRNA COVID-19 vaccines are available for those who are immunocompromised 28 days after they complete the initial series. An additional dose of the Pfizer or Moderna vaccine is recommended for immunocompromised individuals to achieve maximum protection from the vaccine series. People are encouraged to talk to their health care provider about whether an additional dose is appropriate for them. For more information about additional doses of COVID-19 vaccine, go to [cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html).

##### ***Boosters***

Residents who completed a two-dose series of the Pfizer-BioNTech or Moderna COVID-19 vaccine at least 5 months ago are encouraged to get a booster dose.

Residents who received the Johnson & Johnson COVID-19 vaccine at least two months ago are encouraged to get a booster dose.

Residents may choose to receive any authorized or approved vaccine as their booster dose.

For more information about COVID-19 vaccine boosters, go to [cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html).

# Humboldt

**Community  
Transmission Level**

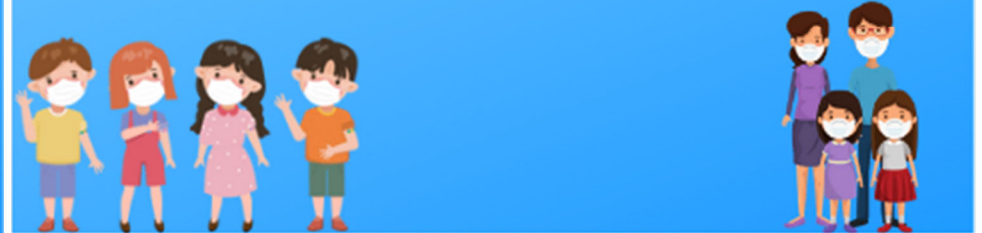
**Transmisión  
Comunitaria**

**Low**

Masking is  
Strongly Recommended

**Baja**

Se Recomienda  
Mascarilla



# Del Norte

**Community  
Transmission Level**

**Transmisión  
Comunitaria**

**Low**

Masking is  
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**Baja**

Se Recomienda  
Mascarilla

