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FALL/WINTER EDITION 2026/2027

FOR BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES

DEAR READERS

Welcome to our comprehensive Fall/Winter Family Resource Guide!
One of my favorite parts of publishing a resource magazine is meeting the public at the many events we attend each year. I enjoy following up on your suggestions. I hear stories from schoolteachers doing exceptional work in classrooms, new fun outings, parenting issues people are facing and what shops and services have been valuable to parents and others who play important roles in children's lives.

We could not publish the premier parenting magazine in the North State without your feedback. Thank you!

For the last 33 years, along with my dedicated and problem-solving team, Bob, Carolyn, Jenny, John, Kate, Kristen, Marc, Marilyne, Stacey, and Sean, it sometimes feels like I'm constructing a big patchwork quilt, sewing all the pieces together to create a magazine that nurtures families and helps build strong communities where everyone can thrive.

We invite all businesses and agencies who want to join in this effort, to unite with us. It takes all of us to cooperatively create a healthy community. We fill our pages with ways that you can engage in your local community. One great way to build community is to frequent our advertisers that support us in this important work.

When you subscribe to our invaluable weekly e-newsletter at northstateparent.com/news-letter, you'll receive helpful parenting tips, a link to the latest North State Parent issue online, feature stories, date night suggestions, contests and so much more!

Don't forget our popular Family Calendar – a helpful tool for finding fun, family-related happenings throughout the North State, many of which are free or low cost! Find this valuable resource at **northstateparent.com**.
(Click on Calendar in the menu bar.)

With Care,

Pamela

and the North State Parent Team

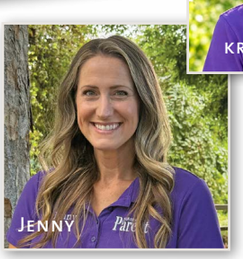














ON THE COVER

Cover illustration is by renowned artist Alli Arnold. See more of her charming work at alliarnold.com
Photo by Chris Zuppa for The Penny Hoarder.

Publisher: Pamela Newman
Managing Editor: Stacey Leigh Mohr
Family Calendar Editor: Jenny Jones
Production & Design: Kristen Schmidt
Sales & Outreach: Kate Hiller & Pamela Newman
Proofreading: Carolyn Patten
For Billing Questions: billing@northstateparent.com

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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.

OUR SUPPORTIVE ADVERTISERS INCLUDE:

Achieve Charter School 43
AMJaMB 115
Anderson Heights Preschool 60
Anderson New Technology High School 43
Athletic Horizons Gymnastic Center Chico 125
Azads Martial Arts 123
Berryvale Grocery 87
Bill's WonderShow 22
Blue Oak School 37, 43
Book Family Farm 67
Brande Moffatt, PT,DPT,PRPC; Inner Strength 78
Bricks and Minifigs Redding 26
Butte County Public Health 4
Butte County SELPA 118
Butte County WIC 46
Carenet of Paradise 59
Caring for Women Gridley 59
Caring for Women Oroville 59
Charlew's Tap House Pizza Pasta & Grill 26
Chico Chai 53
Chico Cheer 23
Chico Community Ballet 2
Chico Montessori Children's House 60
Chico Passages 76
Chico Performances 16
Children's Legacy Center (ARCH) 61
Chrysalis Charter Science & Nature School 43
City of Redding - Waste Water Utility 48
Columbia's Lion Cubs Preschool 60
Country Pumpkins 64
Creekside Counseling 50
Dance Depot 19
Dandy Lions Children's Shop 59
Enloe Health 59
Enterprise Elementary Preschool 60
Evergreen Institute of Excellence 40, 43
Explore California Outdoors 93
Family First Maternity Center 59
Far Northern Regional Center 59, 61, 74
First 5 Siskiyou 53
Forest Ranch Charter School 43
Gateway Science Museum 89
Gather Coffee House and Supper Club 53
Gaumer's Jewelry 91
Girl Scouts of Northern California 109
Glenn County WIC 46
Golden Eagle Charter School 43
Greenville Rancheria 55, 59
Has Beans Coffee and Tea 85
Hawes Farms 67
Hearthstone School 44
Hometech Charter School 44
Hope Academy 39
Ignite Your Flare Dance & Acrobatics 19
Inspire School of Arts & Sciences 44
Kevin Shearer, DDS 83
Kiddos Playplace 23
Kids Interconnections Preschool 60
Kinetics Academy of Dance 15, 17
Kotasik Daycare Greenville Rancheria 49
Lake Shasta Caverns 9
Lauer Electric LLC 50
Lifenet Family Resource & Pregnancy Ctr 59
Lincoln Street School 44
Matrix Cards and Games 26
Meadow Lane Preschool 60
Mill Creek Resort 51
Montessori Education 39
Mount Shasta Ice Rink 94
Mt Shasta Trail Association 95
Museum of Northern California 90
Noble Orchards 67
North State Ballet 18
North State Grocery Holiday Market 85
North State Symphony 18
North State Virtual Academy 45
Northern Star Mills 13
Northern Summit Academy 45
Northern Valley Catholic Social Services 59, 82
Oak Bridge Academy 45
Orchard Nutrition Center 87
Pacific Gas & Electric 105
Palermo Union Elementary District 60
Paradise Union School District 35
Parent Infant Programs 55
Phoenix Charter Academy College View 5, 45
Pivot North Valley 44
Rare Air Trampoline Park 26
Raven Tree Wild Bird & Nature Shop 109
Red Bluff Splash Park 65
Redding Christian Preschool 60
Redding Christian School 38
Redding City Ballet 19
Redding Collegiate Academy 44
Redding Farmers Market 87
Redding School of the Arts 44
Rolling Hills Clinic 59
Rooted Vitality 3
Rowell Family Empowerment 116
S & S Organic Produce & Natural Foods 86
Sacramento River Discovery Center 108
ScholarShare 529 41
Shafer Professional Home Care Services 63
Shasta Charter Academy 44
Shasta Community Health Center 59
Shasta County Office of Education 62
Shasta County WIC 46
Shasta Family YMCA 83
Shasta Head Start Child Development 54, 60
Shasta Rock Club 92
Shasta Studios 16
Sherwood Montessori 39, 45
Shop 'N Kart 86
Simpson University 42
Siskiyou Child Care Council 60
Siskiyou Community Resource Collaborative 52
Siskiyou County WIC 46
Siskiyou Humane Society 87
Sweet Bean Coffee House 53
Tehama County Solid Waste 96
Tehama County WIC 46
Tehama E Learning Academy 45
Terrain Park Climbing Center 92
The Redding Arts Project 15
Trinity Lutheran Early Learning Center 60
Turtle Bay Exploration Park 88
Turtle Bay Exploration Park Teen Volunteerism 135
UC Davis Health 136
United Way of Northern California 113
US Airsoft, Inc 95
Valene L Smith Museum of Anthropology 91
Visiting Angels Living Assistant Services 76
West Redding Preschool & Afterschool Care 36, 60
When Pie Meets Bread 3
Wild Horse Sanctuary 13
Wildflower Open Classroom 45
William Finch Charter School 45



Lead Story: Building Bridges Listening to Community Voices.....10

ANIMALS 11
Canine Companions.
Animal Shelters, Rescues And Farms
Equine Assisted Learning & Psychotherapy
Equine: Clubs, Lessons & Camps for Youth
Pets

ARTS 14
Growing Through Music
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

BIRTHDAY DESTINATIONS 21
Creating Birthday Magic without the Pressure
Birthday Location Ideas

CULTURAL AWARENESS 27
Chico State's Cross-Cultural Leadership Center Serves the Beauty & Diversity of California's Population
General Resources
North State Parent Land Acknowledgement

EDUCATION 32
More than Children's Books...A Journey of Wonder, Connection & Belonging
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
Schools of Choice/Charter School Directory

FAMILY LIFE & SUPPORT 47
Six Everyday Phrases That May be Hurting Your Child
Abuse Prevention
Backyard Solutions
Early Childhood Programs
Family & Community Resource Centers & Caring Services
Finance
Foster Care & Adoption
Grief Support
Legal Assistance
Parenting Classes & Enrichment
Playgroups
Toy Shops: Specialty & Locally Owned
Twins & Multiples
Lactation Resources
Babies & Toddlers Resources
Redefining Postpartum Fitness

FARM & FAMILY 65
Visit A Farm This Autumn

FRUGAL FAMILIES 68
Free Family Activities
Budgeting & Financial Planning Assistance
Community Ecology Orgs/Programs
Food Banks, Free Meals, Services for The Unhoused
Surplus Stores & Reconstructed Goods
Thrift Stores
Food Security & Nutrition on a Budget

GRANDPARENTS 75
Questions You Should Ask Your Adult Parents
General Resources

HEALTH 78
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

HEALTHY FOOD RESOURCES 84
Growing Healthy Communities Through Food
CSAs
Farm Trails
Healthy Foods Organizations, Nutrition Info & Support

MUSEUMS & HISTORICAL SITES 89

PARKS & RECREATION 92
Aquatics: Swim Instruction, Pools, Centers & Parks
Bicycling & Local Bike Trails + Bike Trail Map
County Parks Departments
Hiking
Indoor Play Areas
Recreation Departments

PLANET SUPPORT 97
Small Scraps, Big Change
Ecological Reserves
Native Plant Nurseries
Recycling Centers
Surplus Stores & Reconstructed Goods
Solar Panel Companies
Thrift Stores
Student Art Tackles Plastic Pollution

SAFETY 101
Digital Dangers
Abuse Prevention
Babysitting Training Courses
Bike & Board Helmets
Car Seat Safety
COVID Resources
CPR & First Aid Training
Domestic Violence
Traffic & Abuse Prevention
Fire Safety
Product Recall & Awareness Websites
Water Safety
Wildfire Risk - Are You Ready?
What Parents Need to Know About Recycled Rubber Playground Surfaces

SCIENCE & NATURE 107
Geology & Rockhounding
Nature Education
Nature & Wildlife Centers, Organizations & Rescues
Planetariums, Observatories & Astronomy
Science & Technology
Spelunking (Caves)

SINGLE PARENT RESOURCES 110
Help for Low-Income Single Parents and Families
Parenting and Enrichment Classes
Parent and Single Parent Support Groups
Playgroups
Separation & Divorce Support

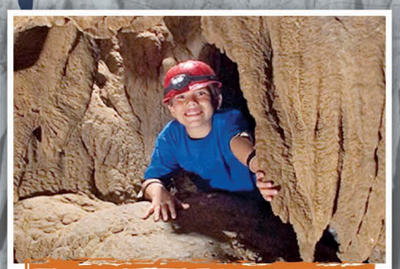
SPECIAL NEEDS 114
The Beauty of Interdependence
General Resources
Diverse Ability Swim Lessons
Equine Assisted Learning & Psychotherapy
Sports
Why Parents of Disabled Kids Always Say "I'm Fine"

SPORTS 120
Stephanie Cox Shares Her Winning Parenting Playbook
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 & Hockey: Ice and Roller
Soccer
Snow Sports
Swim Teams
Tennis
Trampoline
Wrestling
Ziplining
North State Teens Can Stay Physically Active Year Round
Butte County Sports & Education Foundation

YOUTH, TEENS & VOLUNTEERS 128
North State Girl Scout Gold
Scholarship Opportunities
Teen Employment
Volunteer Opportunities for Youth & Teen
Youth & Teen Clubs & Centers
Talking to Teens About Alcohol
College & Career Options

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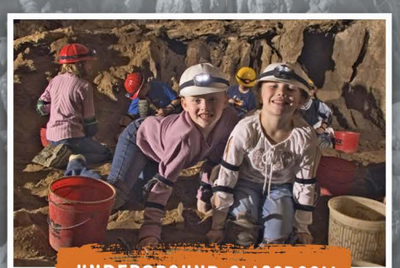
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BUILDING BRIDGES

Listening to Community Voices



By Kalie Brisbon, president and CEO, United Way of Northern California.

This past year, United Way of Northern California (UWNC) initiated Building Bridges, a community listening and engagement project. Its premise is simple: before we can have better conversations across differences, we must listen. Not perform listening. Not confirm what we already believe. Listen.

Building Bridges is a campaign to bring the North State together by focusing on what unites us rather than what divides us. As a foundation of the campaign, UWNC held listening sessions throughout Shasta County, and over 300 people across Shasta County made their voices heard. They gathered in libraries, community centers, churches, and college campuses. Some stayed two hours and some had just a few minutes at a tabling event. All of them said something worth hearing. What we heard was honest. And some of it was hard. **Seven themes emerged clearly across all 29 sessions.**

ONE: PEOPLE ARE TIRED
Not cynical. Tired. Every single session surfaced tension and fatigue. People are worn out from living on edge – from the volume of division, from the effort it takes just to get through the day. To be clear: tired is not the same as giving up. The people who showed up showed up because they still care. But we should not mistake their patience for inexhaustible.

TWO: SAFETY MEANS DIFFERENT THINGS
The word "safety" came up constantly – but it didn't mean the same thing to everyone in the room. For some, safety is about order – reduced crime, maintained public spaces, predictability. For others, safety is about belonging – freedom from harassment, the ability to exist without fear, protection from the very institutions that are supposed to help. Both are real. And any honest effort to address safety in this county must hold both of those realities at the same time, without rushing to resolve the tension.

THREE: FENCES HAVE REPLACED PORCHES
Residents described a community that used to feel like neighbors knew each other – where connection happened naturally, without requiring an event or an agenda. What they see now are fences, both literal and figurative, distrust instead of connection. "We want sidewalks with conversations on them again," said one community member. "Kids on bikes. Elders on porches. Not just passing each other in fear behind windshields."
That's not a policy ask. That's a human one.

FOUR: PEOPLE DON'T TRUST THEIR LEADERS
This wasn't casual political cynicism. It was specific. Residents described watching decisions get made before meetings happen and certain voices getting systematically left out of the room. They are hungry for leadership that listens first and decides second – that shows up not just at ribbon cuttings but at community conversations where the answers haven't already been written.

FIVE: THE COST OF LIVING IS BREAKING PEOPLE APART
Housing is unaffordable. Wages don't match the cost of living. Young people are leaving because they can't see a path to a stable life here. And people who are working two jobs and uncertain about where they'll sleep next month do not have the bandwidth for civic engagement – no matter how much they care. We cannot ask people to build bridges when they are drowning. Civic connection depends on material stability. They are not separate issues.

SIX: YOUNG PEOPLE HAVE ANSWERS – WE SHOULD LISTEN
Going in, we expected to hear adults express concern about youth – disengaged, adrift, hard to reach. And we did hear that. But when young people spoke for themselves, they offered some of the sharpest, clearest observations in the entire project. They named what's broken with a directness that adults tend to soften or avoid.

For example, in one of our recent sessions, we had a small group – 10 middle and high school students – gathered at Reciproka Community Center. Our goal was to introduce curiosity over judgment and what you see. What we watched happen in that room was not what most adults expect when you put a new group of teenagers together to talk about hard things. They asked deep questions. They sat with uncomfortable answers instead of deflecting. And when one young man shared something vulnerable – about the way he's judged by his own classmates for what happens at home – another student quietly reached over and put a hand on his shoulder. That was it. No big speech. No performance. Just a kid telling another kid: I hear you.

These are young people who "per adults" are supposed to be the disengaged ones. The hard-to-reach ones. And in about 40 minutes, they did something a lot of adult rooms never manage to do – they chose curiosity over judgment, and they took care of each other. "When I am down now, I embrace it as an identity," said a youth participant at a YMCA session. "If you think I am bad, why be good?" Our young people are part of the answer we haven't been wise enough to ask for yet.
If we're serious about the future of this county, we don't get to treat youth voices as an afterthought.

SEVEN: WE NEED PLACES TO GATHER AGAIN
People described a deep longing for spaces where they can simply be together – without an agenda, without a political litmus test, without spending money or proving they belong. Libraries. Parks. Coffee shops. Open faith communities. Places where different kinds of people can be in proximity to each other and where connection can happen without being forced. The infrastructure of belonging matters as much as any program we run.

A Word About This Moment

We are in an election season. United Way of Northern California is a nonpartisan organization and we will stay that way. We don't endorse candidates. We don't take sides. But we do take a position on how we talk to each other. As one participant in a community listening session said, "This county does not need another argument. It needs another example."

To anyone running for office, supporting a campaign or showing up in the public square right now – we'd invite you to read the Building Bridges Report, available at norcalunitedway.org/building-bridges. Not as opposition research. Not as a list of issues to win on. As an honest account of what your neighbors are living. The people who came to our sessions weren't asking for a savior. They were asking to be heard. They were asking for leaders who use language that builds rather than burns.

An Invitation

We invite community members to read the report. You'll find yourself in it, or someone you know. Share it with a neighbor. Come to a United Way-hosted session. Watch a Learning Lounge at norcalunitedway.org/building-bridges. Talk to someone whose views differ from yours and listen to what they're worried about.

You don't need a title or a grant or an office to do this. You just need to show up. "Stubborn love." That's what one participant called it – the reason people stay here, even when it's hard. Because it's home. Because the land is beautiful. Because their people are here.

That love is the most powerful resource we have.
To learn more about the Building Bridges Campaign, go to norcalunitedway.org/building-bridges. ■

Canine Companions:
Loving, Life-Changing Partners

By Stacey Leigh Mohr

In 1988, Yreka resident Bethany Elliott had a near-drowning accident which left her with cerebral palsy. To help her with daily tasks, she received a service dog in 2000 through a private trainer. Unfortunately, the service dog only lived five years. In 2013, Bethany was matched with Tamlyn through Canine Companions in Santa Rosa. "She was the best," says Bethany. "Tamlyn was a hard worker. She knew how to tug off my socks! She loved kids. One day I went to get some lab work done. She started drooling and kept wanting me to take her leash and vest off so she could go comfort a kid who was crying."

Tamlyn passed away in 2022 and October 2023, Bethany was matched with Canine Companion dog Gemma. Bethany's service dogs have greatly enriched her life and helped her to be more independent. Gemma now assists Bethany in her work as Children's Program Coordinator at the Siskiyou County Library Yreka Branch. "Having service dogs makes life so much easier," says Bethany.



Canine Companion service dog, Tamlyn, made a profound difference in Bethany Elliot's life, helping her to be more independent and providing much-needed comfort and security. *Photo provided by Bethany Elliot.*

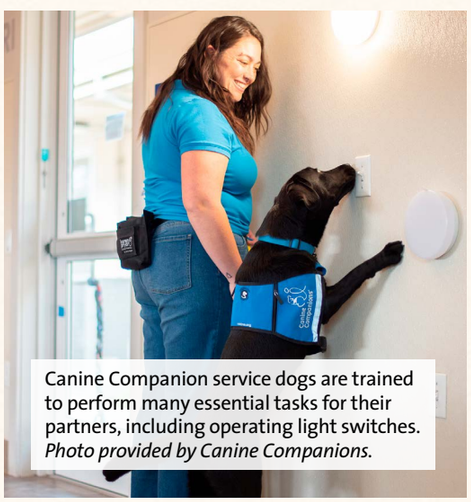
Training Service Dogs

Service dogs are professionally trained to partner with people with disabilities, assisting them with daily tasks and increasing their independence. These dogs make a significant impact on the lives of their partners by performing tasks like pulling wheelchairs, picking up dropped items, pulling off socks and gloves, opening doors, alerting people who are hard of hearing, providing comforting pressure, mitigating symptoms of post-traumatic stress disorder (PTSD) and more.

Canine Companions is the premier service dog training organization in the U.S. Founded in Santa Rosa, California in 1975 by Jean and Charles Schulz (of Peanuts comics fame), the headquarters of this national organization is housed on the extensive, beautiful Jean and Charles Schulz Campus on Dutton Ave, and is the largest provider of service dogs in the U.S., serving all 50 states with training centers throughout the country. Recipients of Canine Companion service dogs travel to a training center nearest them to stay on-site for two weeks while they are matched with a dog and learn to work with it. "We want to be sure that everyone gets the perfect match," says Michelle Williams, senior manager of public relations and marketing at the Canine Companion headquarters in Santa Rosa. Clients are housed in completely accessible private rooms with beds for family members who may accompany them. Clients and their families make their own meals in the completely accessible kitchen.



Bethany's current Canine Companion service dog, Gemma, assists Bethany in her job as Children's Program Coordinator at the Siskiyou County Library Yreka Branch. *Photo provided by Bethany Elliot.*



Canine Companion service dogs are trained to perform many essential tasks for their partners, including operating light switches. *Photo provided by Canine Companions.*

Dogs learn the special needs of their partner and any special commands that their partner might need. "Most of our dogs (Labrador Retrievers, Golden Retrievers and crosses of these two breeds) come from Canine Companions selective breeding program and are bred for their docile, calm nature, intelligence and ability to learn quickly," says Michelle.

Recipients pay for their transportation to the training facility and food during their stay. But accommodation for recipients and their accompanying family members, the canine companion and all training is free of charge. Support comes from generous donors, both large and small, and volunteers.

Volunteers are the Heart of the Canine Companion Program

"It starts with our volunteer breeder/caretakers, mostly situated in Northern California," says Michelle. "They take our pregnant female dogs into their homes and care for them, whelp the puppies and raise them until they are ready to be weaned at about eight weeks."

Other volunteers then take the puppies into their homes to socialize them and do some basic training until the pups are a year and a half old, when they are returned to the campus to receive further training by professional certified service dog trainers who teach them 40-plus commands.

The Canine Gift of Comfort and Love

These loving and devoted dogs provide an even more important service to their partners. They lay across their partner's lap or body, providing soothing tactile stimulation with pressure. A great example of this essential service is Canine Companion Kalvin, who provides deep pressure therapy to his young partner, Evan, who has cerebral palsy, autism and severe anxiety. "They sleep back-to-back, so Evan gets that pressure he needs to fall asleep and stay asleep," Evan's mother Amanda says. "Kalvin is a safe constant that helps Evan build self-confidence.

" I love seeing the dogs reach their potential," says Shannon Paidas, apprentice Canine Companion instructor. "Seeing how the dog impacts a person's life is better than watching a Hallmark movie. Being a part of this is such an honor. Every time you make a match, you see the magic in all the beautiful things that happen: the dog being happy working and the person so grateful for the dog." ■

SEPTEMBER IS NATIONAL SERVICE DOG MONTH. IF YOU WOULD LIKE TO HELP MAKE AVAILABLE A MUCH-NEEDED SERVICE DOG THAT COULD PROVIDE INVALUABLE ASSISTANCE AND COMFORT TO SOMEONE FACING PHYSICAL AND EMOTIONAL CHALLENGES, GO TO CANINE.ORG/DONATE-NOW.

- Animal Shelters, Rescues & 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-F 12-4pm. 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. Wagsandwhiskerspetrescue.com. info@wwprca.com. (530)895-8888.
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, Beasts of the Backyard and 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.
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 expenses to rehabilitate rescued cats. Please consider donating to help the homeless cats and contribute to solving the abandoned 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 other 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.com. maagicmtnherd@gmail.com. (530)925-6752.

OTHER AREAS

Great Cats World Park; Cave Junction, OR. Exciting, interactive and 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. info@SanctuaryOne.org. (541)899-8627.



Clyde, one of the steady, patient equine therapy partners at Major's Place, brings joy just by being there for a hug.
Photo provided by Major's Place

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. redwoodzoo.org. 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 those with 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. (209)256-9640.
Major's Place; McCloud. Nonprofit organization offers equine-assisted therapy to help individuals heal from many types of emotional challenges. Ground-based program supports children, adults, veterans, first responders and families. Offers EAGALA-certified Equine Therapy, Horse Powered Reading®, provides team building and wellness experiences for groups. majorsplace.org. 30022 Willow Creek Road. welcome@majorsplace.org. (530)853-1028.
Serene Ranch; Cottonwood. Nonprofit Certified in Equine-Assisted Learning. Therapy for trauma, anxiety, PTSD and other emotional challenges. Supports children, adults, veterans, those with special needs and first responders. Team building and wellness experiences, group and individual lessons, summer camps, trail rides, family sessions, support groups (including women's, trauma and sobriety groups) and fun with horses. A decade of experience. Horses are all rescues. Everyone gets to ride. Safety and fun come first. Facebook.com/Serene-Ranch-100049022756839. 3871 Rancho Estates Rd. sereneranchnorcal@gmail.com. (530)440-1808.
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.org. 16700 Isaac Drive. triplecrkranch@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)552-5812.
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.

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. Our fully-equipped stables include ranch string horses, barn and tack rooms, outdoor arena, round pen and miles of horse trails. Ride ranch string horses at no cost to members or board your own horse. Riding lessons, horse camp, Gymkhanas and more. Ranch is open exclusively for subscribed owners and sponsored guests. Enjoy lodges, 2 campgrounds, shooting facility, off-road trails, swimming pool, hiking, hunting, fishing, and the stables.r-ranchca.com. 225 Ditch Creek Road. (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.
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. reddingpettown2@gmail.com. (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; 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 dogs time to heal and find new loving homes. Foster homes and supplies are always needed. facebook.com/p/Goliath-Mountain-Rescue-100064531968651. 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/animal control. 550 S Foothill Dr. (530)841-4028.
Siskiyou Humane Society; Mount Shasta. Improving 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, licensing, microchipping, pet food, volunteers needed. 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.





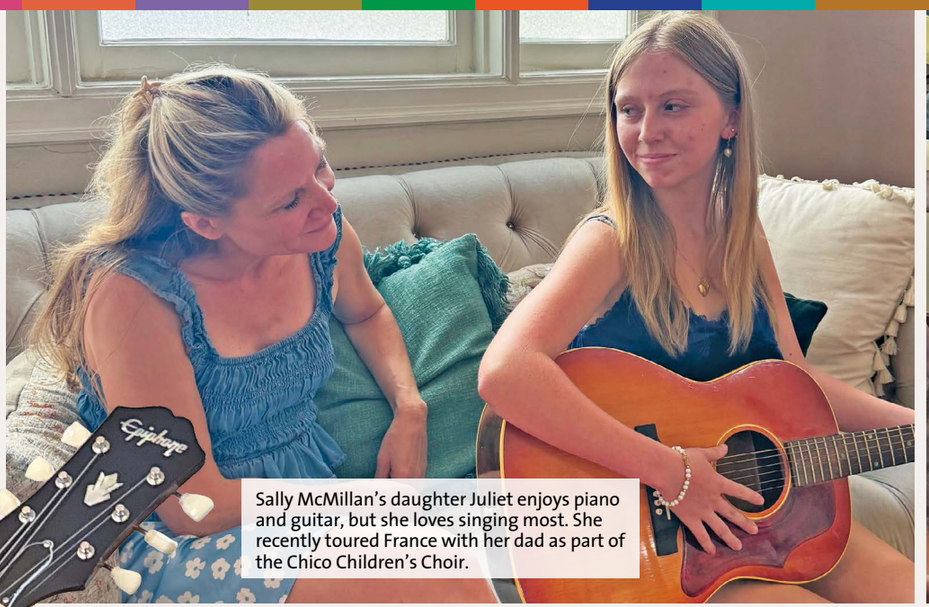
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Serving the North State since 1898, our family-owned-business is proud to be your one-stop shop for pet, farm, and garden supplies. From premium pet foods to garden essentials and livestock feed, we carry everything your family and animals need.
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Sally MacMillan's spouse Bruce is most comfortable behind the scenes, helping people find their dream instrument.
Photos by Kate Hiller

The Music Connection
Two locations to serve you:
Chico: 341 W. 3rd St.• 530.898.0110
Redding: 3086 Bechelli Ln. • 530.223.2040
MusicConnectionChico.com



Sally McMillan's daughter Juliet enjoys piano and guitar, but she loves singing most. She recently toured France with her dad as part of the Chico Children's Choir.

Growing Throug

The Lasting Benefits of

When my family moved to Chico in 2022, one of the first places we discovered was The Music Connection. What began as piano lessons gradually became an important part of our lives. Over the past few years, it has become a home away from home – a place where we're greeted with familiar faces and people who genuinely care about fostering a welcoming community where music is at the heart of everything they do.

A Place Where Music Feels Like Home

The Music Connection is a local music center where people of all ages can learn, explore and enjoy music. More than a place to buy instruments or take lessons, it nurtures people through a shared love of music – a place where passion is encouraged and appreciation for music is passed from one generation to the next.

True to its "Ridiculously Local" slogan, The Music Connection has cultivated a thriving music culture with locations in Chico and Redding, creating spaces where musicians of all ages can connect through music.

One of The Music Connection employees who embodies that spirit is **Sunny Herrera**. His enthusiasm for music – and for the people discovering it – is contagious. He loves helping children choose their very first instrument and says one of the most rewarding parts of his job is watching young musicians flourish throughout their musical journey. During quieter moments, you might even hear him pick up a guitar and sing, creating an atmosphere that reminds you that music isn't simply what they do – it's part of who they are.

More Than a Music Store

As a full-service music store, The Music Connection offers instruments, accessories, sheet music, books, professional instruction, repairs and instrument rentals. Rentals make it easy for families to try a new instrument without a large up-front investment. If a child discovers it isn't the right fit, families can simply return it and explore something else. We recently took advantage of the rental program when my son decided to learn the violin. Renting also allowed us to exchange instruments as he grew rather than purchasing new sizes along the way.

When Music Becomes a Lifeline

Our appreciation for The Music Connection grew even deeper after the 2024 Park Fire. Like many families, we found ourselves living in temporary housing without room for a piano. The Music Connection generously opened their doors and allowed my son to practice on their pianos when they weren't being used for lessons. That simple act meant far more than providing a piano.



Of all her duties at The Music Connection, Sally MacMillan still finds the greatest joy watching her girls practice. Her daughter, Mary, is pictured here with Sally and teacher Justin, who is originally from Australia and has taught piano for twenty years.

h Music:

Learning an Instrument

By Julia Plotkina

The months following the fire brought enormous changes to our lives. Music became one of the few constants. While my son wasn't interested in traditional therapy, he returned to the piano day after day. It became a place where he could process emotions without words, focus his mind and experience moments of peace and joy during an otherwise difficult season. Watching him reminded me that music has a unique ability to comfort, heal and restore in ways that are often difficult to explain.

Lessons That Last a Lifetime

Research shows that learning an instrument offers benefits far beyond musical ability. It strengthens attention, memory, creativity, coordination, executive functioning and emotional regulation while teaching children how to work through challenges, one practice session at a time.

The Music Connection owner **Sally MacMillan** has spent years watching young musicians develop and she's seen those benefits firsthand. "Music is so creative that it fills the gaps we didn't even know our children had." She adds,

> **"For one child, it provides discipline and structure. For another, it offers calm, self-expression and a place to relax. It meets children where they are."**

Most parents enroll their children in music lessons simply to give them the opportunity to explore a new interest, discover a hobby they might love or experience the joy of making music. Those are wonderful reasons to begin. Drawing on both her experience as a music educator and as a mother raising three children, Sally says, "I'm not trying to raise great musicians. I'm trying to raise good humans and music plays a very important part in that."

Yet perhaps the greatest gift isn't the ability to play an instrument. It's the person a child becomes along the way. In a world filled with instant gratification, music teaches that meaningful growth takes time. Through each lesson and every practice session, children develop patience, perseverance, discipline, confidence, resilience and the understanding that mastery comes through consistent effort. Along the way, they also discover creativity, self-expression, healing, joy and people with whom they can share it. Whether a child plays for one year or a lifetime, the lessons they learn often extend far beyond the music itself. ■





- 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. Chicoca.gov/Your-Government/Commissions/Arts-Commission.html. 411 Main St., 3rd Floor. (530)896-7251.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; Mount 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. Classes in 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
The Art Barn at Chico Creek Dance and Arts Center; Kids explore a variety of art materials and techniques while learning to express their own ideas. Students experiment with different mediums such as drawing, painting, collage, art history and more. Through guided projects and open-ended creativity, children build confidence, develop fine motor skills and learn basic art concepts like color, shape, texture and composition. chicocreekdance.com/art-barn-classes. 1144 W 1st Street. (530)829-1832
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.
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. bellaartworks.net. bellaartworks@hotmail.com. (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.

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. Judy Christophersen empowers children and adults to build confidence using their sewing machines. She specializes in guiding beginners through complex sewing techniques in a calm, supportive environment, helping students develop the dynamic, lifelong skill of sewing. In addition to summer sewing camps, she offers after school sewing lessons and Saturday sewing for adults. facebook.com/SewClassyChico/. SewClassy@sbcglobal.net. (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/academic-programs/coi-bcad/dept-performing-arts. 3536 Butte Campus Dr. (530)893-7444. (530)ARTS-230.
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.
Inspire School of Arts and Sciences; Chico. Tuition-free public high school known for their innovative block schedule, wide range of elective coursework, including dance, 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. Students are challenged to aim for excellence, while their small-school environment, advisory program and staff of master teachers provide the support needed to get them there. Request a tour at Inspirechico.org. 1050 Fremont Street. (530)891-3090.
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 participation skills. littleredhen.org/pages/lifespan-center. 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.
Redding School of The Arts; K-12 free public charter school. Where education and the arts connect. Emphasizes creativity, fosters strong relationships. Students gain a foundation of confidence, resourcefulness and adaptability to navigate a successful future. Academic rigor, diverse visual and performing arts opportunities and character education. Music, instrumental, vocal, dance, music, drama, theater production. Rsarts.org. 955 Inspiration Place. (530)247-6933.

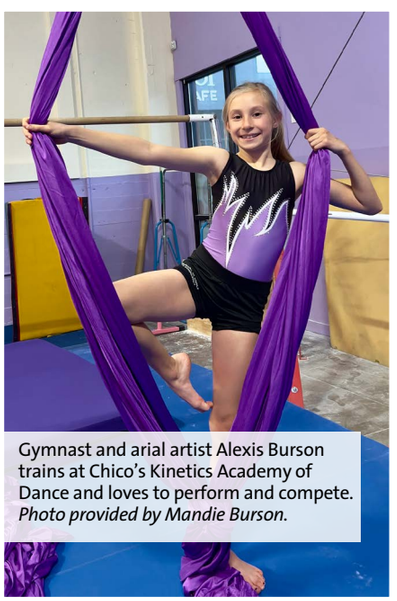




Scenes from "A Very Chico Nutcracker," Chico Community Ballet tradionally hosts a yearly spectacular event held each winter. This year's January performance is The Land Of Oz
Photo provided by Chico Community Ballet.







Gymnast and arial artist Alexis Burson trains at Chico's Kinetics Academy of Dance and loves to perform and compete.
Photo provided by Mandie Burson.

The Redding Arts Project - School of Theatre and Dance (RAP); The RAP has inspired generations of performers throughout the North State for over 30 years, offering classes in ballet, tap, jazz, contemporary, modern, folk dance, and musical theatre for students of all ages and levels. As the official training school of Redding Ballet Theatre, RAP has proudly produced Redding's annual The Nutcracker for 30 years, directed by Diana Christensen and presented with the Shasta Symphony Orchestra at the Shasta College Performing Arts Center. In partnership with Redding Theatre Company, RAP's Summer Theatre Academy brings exciting musicals to the stage, providing students with exceptional performance opportunities. Join our vibrant arts community and learn from a dedicated faculty committed to inspiring creativity, confidence, and excellence. Visit TheReddingArtsProject.com for schedules, auditions, and upcoming performances.

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.

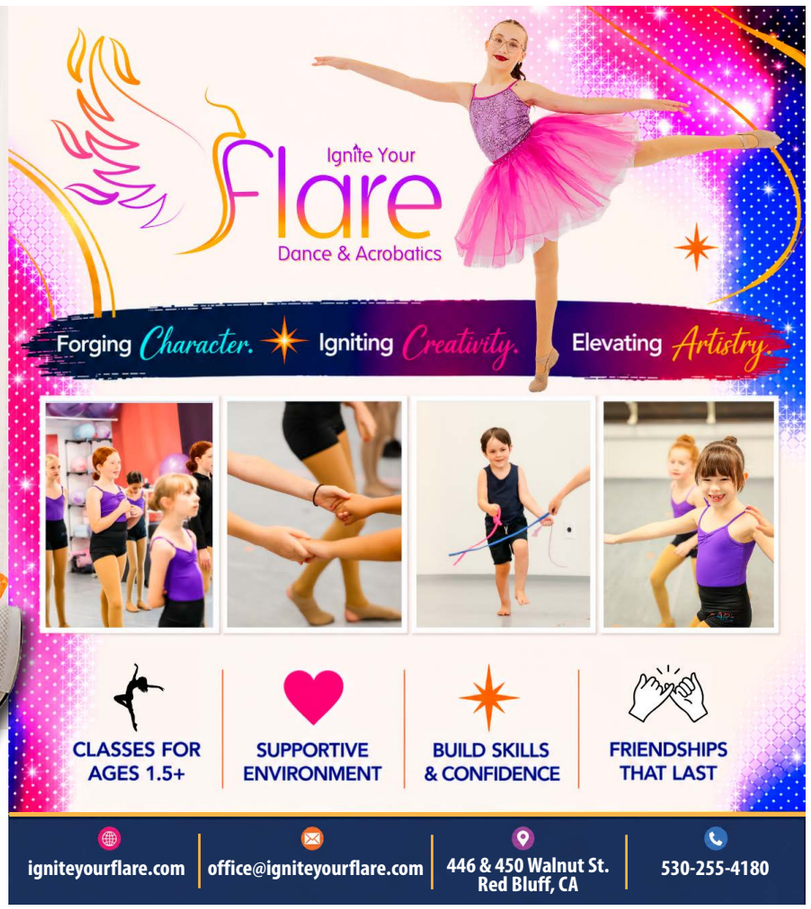
SHASTA COUNTY

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 and Aerobics instructors encourage children of all ages who love to dance to reach their highest potential, experience the joy of dance and have fun!

Photos provided by Ignite Your Flare Dance and Aerobics



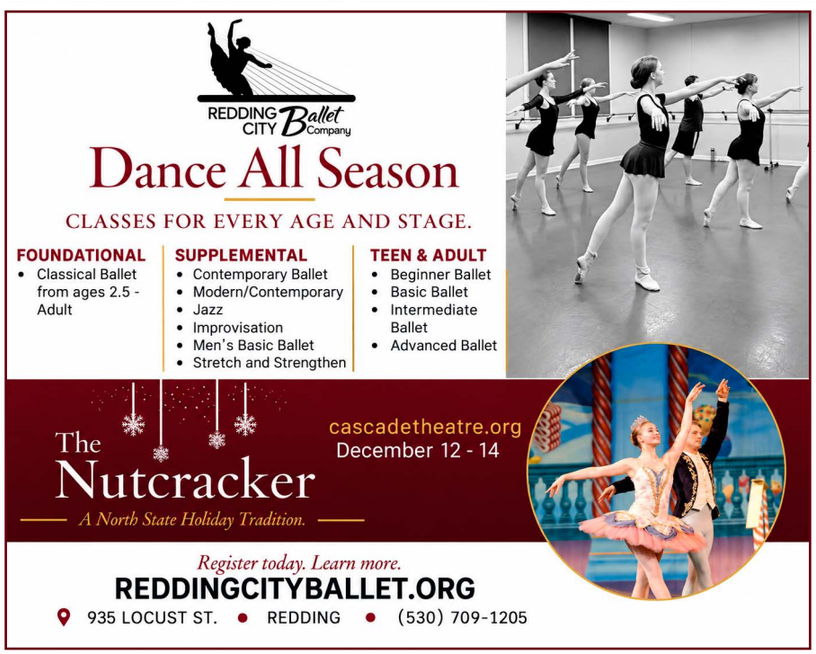












Dance & Musical Theatre Directory
for Northern California



The Redding Arts Project offers quality training in ballet, jazz, contemporary, modern, tap and theatre arts. *Photos provided by The Redding Arts Project.*

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.

Inspire School of Arts and Sciences; Chico. Tuition-free public high school known for their innovative block schedule, wide range of elective coursework, including dance, 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. Students are challenged to aim for excellence, while their small-school environment, advisory program and staff of master teachers provide the support needed to get them there. Request a tour at Inspirechico.org. 1050 Fremont Street. (530)891-3090.

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.

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.

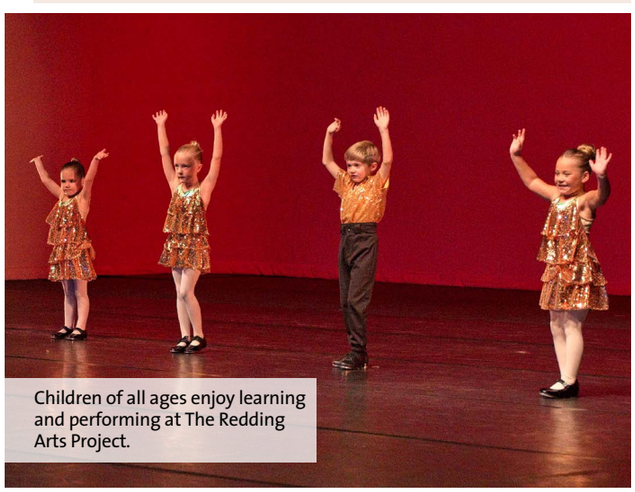
Mt. Shasta Dance; McCloud & Mount Shasta. Learn the smooth & Latin dances and how to lead or follow in a fun, supportive environment. All levels can develop techniques for stronger skills. Solo dancers are welcome. Regular dance events in McCloud & Mount Shasta. All ages. Mtshastadance.com. (530)853-4147 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. Forging character, igniting creativity & elevating artistry through acro, ballet, jazz, hip-hop, tap, lyrical, musical theatre, and parent & child bonding classes. Local & traveling teams. Birthdays, camps & intensives. Ages 1.5 (walking)–adult. Grow their spark into a passion. Enroll today! 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, pre-dance, voice and theater classes. Jubileepac.square.site. 1325 Schwab Street. (530)366-4786.



Children of all ages enjoy learning and performing at The Redding Arts Project.

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.

Redding School of The Arts; K-12 free public charter school. Where education and the arts connect. Emphasizes creativity, fosters strong relationships. Students gain a foundation of confidence, resourcefulness and adaptability to navigate a successful future. Academic rigor, diverse visual and performing arts opportunities and character education. Music, instrumental, vocal, dance, music, drama, theater production. Rsarts.org. 955 Inspiration Place. (530)247-6933.

The Redding Arts Project - School of Theatre and Dance (RAP). The RAP has inspired generations of performers throughout the North State for over 30 years, offering classes in ballet, tap, jazz, contemporary, modern, folk dance, and musical theatre for students of all ages and levels. As the official training school of Redding Ballet Theatre, RAP has proudly produced Redding's annual The Nutcracker for 30 years, directed by Diana Christensen and presented with the Shasta Symphony Orchestra at the Shasta College Performing Arts Center. In partnership with Redding Theatre Company, RAP's Summer Theatre Academy brings exciting musicals to the stage, providing students with exceptional performance opportunities. Join our vibrant arts community and learn from a dedicated faculty committed to inspiring creativity, confidence, and excellence. Visit TheReddingArtsProject.com for schedules, auditions, and upcoming performances.



Creating BIRTHDAY MAGIC Without the Pressure

By Shannon Dean

Planning your child's birthday can be exhausting. Pinterest boards, picture-perfect parties and birthday themes are everywhere you look. It's easy to feel like every year must be bigger, brighter, more expensive than the last. You want your child to feel special. You want them to feel joy. But you also want to enjoy the day instead of stressing over details or spending a fortune.

Here's the truth: Kids rarely remember the bounce houses or the fancy decorations. What sticks are the moments full of warmth, attention and love.

Think back to your own birthdays. Maybe what you remember is the smell of cake baking in the kitchen, waking up to a day that felt entirely yours or the way your family crowded around to make you feel important. Those little things linger. They're the ones we carry with us. When we stop thinking that "special" means "expensive," birthdays can be simpler, easier and a lot more joyful. They become a celebration of your child, not a production, checklist or performance.

EXPERIENCE-FOCUSED BIRTHDAYS AND THE "YES DAY"

More families are choosing experiences over big parties. One popular idea is the "Yes Day." And yes, it can feel like a gift for parents, too. A Yes Day is simple. For one day, your child calls the shots within reason. They might decide what to eat, what to do, or how to spend the afternoon. Usually, the day includes just family or a couple of close friends, resulting in a calm, meaningful and enjoyable experience.

The beauty is in the togetherness. Your child feels heard, you spend money on memories instead of favors or rentals, and everyone walks away happy. Additional ideas include a night at a hotel with a pool, a weekend camping trip, a day at an amusement park or even a staycation exploring museums or trails nearby. The point isn't the location. It's picking something your child truly loves.

SIMPLE, STRESS-FREE PARTIES AT HOME

If your child wants a friend party, it doesn't have to be elaborate. Most kids just want to play, laugh, eat cake and feel special. That's it. A few balloons, some streamers, a homemade cake and you're done. One backyard idea that always works: a pizza-making party, finished off with ice cream. It's easy, joyful and imperfect in all the right ways.

You don't need a hired entertainer either. Classic games, a craft table or a small water play setup can be enough. Kids notice energy more than perfection. If the vibe is fun, relaxed and safe, they're happy.

Many parents are also moving away from goody bags stuffed with plastic. A cookie, a small pencil, a packet of seeds or something edible often feels more thoughtful and lasts longer.

GIFTS THAT ACTUALLY WORK

Birthday gifts can be stressful because too many presents can overwhelm a child and fill your home with clutter. Some families stick to fewer, more meaningful gifts. Experiences, classes, museum passes or tickets often make a bigger impact than a pile of toys. Others give gifts that encourage creativity or togetherness. Think art supplies, board games or projects you can do together.

The "one special gift" idea is growing, too. Letting a child pick one thing they truly want can calm the day and make it feel intentional instead of overwhelming.

MEANINGFUL GATHERINGS WITH PURPOSE

If your family loves hosting but also wants birthdays to reflect values, add in a little giving. It doesn't need to be complicated. Donate toys your child has outgrown. Help pack items for a local charity. Plant a small tree or flowers together. Small acts like this teach gratitude and sharing and kids often remember them more than a balloon arch.

Some families also use birthdays to declutter. Let your child pick a few things to donate, making room for the new year ahead. Sustainability can sneak in, too. Reusable decorations, plantable favors or homemade treats can make the day feel meaningful without waste.

THE MAGIC IS IN THE PERSONAL TOUCHES

At the end of the day, what makes a birthday special is your child. Little personal rituals mean more than a theme ever could. Decorate their bedroom door overnight. Make their favorite breakfast. Take turns sharing what you love about them. Let them make small choices, like picking the movie for family night, deciding what to eat or being "in charge" for part of the day. These moments say, "You matter and I know you very well."

Some families keep a birthday memory book, adding a photo or a note each year. Over time, it becomes a treasure chest of growth, change and love.

A child's birthday isn't a performance. It's a celebration of their place in your family and in the world. Loud, expensive and polished? Not required. Time, attention and love are what stick. That's the magic kids carry with them long after the cake is gone and the candles are blown out. ■

A BIRTHDAY RESET: QUESTIONS TO ASK WHEN PLANNING

Before you book, bake or buy, take a moment to check in. These questions are about choosing what fits your child and your family right now.

What does my child need most at this age?
Some years are about excitement and energy. Others are about reassurance and belonging. A shy six-year-old may want one best friend and a familiar space. A confident ten-year-old might crave adventure. Let their developmental needs guide you.

Does my child feel most loved through people or experiences?
Some children light up when surrounded by friends and family. Others feel most comfortable during shared activities or one-on-one time. Planning around how your child connects helps the celebration feel natural rather than overwhelming.

Am I planning this for my child or for expectations around me?
It is easy to absorb unspoken pressure from social media, family traditions or school culture. Make choices that feel authentic instead of performative.

Will this plan allow me to be present?
A celebration that leaves you stressed costs more than it gives. If a simpler plan means you can laugh, listen and enjoy your child, that presence becomes part of the gift.

What would make this day feel warm when we look back on it?
Years from now, what moment do you hope stands out? Planning with memory in mind often leads to meaningful simplicity.

A Check-In for the Day itself

Once the day arrives, let go of the idea that everything has to be perfect. Ask yourself:

Is my child feeling seen right now? Do I need to slow down the moment? What is one thing I can do to make this feel special right now?

It might be as small as lighting candles early, playing a favorite song or sitting together quietly. These are the moments children carry with them.



Justin and Jenny Jones, of Red Bluff, with their kids Ellee, 12; and Derek, 10, love to celebrate together, whether it's at a local pizza place or on a special trip. *Photo provided by Jenny Jones.*

BIRTHDAY DESTINATIONS

ANDERSON

Anderson River Park 2800 Rupert Road ci.anderson.ca.us/departments/parks.php (530)378-6656	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 cowgirls. Visit and feed our sweet farm animals.
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 parks.ca.gov/?page_id=455 (530) 335-2777	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 great time enjoying a variety of energetic activities facilitated by a trained gymnastics instructor. Obstacle course, trampolines, music, tables and chairs provided. Parties available Saturdays & Sundays.
Azad's Martial Arts 313 Walnut St #150 azadsmartialarts.com (530)892-2923 (530)892-AZAD (2923) (530)896-0777.	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 lives! Three epic party levels for you to choose from packed with high-energy martial arts fun! Our parties sell out fast – call now and lock in your date before it's gone!
Beyond Golf 3400 Esplanade, Chico beyondgolfchico.com 509-860-3938	Birthday parties for all ages, we offer more than just a round of golf. • Snag Blow Up Course • Decorations • Mini Range with launch monitors • Fling Golf • Food Truck Catering • Rental clubs available Packages tailored to you!
Bill's Wondershow billswonder.com (530)533-1290	If you're looking for entertainment that's **F**amily Friendly, **U**nbelievable, and **N**ot-to-be-forgotten, make Bill appear at your next party! There are three packages for you to choose from. Each package makes the "magic" happen right in your home!
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	A fairy tale-themed playground for kids of all ages. Pirate ship playground, Humpty Dumpty sandbox. Two fairy rings can be reserved free of charge in three-hour increments for parties; two hours for the party, a half-hour for set up and a half-hour for cleanup. No bounce houses allowed. Call to make reservations.
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 experience how much fun art can be with their friends. Learn the basics of drawing or painting in a fun, supportive environment. Parties consist of a two-hour lesson for parties up to eight. Party themes can be incorporated.

BIRTHDAY LOCATION IDEAS

Chico Cheer 13306 Cabin Hollow Ct. ChicoCheerAllStars.com (530)894-2227	Celebrate your athlete's big day at Chico Cheer All Stars with a private, action-packed party designed just for them! Includs exclusive use of our facility with plenty of room for kids to run, tumble, jump, play and have fun. Our staff helps make the party special while taking the stress off parents. Party options can include cheerleading, tumbling, games, obstacle courses, music, open gym time and customized activities based on your birthday kid. Fun for cheerleaders and non-cheerleaders!
Chico Children's Museum 325 Main St chicochildrensmuseum.org (530)809-1492	Enjoy 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 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 Creatives 305 Wall St., Chico Chico-Creative.com (530)213-3713	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 Racquet Club 629 Manzanita Avenue chicoracquetclub.com/ party-rentals kevincrc@att.net (530)895-1881	Check out Chico's most affordable and best kept secret for private parties. Your guests can enjoy the ultimate Country Club experience. Set up and decorate in our 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 hot tub, try Bocce Ball, play Beach Volleyball, tennis & pickleball on our beautiful courts. Reserve today!
Design & Shine Studio Chico designandshinestudio chico@gmail.com @designandshine studiochico	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. Kids leave with a wearable keepsake they designed themselves!
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.
Kiddos Playplace 2560 Notre Dame Blvd. kiddosplayplace.com (530)487-4663	Celebrate stress-free while the kids have a blast in our indoor mega playground and arcade! Your dedicated party specialist handles setup, cleanup and every detail. Packages include 2 hours in a private party room plus all-day play, with easy food and arcade add-ons. Includes a special gift for the birthday kiddo!
Kinetics Academy of Dance 627 Broadway St #100 Chico kineticsacademyof dance.com (530)345-2505	Sit back, relax and enjoy watching your special one celebrate with friends. Two-hour party includes a hostess, a take-home craft and guided activities. Choose from princess, fairy, Fancy Nancy and hip-hop themes. Gymnastics parties include a short lesson, space for food and cake with tableware provided and some free play time.
Party on Wheels partyonwheels chico.com	A 15-passenger tour bike, pedaling down the Chico streets, equipped with a local, knowledgeable, energetic host to captain the event. Individual seats available for our events or the entire bike for an exclusive party. Customized stops could include candy and ice cream stops.
Rare Air Trampoline Park 1090 E 20th St, Chico 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 cours, and battle beam. Includes party room, supplies, drinks, setup and cleanup. Bring your own cake and choose extras like pizza, extra jump time, tokens and party favor goodie bags.
Terrain Park Climbing Center, Chico 931 W 5th Street terrainparkclimbing center.com (530)809-0796	Party package includes 2 hours in a reserved party room, access to our giant indoor play structure, all the necessary rental gear for our climbing walls, access to upstairs game lounge, and a wonderful staff member to make sure you have the best party ever! 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

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.

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, door hangers, tumblers, etc. Something different for a girls' night out, birthday party, school or work event.

RED BLUFF

Athletics Unlimited
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, crafts, a dance lesson and more. It's a great opportunity to create a special customized event.

Luna's Party Supplies
225 Walnut Street
(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
cityofredding.gov/_T64_R19.php
(530)224-6100

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.

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

Country Bowl
2615 Bechelli Lane
countrybowl.com
(530)223-1080

Keep the fun rolling and host your next birthday with us! Our bowling alley is the perfect venue for good fun and memories for everyone. We offer party packages that include unlimited bowling, food and drinks. Strike up a conversation!

Fantasy Fountain
Enterprise Community Park,
4300 Victor Avenue
cityofredding.gov/government/departments/parks_and_recreation/fantasy_fountain.php
(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.

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!

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.

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 goodie bags.

Redding Aqua Golf
2275 Park Marina Dr.
reddingaquagolf.com
(530)244-4653

Driving range along the Sacramento River. Reserve a bay for $15 to be sure you have a spot. Balls/clubs are not included in the reservation fee. Snacks and beverages available for purchase.

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

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.

When Pie Meets Bread
1768 Churn Creek Rd,
Redding
whenpiemeetsbread
bakery.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 offers 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 boutique. Your party will be remembered as something very special!

MOUNT SHASTA - WINTER ONLY

Mt. Shasta 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.









CHICO STATE'S CROSS-CULTURAL LEADERSHIP CENTER

SERVES THE BEAUTY & DIVERSITY OF CALIFORNIA'S POPULATION

By Clayton Truscott,
Communications Director, CSU Chico



Chico State Public Health major Paulina Rivas paints during the CCLC's Wildcat Experience: Womxn's Edition, a Womxn's History Month celebration featuring creative activities designed to bring students together and build community.

Research has shown time and again that college students with strong networks of friends, family, mentors and teachers are more likely to stay engaged, persist and graduate.

For nearly two decades, Chico State's Cross-Cultural Leadership Center (CCLC) has helped students – including those who are first-generation college students or new to Chico – build those connections on campus. Founded in 2007, the CCLC brings students together through mentorship, leadership development and cultural learning, creating a place where students from all backgrounds can find community and feel supported.

CCLC's Affinity Centers

The center's work expanded in fall 2024 with the opening of three cultural affinity centers: the Black Resource Center, El Centro Resource Center, and Asian Pacific Islander and Desi American (APIDA) Resource Center.

Each offers mentoring, advising, academic support, professional development and leadership opportunities, while giving students space to connect through shared experiences. And while the centers are designed to support particular student communities, their doors are open to all Chico State students.

Building Belonging on Campus

For CCLC Director Dawn Frank, a Chico State alumna, the centers are also part of the University's responsibility to reflect and serve California. "California's diversity is one of its greatest strengths, and CSU, Chico has a responsibility to reflect and serve the communities that make up our state and North State region," she says, noting the identity-specific cultural centers honor the rich histories and contributions of these communities throughout the North State. "They create spaces for belonging, mentorship, cultural connection, and student success while affirming that every student's identity and lived experience has a valued place at Chico State."

During the past year, the centers have brought the campus and wider community together for celebrations including Lunar New Year, Hmong New Year, Holi, Latinx Heritage Month and Black History Month, as well as programs such as the Diversity Summit retreat.

Beyond the affinity centers, the CCLC offers cultural heritage celebrations, leadership programs, and Shades of Nature, which brings students together to explore outdoor destinations around Butte County.

Underlying it all is the strong belief that students are more likely to thrive when they feel connected to their university and anchored by a network of support.

This mindset has guided the CCLC since long before the affinity centers opened. Years ago, former CCLC staff member Krystle Tonga described hearing from students who sometimes found themselves as the only student of color in a classroom. At the CCLC, their response was different: "This is my space, this is my piece of Chico State."

The three affinity centers are still growing, and Frank describes them as being in an "infant phase," with room to evolve as Chico State learns more about how best to meet students' needs.

North State families can experience some of that community for themselves. While most affinity center programs and services are geared toward Chico State students and the campus community, select cultural events welcome the public.

For more information, you can reach the Cross-Cultural Leadership Center at (530)898-4101 or email cclc@csuchico.edu. ■



Dancers perform at CCLC's Affinity Center APIDA Resource Center's annual Asian Night Market on campus, which features local food vendors, student groups, cultural performances and community tabling. *Photos provided by Chico State Cross Cultural Leadership Center.*



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.

Immigration Support Services. Serving communities throughout the North State, with offices in Redding, Oroville, Corning, Chico and Gridley. Accredited staff assist with naturalization and citizenship applications, family-based petitions, green card and DACA renewals, employment authorization applications, individual consultations, legal referrals, translations and educational workshops. Bilingual services are available in English and Spanish and offered on a sliding-fee scale, with eligibility determined through an initial assessment. Northern Valley Catholic Social Service. nvcss.org/immigration. (530)824-4039.

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. Learn about Shasta Indian Community, culture and tribal council at hlandscapepartnership.org/networks/organizations/shasta-indian-nation. 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 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, lists 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; African American Family & Cultural Center; Oroville. Empowering African American families and communities by reclaiming, restoring and revitalizing our cultural heritage, values and identity. Convene, connect and celebrate the essence of our community, to bring about healing and create prosperous, vibrant lives. Classes and programs for youth & adults, community garden, support groups and more. Learn 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. Facebook.com/AmmaCulture.org. 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. (530)342-5746.

Chico State Cross Cultural Center; Chico. Creating an environment in which all students, regardless of their race, sex, color, ethnicity, national origin, or differences, feel respected, connected, and affirmed. Through leadership development, cultural awareness, community education, and the creation of a constructive social change, we aspire to foster community engagement. Meriam Library, Room 172 (CSU Chico). culturalcenters@csuchico.edu. (530)898-4101.

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.



Comfortable clothing, complimentary jewelry, arts & crafts from around the world and unique gifts can be found at **African Connections and Cultural Crossroads**. *Photo by Kate Hiller.*

First 5 Family Center at Esperanza House; Gridley. Free, welcoming multicultural center for families, caregivers and others who play an important role in a young child's life. Programs include support for expecting parents, playgroups, dual-language reading groups and activities that encourage child development, cultural appreciation, connection and belonging. Services are provided by Northern Valley Catholic Social Service. 630 Washington Street. (530)230-3577.

Hispanic Resource Council of Northern California; Chico. Provides 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, 9am-9pm. hmongculturalcenter.net. 1704 Oroville Dam Blvd W. (530)534-7474.

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.

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 their history, culture, news and events. This website also has tribal government info and links to tribal resources. mechoopda-nsn.gov. 1920 Alcott Ave. (530)899-8922.

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.

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. Leading the development of our people within our traditional homelands. Our Tribe's strength lies in honoring our elders and ancestors, building healthy families and promoting self-reliance in our members. We invest in your youth and adults, knowing that they will create the future. 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.
SCCAR: Shasta County Citizens Advocating for Respect. Nonprofit organization devoted to social justice and civil rights through education and advocacy. They work toward social justice and equity on multiple fronts, including cultural exposure and education in the classroom, private assistance with incidents of discrimination, sensitivity training, conflict resolution education, rights-awareness, and more. sccar.net. facebook.com/SCCAR1988. P.O. Box 990586 Redding, CA 96099-0586.
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. facebook.com/Scbelovedcommunity. (530)524-7504.
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.
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. ShalomTbi@gmail.com. 530)243-5726.
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.



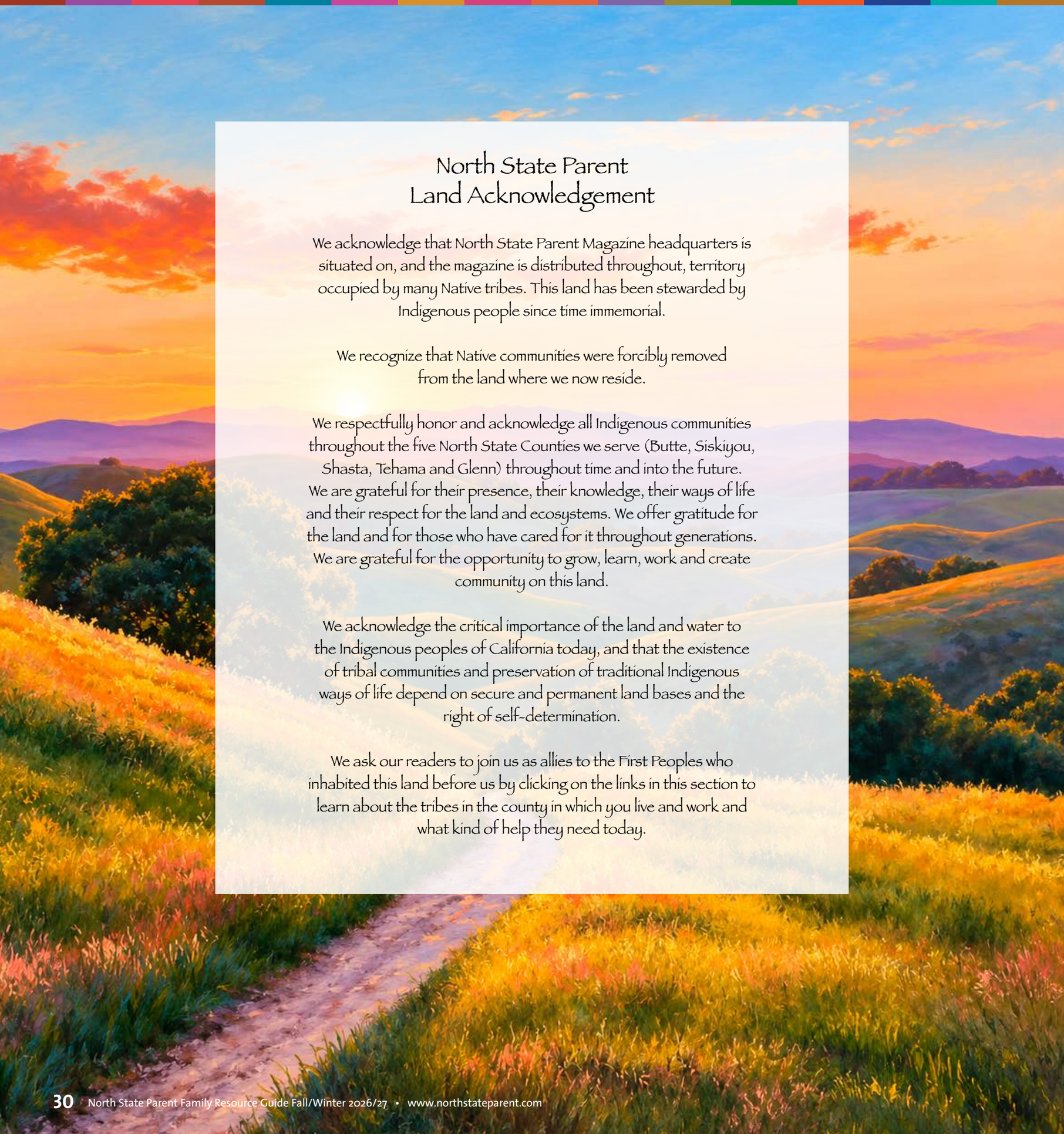
Mi Escuelita Maya Performing Arts Program students and teachers joyfully perform traditional dances in colorful costumes.

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)284-7990 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 theuderserved 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. latinooutreachoftehamacounty.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.



Beautiful gift baskets supporting nonprofit Bridge the Gap 4 Water are available for purchase at Beatniks Coffee in Chico.



North State Parent Land Acknowledgement

We acknowledge that North State Parent Magazine headquarters is situated on, and the magazine is distributed throughout, territory occupied by many Native tribes. This land has been stewarded by Indigenous people since time immemorial.

We recognize that Native communities were forcibly removed from the land where we now reside.

We respectfully honor and acknowledge all Indigenous communities throughout the five North State Counties we serve (Butte, Siskiyou, Shasta, Tehama and Glenn) throughout time and into the future. We are grateful for their presence, their knowledge, their ways of life and their respect for the land and ecosystems. We offer gratitude for the land and for those who have cared for it throughout generations. We are grateful for the opportunity to grow, learn, work and create community on this land.

We acknowledge the critical importance of the land and water to the Indigenous peoples of California today, and that the existence of tribal communities and preservation of traditional Indigenous ways of life depend on secure and permanent land bases and the right of self-determination.

We ask our readers to join us as allies to the First Peoples who inhabited this land before us by clicking on the links in this section to learn about the tribes in the county in which you live and work and what kind of help they need today.

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. **Find them on Facebook**



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

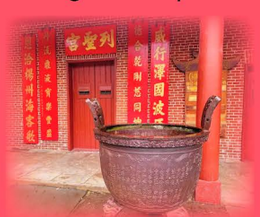
Unique store in Mount Shasta featuring handcrafted items sourced from around the world, all suppliers members of the Fair Trade Federation. Ensures; safe & empowering working conditions; rights of children to safety, education and play; respect of cultural ethnic identity.



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.



More than Children's Books...

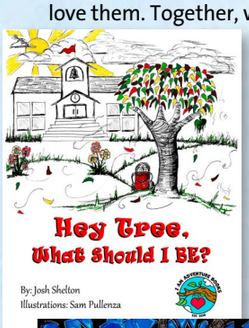
A Journey of Wonder, Connection & Belonging

By Josh Shelton, author of *I Am Adventure* Books

Stories have an incredible ability to shape how we see ourselves and the world around us. Long after we forget the details of a bedtime story, we often carry its message with us for the rest of our lives. I began wondering what might happen if children's books didn't just entertain, but also helped children develop confidence, compassion, mindfulness and a deeper sense of belonging.

The Journey Collection

From the start, illustrator Sam Pullenza and I shared the same vision. Rather than simply pairing illustrations with words, we wanted every page to become part of the emotional experience. Sam's artwork invites children to slow down, wonder and connect, while the stories create opportunities for meaningful conversations between children and the adults who love them. Together, we hope these books are not simply read, but experienced.



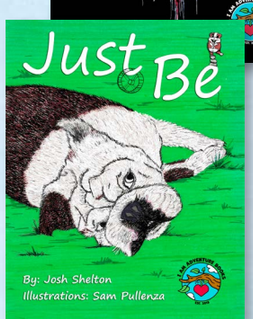
Stories That Explore Life's Important Questions

Hey Tree, What Should I Be? encourages children to ask, "What makes me happy?" In a world that often asks children what they want to become, it gently reminds them that following their heart and discovering what brings them joy is just as important.



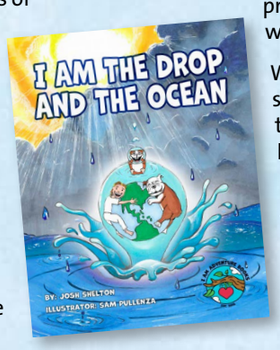
Imagine A World asks, "What happens when I imagine?" It explores the power of imagination while helping children understand that their thoughts, choices and acts of kindness can help create a more connected and compassionate world.

Just Be invites children to consider, "How do I find peace within myself?" Through mindfulness and presence, it reminds them that they don't always have to be doing or achieving. Sometimes the greatest gift is simply learning to be fully present.



A Story of Connection to Something Bigger

For me, *I Am The Drop & The Ocean* is the heart of the entire collection. Children naturally begin life feeling connected – to nature, to others and to the world around them. As they grow, it's easy to begin feeling separate. This story gently reminds them of a deeper truth: while each of us is unique, we are also part of something much bigger than ourselves.



Josh Shelton (left) conceived of and authored the I Am Adventure book series that encourages children to be more confident and aware. The series is imaginatively illustrated by Sam Pullenza (right). *Photos provided by Josh Shelton.*

Through the journey of a single drop of water returning to the ocean, children discover that every person matters, every act of kindness creates ripples and every individual belongs. It's a simple metaphor that introduces one of life's most profound ideas – that we are deeply connected to one another and to the world we share.

While each book stands on its own, they are meant to build toward something greater. Each book prepares children to understand important principles. Confidence allows us to become ourselves. Imagination helps us envision a better world. Presence teaches us to appreciate the moment we're in. And belonging reminds us that none of us walk this journey alone.

I hope these books become conversation starters. Some of life's greatest lessons don't come from giving children all the answers. They come from asking meaningful questions together.

If a child closes one of these books feeling a little more confident, a little more compassionate, a little more peaceful or a little more connected to themselves and others, then we, as storytellers, have accomplished exactly what we set out to do. The stories children hear today become part of the voice they carry tomorrow. If that voice reminds them that they matter, that kindness matters and that they belong, perhaps they'll grow into adults who help create a more connected, compassionate and hopeful world. You can find the book series at **iamadventurebooks.com**.

- 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 Adult School: cuhsdistrict.org/CUHSD/Corning-Adult-School. (530)824-7414.
Orland and Willows: glenncoe.org, search Success One Charter School. (530)936-6980.
Red Bluff: telacademy.org. (530)527-7055.
Redding: Shasta Adult School. suhsd.net/Schools/Shasta-Adult-School/index.html (530)245-2626.
Trinity Adult Education: stjusd.org/district/Department/4-Adult-Education. (707)574-6237 ext. 239.
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 (CAAEYC). 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. Early childhood education for ages 6 months–5 yrs. Offers play-based, culturally inclusive early learning experiences that support each child's growth and development. Through hands-on activities and social-emotional learning, children explore, make decisions and build confidence. The center also serves as a learning site for Butte College students studying early childhood education, giving them real classroom experience working directly with young children. 3536 Butte Campus Dr. (530)895-2865.
Chico Christian Preschool and Infant Center. Outreach ministry of Neighborhood Church of Chico. Ages 6 weeks-5yrs. A safe, structured, and loving environment where every child is known, cared for and encouraged to grow. Partners with Valley Oaks Services. chicochristianpreschool.org. tamarawanink@ncchico.org. 2801 Notre Dame Blvd. (530)879-8988.
Children's Centers - State Preschools. EEarly 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. Providing full-day and part-day high quality preschool programs that support developmental and academic learning. eeps.bcoe.org/Childrens-Centers/State-Preschool/index.html. eeps@bcoe.org. (530)532-5643.
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.



Students enjoy the Welding and Metal Fabrication ROP course at Hearthstone Charter School in Oroville as they consider a career as a welder or metal fabricator. *Photo provided by Hearthstone Charter School.*

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.
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. 4653 Churn Creek Road, Suite 5 PMB 375. 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. reddingcooperativepreschool.com. 658 Mary St. (530)241-4355.
Redding School of The Arts. K-12 free public charter school. Where education and the arts connect. Emphasizes creativity, fosters strong relationships. Students gain a foundation of confidence, resourcefulness and adaptability to navigate a successful future. Academic rigor, diverse visual and performing arts opportunities and character education. Music, instrumental, vocal, dance, music, drama, theater production. 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

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

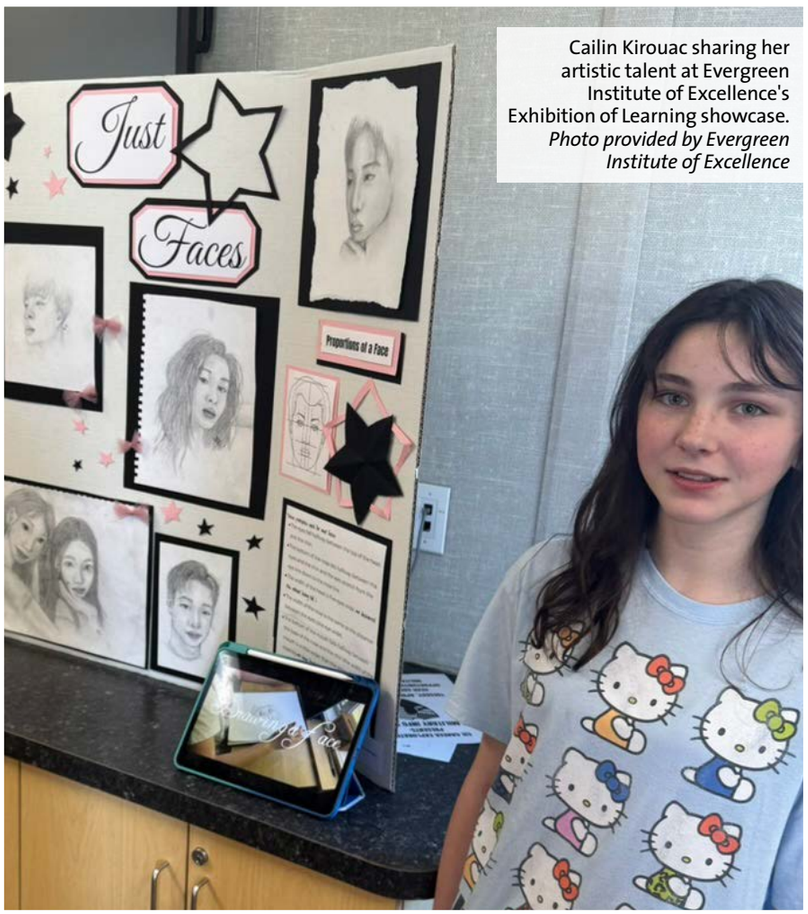
FIELD TRIPS & TOURS

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; Exhibits change throughout the year and offer a wide variety of topics ranging from the history of Chico Through Time and the distinct heritage of Chico and its sphere of influence. Permanent displays include the Mechoopda Exhibit, The Bidwells, the Chico Chinese Temple, Chico's natural wonders and a topographic map of Northern California.. Housed in Chico's 1905 historic Carnegie Library building. Classroom tours. chicohistorymuseum.org. 141 Salem St. (530)891-4336.
Chico Performances Field Trips. Presents arts and educational programs for students of all ages each season, bringing thousands of students, teachers and homeschool families to Laxson Auditorium to experience theater, dance, music, puppetry and more. chicoperformances.com/field-trip-information. To join the field trip mailing list or for more info, email cpfieldtrip@csuchico.edu or call 530-898-6856.
Chico State Ecological Reserves Outdoor Classroom; Forest Ranch. Free hands-on science field trips elementary school students, 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. 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-Jan. In addition to group activities, classroom environmental educational kits available for check-out. Open sunrise to sunset. wildlife.ca.gov/Lands/Places-to-Visit/Gray-Lodge-WA. 3207 Rutherford Rd., along the Pacific Flyway. Contact the area Naturalist Office at (530) 846-7505 to obtain a fee waiver and schedule a field trip at least two weeks in advance.
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. (530) 893-0545.
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, March-April, 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



Cailin Kirouac sharing her artistic talent at Evergreen Institute of Excellence's Exhibition of Learning showcase. *Photo provided by Evergreen Institute of Excellence*

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. parks.ca.gov/?page_id=21285. (530)538-2200.
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. Tailored to the interests of your group and adapted to all ages. Themes include the mechanical workings of our factory, history of mattress manufacturing or incorporating perspectives on logistics and small business. School groups from elementary to the college level, youth groups, social and community organizations and families are welcome. squaredealmattress.com. 1354 Humboldt Ave. (530)342-2510.
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 and Animals of the World. 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. Virtual program available. marinemammalcenter.org/education/educators. 2000 Bunker Rd. (415)289-7325 (SEAL).

NEVADA COUNTY

Malakoff Diggins State Historic Park; Nevada City. Visit California's largest hydraulic mine & learn about the gold mining era. Guided tours of North Bloomfield, gold panning, self-guided tours, junior ranger program, evening campfire program. 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. Book online. roseville.ca.gov/maidu_museum_historic_site/tours/school_programs.php. MMHSTours@roseville.ca.gov. 1970 Johnson Ranch Dr. (916)774-5953.

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. Hop on board to experience what it was like to build the nation's first Transcontinental Railroad more than 150 years ago. This interactive program takes students through the history of the Transcontinental Railroad. Self-guided tours, train rides, virtual tours and educational resources in English and Spanish also available. californiarailroad.museum. groupdesk.csrm@parks.ca.gov. 111 I St. (916)323-9274.
Esquire IMAX Educational Films; Sacramento. Large format films accompanied by activity guides that support national education standards for science, geography, math and English. Library of over 20 films cover a variety of topics including the environment, nature, space exploration and ancient civilizations. Each film meets K-12 curriculum and state education standards. imax.com/imax-esquire-oo-groups-field-trips. akovac@imax.com. (916)446-2333 ext. 201.
Sacramento History Museum; Old Sacramento. K-12 field trips adhere 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/field-trips. 101 I St. (916)808-7059.

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.
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. Best month to view salmon is Oct. Open daily for informative self-guided tours. fws.gov/fish-hatchery/coleman. 24411 Coleman Fish Hatchery Rd. Call Laura Mahoney to schedule a group tour. (530) 551-3093.
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 tour includes a tour of Shasta powerplant, a walk across the top of the dam, an elevator ride down



400 feet and a short walk through the dam to a stunning view of the spillway. usbr.gov/mp/ncao/dam-tours.html. 16349 Shasta Dam Blvd. (530)247-8500.

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

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. 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. Displays include audio and some hands-on learning. 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; Free. Interpretive park rangers offer a variety of engaging field trips, in-classroom programs and virtual education experiences. We can tailor a program to meet your specific curriculum and educational needs, providing a unique and immersive learning opportunity for your students. Let Whiskeytown inspire curiosity and learning. nps.gov/whis. Corner of Hwy 299 and Kennedy Memorial Dr. WHIS_Information@nps.gov. 530-242-3450.

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. Learn about geology, the Modocs and the abundant wildlife and other natural and cultural resources found throughout the monument. Memorial Day-Labor Day. Rangers help match children's interests and capabilities to the numerous developed caves. nps.gov/labe/learn/education/plan-your-field-trip.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/education-at-liberty-arts. 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, honeybees, a garden and more. Year-round, hands-on, interactive animal field trips. Focus can be customized to match current areas of classroom study. 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. Self-guided tours Visit from mid-March-July to observe eggs hatching and fry being raised. wildlife.ca.gov/Fishing/Hatcheries/Mount-Shasta. mtshasta@wildlife.ca.gov. 3 N. Old Stage Rd. (530)926-2215.

Mount Shasta Sisson Museum; Outdoor self-guided tour of fish hatchery. Local cultural and natural history of the area with free exploration. Grade-level & State Standards Aligned Activity led by museum volunteer. Vintage fire truck, model railroad and locomotive engine control panel. 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. View galaxies, nebulas, double stars, planets (when visible), planetary nebulas, and star clusters. There's something fascinating for everyone - adults and children (with adult supervision). Mtshastastargazers.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. Introduction to the natural and cultural history of Fort Ross, including the Fort Compound buildings, fort neighborhoods and other park sites of interest, the varied cultures and past and present eras of Metini-Fort Ross, including the Kashia Pomo, Alaska Native, Russian and Ranch Eras. The MEP hands-on, outdoor education program adaptable for students in TK - 12th grade. Provides experiential STEM learning in an outdoor classroom setting. fortross.org. 19005 Coast Hwy. info@fortross.org. (707)847-3437.



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. Enriching field trips designed primarily for grades 3-8, though other age groups are welcome to visit for educational purposes. Programs extend district or state curricula in subjects like geology and watersheds. Cave tours and field activities are free for groups visiting for educational learning. nps.gov/orca/learn/education/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 and grade-level workshops aligned with Next Generation Science Standards (NGSS). scienceworksmuseum.org/field-trips. 1500 E. Main St. (541)482-6767.

SUTTER COUNTY

Sutter Buttes Education Program; Yuba City. Curriculum-based hikes for grades 3-5 enhance classroom lessons in geology, ecology, and biology, as well as local history. Students to see relationships between wildlife and plant life, encounter geological forces that have shaped our local landscape and experience how the local indigenous Nisenan-Maidu, the early explorers and settlers and ranchers used the land. 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. 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.

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 at least 5 weeks in advance. 1908 E. 20th St. (530)345-1687.

Chipotle; Redding, Chico. Do a fundraiser through Chipotle and your organization receives 25% of the proceeds. Digital fundraisers available. 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 ordering. roundtablepizza.com/site/rtp/locations for location and contact info.

HOMESCHOOL SUPPORT & RESOURCES

Butte County Environmental Council

Recycling and Rubbish Education (RARE) Program; Chico. Teaches students about the solid waste stream and the importance of the 4R's: Reduce, Reuse, Recycle, and Rot! Free in-class, educational workshops to Butte County students (K-12), community groups, after-school programs clubs. Workshop on recycling, composting or auto oil recycling. becnet.org/our-programs/education. 313 Walnut, St. #140. 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.

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 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 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.

Hope Academy; Durham. Grades TK-8. Enrichment program and drop-off program is open to home school families. Afterschool program is open to non-Hope families. Supports learning differences: students who struggle as well as those who are gifted learners. ourhope.academy. 2584 Durham-Dayton Hwy. (530)518-4092.

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 for grades K-12 in over 60 subjects. carnegielibrary.org/kids-teens/homework-help. (412)622-3114.

How Stuff Works. Info, quizzes, quality



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www.blueoakcharterschool.org

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/elaliteracy/reading-pals. 530-225-0255.

BUTTE COUNTY

Chico Center for Learning. Specializes in dyslexia tutoring, reading intervention, and writing. Offers 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 Tutor.com available from the library website. buttecounty.net/2251/eResources-for-Kids-and-Teens. (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. Irlen® Syndrome (Scotopic Sensitivity) is a perceptual problem that prevents an estimated 12–15% of the population from being able to learn, read or study efficiently. Can remain undetected by standard educational, visual and medical tests. 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. literacy@shastalibraries.org. 1100 Parkview Ave. (530)245-7237.

SISKIYOU COUNTY

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; Cottonwood-community-library.square.site. 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. 200 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. All residents of Siskiyou County are welcome to use the COS Library. Library staff is happy to help you with your research. All materials and online resources may be used for free inside the Library. Books may be checked out using your Siskiyou County Library card. 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. Water safety, boating skills, environmental education, birding, hands on science and fun physically active outdoor experiences. Salmon spawning tours, river adventures and much more. 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. earth-

Independent Non-Denominational School Serving Students Preschool through Twelfth Grade



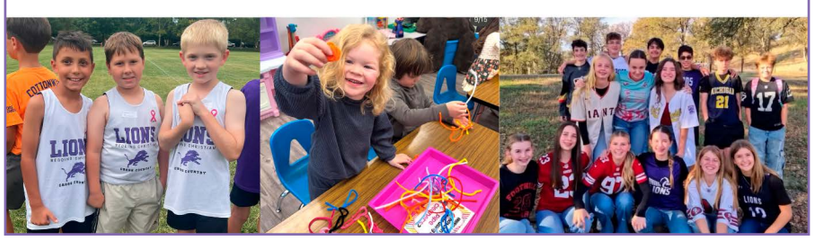
REDDING CHRISTIAN SCHOOL

www.reddingchristian.com
2960 Hartnell Ave.
Redding, CA 96002
530-248-2960

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 have officially moved to our new campus to start the 2026-2027 school year!

Discover the enriching opportunities awaiting you at RCS! Any questions regarding our admissions process, please visit our website at www.reddingchristian.com



boundskills.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. parks.ca.gov/?page_id=21285. (530)538-2200.
Watershed Schoolhouse; Chico. A micro-school 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; Durham. Grades TK-8. Prepares children for the challenges they will confront during their formative years as well as when they are adults. Supports learning differences: students who struggle as well as those who are gifted learners. Enrichment program and drop-off program is open to home school families. Afterschool program is open to non-Hope families. ourhope.academy. 2584 Durham-Dayton Hwy. (530)518-4092.
Inspire School of Arts and Sciences; Chico. Tuition-free K-12 public school known for their innovative block schedule, wide range of elective coursework, including dance, 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. Students are challenged to aim for excellence, while their small-school environment, advisory program and staff of master teachers provide the support needed to get them there. Request a tour at Inspirechico.org. 1050 Fremont Street. (530)891-3090.
Notre Dame School; Chico. Grades TK-8. Coeducational Catholic school. Faith-filled Catholic community of students, parents, staff and parishioners who work in unity to build a strong academic foundation 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. Multi-level classrooms, grades K-8. Students learn

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Every child is uniquely created by God and deserves a personalized education!
We offer:
- K-8 non-denominational Christian program/small class sizes
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- Daily Bible Study & Physical Education
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- Summer programs and MORE!

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(530)518-4092 • ourhope.academy

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.



through a whole child approach––nurturing their growth spiritually, academically, physically and socially. mypae.net. office@mypae.net. 5699 Academy Drive. (530)872-1576.

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. Bible-based education. Homeschool program availale. 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. Strives for excellence in spiritual, academic, social, and physical development, forming young girls and boys mindful of their ability to shape their future, dedicated to giving the very best of themselves and capable of rising to the diverse challenges in our ever-changing world. 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.

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 34 and Free North State Family Activities on page 68.



Butte County Environmental Council Recycling and Rubbish Education (RARE) Program; Chico. Teaches students about the solid waste stream and the importance of the 4R's: Reduce, Reuse, Recycle, and Rot! Free in-class, educational workshops to Butte County students (K-12), community groups, after-school programs clubs. Workshop on recycling, composting or auto oil recycling. becnet.org/our-programs/education. 313 Walnut, St. #140. 530-891-6424.

California Associations for the Education of Young Children (CAAEYC). 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.

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.

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 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.



ScholarShare529℠

The California way to save for college.

A flexible and tax-advantaged savings plan for your child's higher education.

Visit ScholarShare529.com to learn more.

Add education savings to your back-to-school checklist

Opening a ScholarShare 529 account lets you start saving at your own pace with no minimum contribution required.

Back-to-school season can fill your schedule quickly. One errand becomes three separate stops, while new practice times turn your calendar upside down.

That makes this a smart time to check something off your list for the future.

ScholarShare 529 is California's official education savings plan, offering tax-advantaged accounts designed to help families save for qualified education expenses. Opening an account can take about 15 minutes. There is no minimum contribution required. You can start with any amount that works for your family.

ScholarShare Investment Board Executive Director Cassandra DiBenedetto notes that families do not need a perfect moment to start saving. "A family's financial trajectory is not linear," DiBenedetto says. "It's all over the place."

As the school year gets busier, opening an account can help you feel more prepared for what comes next.

A plan for the costs ahead

Back-to-school shopping can make you feel the costs of education in a hurry. Shoes and supplies are for today, but a ScholarShare 529 account can help you plan for future education expenses.

Your savings can support many types of qualified higher education costs, including:

- Books, supplies and equipment
- Computers and related technology
- Tuition, room and board
- Other qualified education expenses

Any earnings in the account grows tax-deferred, and withdrawals are 100% tax-free when used for qualified higher education expenses.[1] These accounts also have no sales charges, startup fees or maintenance fees.

Your back-to-school list may keep changing, but not every important item has to wait.

Visit **ScholarShare529.com** today to open your account.

[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.

TIAA **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. The availability of tax benefits may be conditioned upon meeting certain requirements. 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.** 5723131

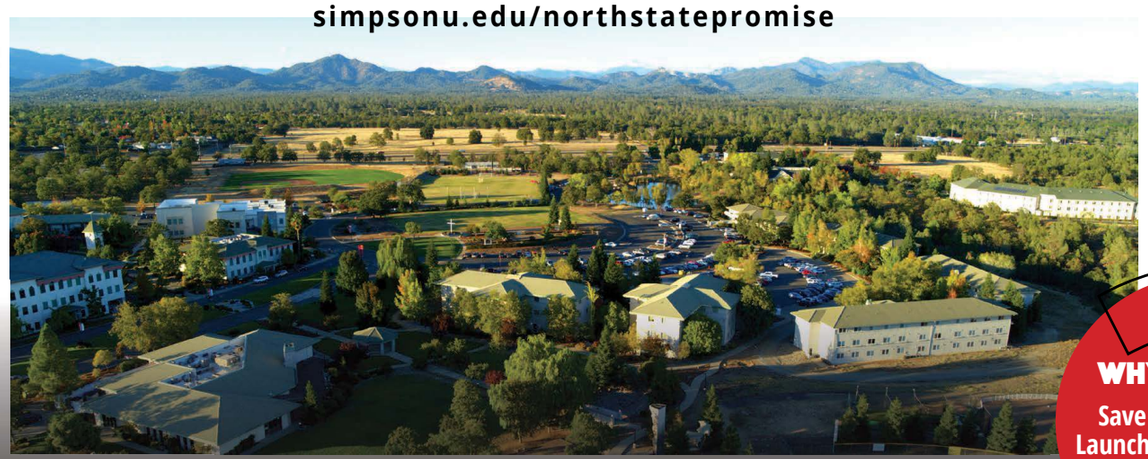
MATHCOUNTS. A national nonprofit organization providing engaging math opportunities and resources to US middle school students. National Math Club, Competition Series and Math Video Challenge build student confidence and improve attitudes about math and problem solving. mathcounts.org. info@mathcounts.org.
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.
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. 4653 Churn Creek Road, Suite 5 PMB 375. 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.
Turtle Bay Lending Library. Serving all counties. Offers classroom kits from various curriculum sources including GEMS (Great Explorations in Math & Science), Project Learning Tree, Growing Up Wild and more. Registered educators may check out kits with materials for a classroom of up to 32 students. Activities are perfect for the classroom, after school programs or camps. Register and learn more at turtlebay.org/lending-library. (530)242-3108.





Playful parrots thrill Hope Academy students at Turtle Bay Exploration Park Parrot Playhouse, a year round bird aviary.

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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.

ACHIEVE CHARTER SCHOOLS

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where everyone is challenged and supported.

where everyone makes the world a better place.

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www.achievecharter.org

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GRADES 8-12



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.

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Anderson
(530) 365-3100

newtech.auhsd.net

BLUE OAK 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

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.

Chrysalis Charter Science & Nature School

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.

EVERGREEN INSTITUTE OF EXCELLENCE

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



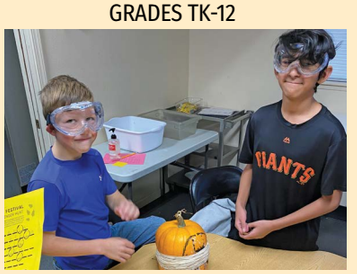
Small School. Big Heart.
We offer a caring school solution for Chico and Forest Ranch families that strikes a balance between high academic expectations and positive social/emotional development. We promote a growth mindset in a multidisciplinary, technology-rich environment that supports differentiated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

FOREST RANCH CHARTER SCHOOL

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

GOLDEN EAGLE CHARTER SCHOOL

GRADES TK-12



Golden Eagle Charter (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.

Golden Eagle Charter School

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 enrollement of 200 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

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!

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.

1050 Fremont Street
Chico • (530) 891-3090
www.inspirechico.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.

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

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

REDDING COLLEGIATE ACADEMY

GRADES TK - 12



A free public online school for students
Redding Collegiate Academy is a well-established, WASC-accredited TK–12 charter school known for strong academic success and an exceptional school culture. RCA combines personalized learning, caring teacher support, flexible educational options, and meaningful family partnerships to help students thrive academically, build confidence and independence, and feel connected to their school community.

Redding Collegiate Academy
3200 Adams Lane
Redding, CA 96002
530-224-4240

Visit Redding Collegiate Academy at: rca.eesd.net or on Facebook

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!

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

NORTH STATE VIRTUAL ACADEMY

GRADES 2-8



Introducing NSVA!
Now enrolling for Fall 2026

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.

North State Virtual Academy

(530)538-3701
Learn more and enroll at
northstatevirtual.org

NORTHERN SUMMIT ACADEMY

GRADES TK-12



We provide a personalized approach to providing a standards-based education and career awareness and preparation to students who need the flexibility of independent study combined with the support of classroom teachers, classes, and an academic environment. Our personalized approach and delivery utilizes traditional and innovative materials, equipment, techniques, and community resources with an emphasis on collaborative relationships.

Northern Summit Academy

2301 Balls Ferry Road
Anderson • (530) 338-1399
www.ns-academy.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.

Oak Bridge Academy
ONLINE LEARNING

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

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

WILLIAM FINCH CHARTER SCHOOL

GRADES K-12



Serving North State families since 1985! Based in Orland, William Finch offers hybrid personalized learning serving grades K-12 with flexible choices to support your child's learning. Optional on-site programs include weekly elementary enrichment, a Middle School Academy and High Schoolers can participate in career pathways earning Dual Enrollment college credit.

WILLIAM FINCH PIONEERS CHARTER SCHOOL

607 E. Tehama St. • Orland, CA
(530) 636-4479 • www.wmfinch.org



Women, Infants and Children (WIC) is a food and nutrition program for California families.

Fresh Choices, Healthy Families

Join WIC and learn about the new food choices to support your family.

WIC benefits include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to health care and community services



You may qualify if you live in California and:

- Are pregnant, breastfeeding, just had a baby, recent pregnancy loss, or care for a child under age 5 and
- Have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits.

WIC is here for you! Find your local office:

Butte County WIC
Chico, Oroville & Gridley
Phone: (530) 552-4025
Email:
bit.ly/buttecowic

Siskiyou County WIC
Yreka, Dorris, Dunsmuir, Fort Jones, Weed, Happy Camp, Mount Shasta, Tulelake
Phone: (530) 841-2170
Cell: (530) 598-5826
Email: siskiyouwic@co.siskiyou.ca.us

Shasta County WIC
Redding, Enterprise, Anderson, Burney, McArthur
Phone: (530) 225-5168
Text: (888) 424-6499
Email: ShastaWIC@shastacounty.gov
www.ShastaWIC.net

Glenn County WIC
Orland & Willows
Phone: (530) 865-8791
Text: (888) 422-1622
Email: glennwic@countyofglenn.net

Tehama County WIC
Red Bluff & Corning
Phone: (530) 527-8791
Fax: (530) 527-6150
Email: WIC@tcchsa.net

Apply today!

Newly pregnant individuals, working families, including military and farmworker families, are encouraged to apply! WIC welcomes partners, grandparents, foster parents, and guardians who care for eligible children.

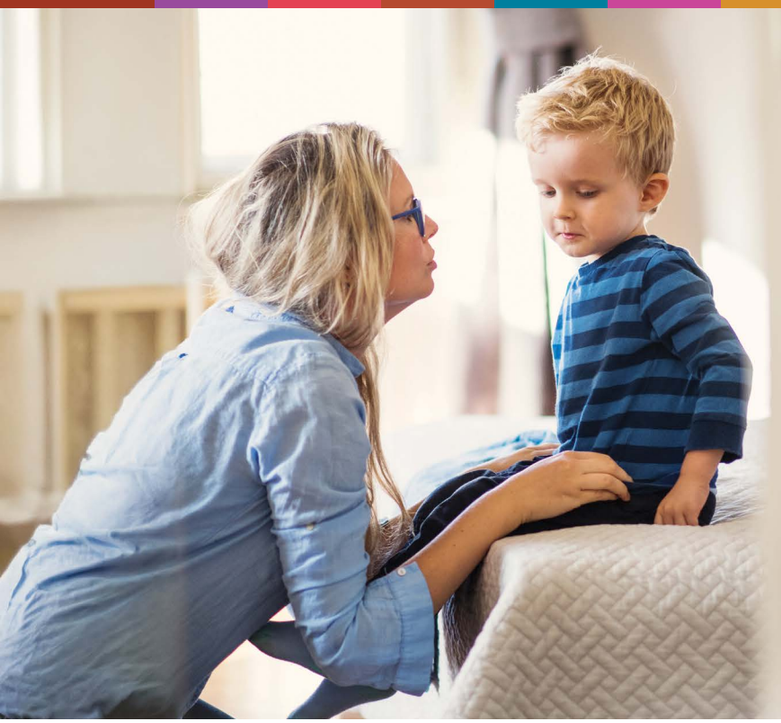


CDPH California Department of Public Health

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN Families grow healthy with WIC

California Department of Public Health, California WIC program
This institution is an equal opportunity provider.
1-800-852-5770 | MyFamily.WIC.ca.gov

Rev. 06/26



Six Everyday Phrases That Can Hurt Your Kids

(and what to say instead)

By Shannon Dean

We've all been there. It's been a long day. The sink is full. The laundry's overflowing. One kid is melting down over the wrong color cup while the other is shouting something about his snack "tasting weird." You attempt a deep breath, but it slips out anyway: "You're being ridiculous."

The words come quickly. And yes, sometimes, they can feel justified. But they can land harder than we realize, especially on small hearts still learning how to process big emotions. The truth is parenting can be a high-stakes job we weren't exactly trained for. But our words shape how our kids see themselves and how they respond to stress, mistakes and even to love.

Here are a few common phrases parents might want to rethink, along with some better ways to get the point across:

1 "You're Fine"

You might specifically mean that what they're experiencing isn't a medical emergency and therefore, not a big deal. But they hear, "Your feelings don't matter." According to Dr. Tina Payne Bryson, co-author of *The Whole-Brain Child, 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, dismissing a child's emotions, even unintentionally, can make them feel unimportant. She explains, "It's crucial to keep in mind that no matter how nonsensical and frustrating our child's feelings may seem to us, they are real and important to our child. It's vital that we treat them as such in our response." Instead of "You're fine," you might try, "That looked like it scared you. Want to tell me what happened?" Don't worry that you're validating drama. You're validating the experience, and once kids feel understood, they're often ready to move on.

2 "Why Can't You Be More Like Your Sibling?"

You might make that comparison to mean that the sibling is complying without a fuss. But what your child hears is, "You're not good enough. I prefer him to you."

The comparison might seem harmless in the moment, but it can create resentment, and it teaches kids that love or praise is earned by being someone else.

Clinical psychologist Dr. Laura Markham warns that "Hard feelings can set the tone in a sibling relationship right through the teen years and even have a way of popping up at family stress points across a lifespan."

Instead of making a comparison, try, "I noticed you're having a hard time. What would help next time?"

3 "Because I Said So."

You're likely saying, "Please don't argue right now." But they hear, "Your voice doesn't matter." Not wanting to negotiate after a long day or a repeated debate is understandable. But shutting down questions too often sends the message that asking isn't welcome.

Because it's important that kids are inquisitive, critical thinkers, try, "This is the rule for now. I can explain more after dinner. It's OK to feel upset, but the answer stays the same." You're still setting the boundary, but you aren't shutting the door on conversation.

4 "If You Keep Crying, I'll Give You Something To Cry About."

This phrase often just slips out in times of stress as an echo of our own childhood, since many of our parents said it. We rarely mean it literally. Although you might mean, "I'm overwhelmed and need the crying to stop," they may hear, "Your crying isn't acceptable, and you shouldn't show pain."Unfortunately, this directive often teaches kids to suppress, rather than express, their feelings. And what gets buried doesn't go away. It festers. It resurfaces later as anxiety or outbursts we don't understand. Dr. Becky Kennedy, author of *Good Inside: A Guide to Becoming the Parent You Want to Be*, reminds parents that, "Kids aren't giving us a hard time. They're having a hard time." Instead, try a phrase like, "Let's find a quieter space." Sometimes, presence and reassurance are what kids need to settle themselves.

5 "You're So Dramatic"

Although you might mean, "You're reacting more than I expected," they hear, "You can't trust your instincts. You're too much." Labeling a child as dramatic, sensitive or even lazy can create a narrative they carry for years. Words can potentially become self-fulfilling. It's better to describe what we see rather than attach a judgment.

Instead, try, "You're having some big feelings right now. Want to talk or take some space?"

You don't have to agree with their intensity to treat it with respect.

6 "Solid Try, But Next Time . . ."

You might mean, "I see your effort, but here's how to improve." They hear, "Nothing I do is ever quite good enough." We want our kids to reach their potential, but when praise is immediately followed by correction, it dilutes both messages. Kids don't hear the "great job." They hear, "Not quite."

Instead, try, "You worked really hard on that! That shows a lot of progress. Want to hear something to make it even better?"

Encourage first and offer instruction afterward. Allowing space in between helps both messages land.

Say Less, Mean More

You're not going to say the perfect thing every time. But the goal isn't perfection. It's connection. When we slow down and choose words with care, we give our children more than just direction. We model kindness, even in frustration. And we remind them that while mistakes are part of growing, love and safety are always nonnegotiable. ■

- Abuse Prevention
- 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



ABUSE PREVENTION

SHASTA COUNTY

Medical Safe Haven — A partnership between Dignity Health Mercy Medical Center Redding and Northern Valley Catholic Social Service; Redding. Provides a safe, barrier-free, trauma-informed primary care environment for people who have experienced or may be experiencing human trafficking. Mercy's specially trained medical team provides compassionate, patient-centered healthcare, while an NVCSS case worker helps participants navigate services, connect with community resources and build greater stability. The program emphasizes dignity, respect, trusted relationships and long-term healing. Medical Safe Haven Redding support line: (530)355-6558..

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 helpcentral.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.

First 5 Family Center at Esperanza House; Gridley. Free, welcoming multicultural center for families, caregivers and others who play an important role in a young child's life. Programs include support for expecting parents, playgroups, dual-language reading groups and activities that encourage child development, cultural appreciation, connection and belonging. Services are provided by Northern Valley Catholic Social Service. first5butte.org/family-center/esperanza-house. 630 Washington Street. (530)230-3577.

First 5 Family Center at Foundations; Oroville. Free, welcoming center for families, caregivers and others who play an important role in a child's life. Programs include caregiver education, playgroups, story time, family activities and connections to local resources. Services are provided by Northern Valley Catholic Social Service. 2185 Baldwin Avenue. (530)230-3996.

Healthy Families – Home Visitation Program (Butte Baby Steps); Chico. Serving Butte and Glenn counties, this free, voluntary program supports expecting parents and families with a child younger than 3 months at enrollment. Trained home visitors provide strengths-based parenting support, child development guidance, emotional support, social connections and referrals to community resources. Based on the Healthy Families America model. Northern Valley Catholic Social Service. nvcss.org/healthy-families. 10 Independence Circle.

Teenage Pregnancy and Parenting Program (TAPP); Chico. A free, voluntary home-visitation program for pregnant and parenting teens, including mothers and fathers. Through regular, strengths-based visits, trained staff provide individualized education, emotional support, parenting and child development guidance, assistance with personal goals and connections to community resources. Based on the Adolescent Family Life Model. Northern Valley Catholic Social Service. nvcss.org/healthy-families. 10 Independence Circle. (530)345-1600.

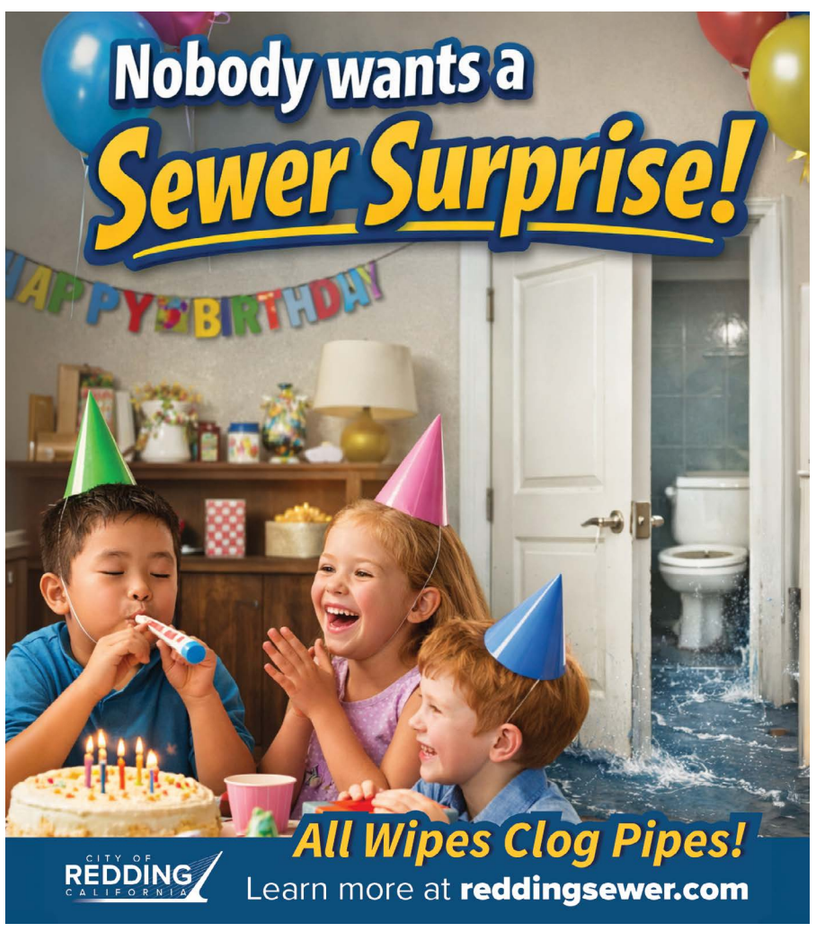
Valley Oak Children's Services; Chico. Childcare resources, child care payment assistance, free books for literacy, child care Food Program, Early Head Start, Behavioral Health Services, workshops and trainings. valleyoakchildren.org. 3120 Cohasset Rd., Suit. 6. (530)895-3572.

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.

Healthy Families – Home Visitation Program (Healthy Families Shasta County); Redding. Free, voluntary program supports expecting parents and families with a child younger than 3 months at enrollment. Trained home visitors provide strengths-based parenting support, child development guidance, emotional support, social connections and referrals to community resources. Based on the Healthy Families America model. Northern Valley Catholic Social Service. nvcss.org/healthy-families. 2400 Washington Avenue. (530)247-3312.

Teenage Pregnancy and Parenting Program (TAPP); Redding. This free, voluntary home-visitation program supports pregnant and parenting teens, including mothers and fathers. Through regular, strengths-based visits, trained staff provide individualized education, emotional support, parenting and child development guidance, assistance with personal goals, and connections to community resources. Based on the Adolescent Family Life Model. Northern Valley Catholic Social Service. nvcss.org/healthy-families. 2400 Washington Avenue. (530)247-3329.



SISKIYOU COUNTY

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

TEHAMA COUNTY

Early Childhood Services; 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. 528-7302 and (530)528-7305.

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. 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; BButte County. No-cost service available to all families in Butte County with children aged 0-5 who are interested 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.. enloe.org. 251 Cohasset Rd., Suite 240. (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 drop-off 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. Suite A. (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. 154 Boles 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. 200 E. Webb, Build A. (530)459-3481.
Mount Shasta Community Resource Center; Offers many playgroups, parenting classes and more. siskiyoucrc.org/mt-shasta. 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. siskiyouchildcare.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.
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. omglending.com/officers/jody-bartley/. 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, nonprofit 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); Butte, Glenn, Shasta and Tehama counties. Connects children and youth in foster care with trained, dedicated volunteer advocates who support their well-being and ensure their voices are heard and their needs are met in court and beyond. Advocates provide a stable presence while supporting each child in court, at school and throughout the community. Northern Valley Catholic Social Service. nvcss.org/casa. (530)241-0552.
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 (Español).
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. buttecounty.net/433/Butte-County-Adoptions. 205 Mira Loma Street, Suite 20. (530)538-5119.

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. (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) 888-4663.
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)966-3330.
Conservation Burial Alliance: Provides education and resources about natural burial on protected land. Families can learn about environmentally sustainable burial practices, locate conservation burial grounds, read family stories, attend webinars and explore planning resources. conservationburialalliance.org.
National Home Funeral Alliance: Educates and empowers families and communities to care for loved ones after death. Find practical guidance on home funerals, body care, cooling, health and safety, state laws and family-led deathcare, plus a directory of home funeral guides and educational events. homefuneralalliance.org.
The Forest: (Ashland, OR area). offers natural green burials and pet burials on protected land near Ashland, Oregon. Families may create intimate, personalized ceremonies and participate in the burial process. Burial planning information, pricing, guided tours and biodegradable shroud and container options are available. 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" and search "grief" to enroll your child.

SISKIYOU COUNTY

Heather Moyer Wellness and Grief Support; Mount Shasta. Certified grief educator, grief coach and retreat leader, Heather guides you toward holistic healing and empowerment. Through somatic work, emotional release and deep inner exploration, she helps people release what they've been holding, rewire how they relate to themselves and rebuild a life that actually feels like theirs. This isn't coping. It's a full-body, full-life reset. heathermoyer.co. heather@heathermoyerwellness.com.
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. (530)926-6111.

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 supervising 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 (SHARP); 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. 536 W. Sycamore 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. 411 4th St. facilitator@siskiyou.courts.ca.gov. (530)842-0411.

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. tehama.courts.ca.gov/self-help. 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. valleyoakchildren.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.
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. 211norcal.org/shasta/help-me-grow. Dial 211.
Positive Parenting Program (Triple P); Redding. Triple P offers parents helpful information for working with common parenting issues such as tantrums, disobedience 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



GRANDPARENTS RAISING GRANDCHILDREN
FREE Second Thursday of the month, in-person & online ongoing support group.

ALSO Watch for our monthly community Movie Nights all over Siskiyou County!

FALL KIDS DAY FESTIVAL
OCTOBER 3, 2026
10am - 2pm • 45 vendors will be there!
FREE for all ages. Fun & games, food & drinks, magic show, live music, arts & crafts and MORE!



DUNSMUIR HARVEST FESTIVAL in the Dunsmuir Community Garden on **Saturday October 10th** from 11am to 1pm; live music and kids activities.
Bring your favorite home-made pie to enter in a contest - top three pies receive amazing prizes!

FREE DIGITAL LITERACY CLASSES Join us and learn in the digital age! For all ages including children. Eligible students receive free laptops.

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 10-11:30am
- **Mount Shasta Community Resource Center:** Thursdays 10am-12noon
- **The Family & Community Resource Center of Weed:** Weds 10-11:30am
- **Yreka Community Resource Center:** Mondays 10:30am-12pm

tools, utensils and fun kitchen-related games and toys. littleredhen.org. 959 East Ave. (530)894-1300.

SHASTA COUNTY

Bricks and Minifigs 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-Fri, 10:30-5:30pm and 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. facebook.com/dandy.lions.childrens.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. (707)826-1557.

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. facebook.com/reddingcalalecheleague. Leaders: Nancy. nancydellamaria@gmail.com. (413)563-1424. Destiny Conover. destiny@reddingmidwife.com. 530-917-9634
La Leche League of Red Bluff
No in-person meetings at this time. Contact a leader for support, available 24 hours for breastfeeding support via telephone and text. Leader: D'Lorah. hurton@sbcglobal.net. (530)526-6818.
La Leche League of 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. 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.

NORTH STATE LACTATION EDUCATORS & CONSULTANTS

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

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Jennifer Clements, IBCLC (530)343-8522
Northern Valley Indian Health (NVIH)
Better Babies
Keri Dowell, Rn, IBCLC & Molly Plummer, LVN, IBCLC (530)433-2500
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Shasta Community Health Center: Maternity; Redding. Certified Lactation (breastfeeding) consultants, who are registered nurses, offer a personal breastfeeding class and one-on-one breastfeeding support. shastahealth.org/maternity. (530)225-7480.

Milkin' Mamas
Teaches women to hand pump instead of using a breast pump. They offer videos to watch and education. (877)522-6262.

WIC Breastfeeding support
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Offers telephone assistance, individual breastfeeding counseling, peer-counselor and community referrals, classes, support groups and breast-pump assistance. Call for an appointment:
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Shasta Lake - (530)225-5168

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Certified Lactation Consultant. Provides lactation support through Mercy Medical Center Mt. Shasta and First 5 Siskiyou's Welcome Home Baby home-visiting program. (760)709-1313, drey@first5siskiyou.org

Brenda Montaño, Zines With Sol.
Full-Spectrum Doula and Certified Lactation Educator. zineswithsol@gmail.com. "Se Habla Español" (530)918-8711.

Chelsy Marriott, IBCLC, PMH-C, CD/PCD (DONA).
Lactation Consultant. nurturedguidance.com. chelsymarriott@gmail.com.

TEHAMA COUNTY

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WIC Lactation Support (530)527-8791



Families love creating free crafts together at the North State Parent booth at events throughout the North State. Check our community calendar to find us at upcoming events. **Northstateparent.com/calendar**. *Photo by Pamela Newman*



Babies & Toddlers Resources

Photo by Madison Phelps



Reading as a family is one of Eileen's favorite activities with her toddlers, Nathaniel and Shiloh. Even if Nathanial is running in circles around them, he is listening and retaining.

TODDLER & BABY SECTION



Brande Moffatt, PT, DPT, PRPC of Inner Strength Physical Therapy, specializes in helping post-partum moms and women of all ages regain pelvic health and fitness. *Photo provided by Brande Moffatt.*

REDEFINING POSTPARTUM FITNESS:

A Gentle Return to Strength After Baby

The weeks and months following childbirth are often described as a time of joy, but they are also a period of intense physical change. Many new mothers find themselves wondering when (and how) they can safely return to exercise. While the idea of "reclaiming" your body and quickly fitting into your old clothes can feel tempting, today's approach to postpartum fitness is shifting away from the number on your scale and toward whole-body health. Rather than rushing toward a former version of yourself, modern postpartum recovery emphasizes a more gradual return to fitness. This approach centers on healing, functional strength and mental well-being instead of an arbitrary date on your calendar or smaller clothes in your closet.

Healing in the Fourth Trimester

Many experts describe the first twelve weeks after birth as the "fourth trimester," a time meant not for bouncing back, but for physical and emotional recovery. Your body has accomplished something extraordinary, and it needs time to mend.

Research underscores this reality. Studies suggest that roughly one-third of women experience a clinically significant separation of the abdominal muscles (known as diastases recti) even one year postpartum. Pelvic floor concerns, including urinary incontinence, are common but often underreported. These issues highlight why early postpartum fitness should prioritize healing over intensity.

"It's not so much about WHAT you choose to do for exercise, it's more about HOW you do it," says Redding doctor of physical therapy and certified pelvic rehabilitation practitioner, **Brande Moffatt, PT, DPT, PRPC.** "When it comes to core strengthening, it's about working smarter, not harder." That said, physical recovery does not require completely ignoring your physical goals. Pelvic floor physical therapist **Dr. Meagan Schwarzrock** emphasizes that strength, function and appearance can coexist. "Aesthetic health goals aren't bad, and you're not shallow for having them," she explains. "Your aesthetic goals are allowed to exist right beside your strength goals, your pelvic health goals, your longevity goals, your 'I want to run without leaking' goals. You don't have to choose one or another."

Gradually Returning to Movement with Intention

When your healthcare provider gives you clearance (typically around six to eight weeks postpartum), you can begin reintroducing movement. Leading obstetric organizations emphasize that a gradual return to activity is not only safe but beneficial, even when that activity is light.

Start small. Walking is one of the most accessible and effective tools available to new mothers. Even 10 or 15 minutes a day with your baby can improve circulation, boost mood and gently rebuild stamina. From there, low-impact options such as postnatal yoga or water-based exercise can support strength and flexibility while minimizing joint strain.

As you build your endurance, consider strength training that focuses on function. The goal is not huge muscles, but a body that supports the realities of motherhood. Exercises that strengthen the back and shoulders help with lifting and carrying, while glute and leg work improve stability and balance. Simple body weight movements – bridges, squats, or wall-assisted pushups – can be remarkably effective when performed with proper form and intention. "It's not about building brute strength, rather it's about retraining motor control, sequencing, timing, coordination and pressure management in the deep core muscles," says Brande.

Just as important as what you do is how you listen. Sensations such as pelvic pressure, doming along the midline of the abdomen, or pain are not signals to push through. They are cues to pause.

Personal trainer and doula **Laura Jawad** encourages new mothers to "listen to the voice you've been trained to ignore." If a movement feels questionable, that instinct is protective, especially during this vulnerable phase of recovery.

Nurturing Your Whole Self

Postpartum fitness is not purely physical. Mental and emotional well-being are deeply connected with movement. Research shows that consistent, moderate activity can help reduce symptoms of postpartum anxiety and depression. At the same time, the realities of new motherhood can make exercise feel overwhelming.

This is where patience becomes essential. Some days, rest will be the most supportive choice. For others, a brief stretch or a quiet walk outside will feel grounding and restorative. The goal is not rigid adherence to a plan, but sustainable care that fits with the life you have right now. "Moms should wake up every day and ask their body what it truly needs to feel supported, versus trying to set unrealistic goals," Brande says.

Professor **Shefali Christopher** advises new mothers to progress slowly to avoid injury or burnout. "It's good to set goals for your activity," she notes, "but those goals should be flexible enough to accommodate days when you feel tired or sore."

Building Your Postpartum Support System

Postpartum fitness doesn't have to be something you tackle alone. Communicating your needs to a partner, family member or friend can help you make space for movement, whether that means time for a walk, a virtual class or simply a few quiet moments alone. Connection with other new mothers can also be incredibly helpful. Whether in local groups or online communities, shared experiences reduce isolation and offer encouragement from those who truly understand.

Above all, remember that your worth is not measured by a number on a scale or the fit of your clothes. It is reflected in the resilience of your body. When approached with kindness and patience, postpartum fitness becomes less about appearance and more about the strength to care for your baby, to move through daily life with greater ease and to feel at home in your body again. Begin where you are. Honor your pace. And move forward with compassion, one step at a time.

What Counts as "Exercise" in the Early Postpartum Months

Exercise doesn't have to look like a sweaty workout class to matter. In early postpartum life, movement that supports recovery can include:

- Gentle walks with your baby
- Stretching while your baby plays on the floor
- Intentional breathing exercises
- Carrying and lifting with a mindful posture
- Short moments of movement

Consistency, not intensity, builds strength!

Questions to Ask Before Starting a Postpartum Workout Program

- Was this program designed specifically for postpartum moms?
- Does it address core and pelvic floor recovery?
- Are modifications offered?
- Does it encourage rest as part of progress?
- Does it support long-term strength rather than quick results?

"There is so much support that can be implemented in the first few days postpartum that can set the stage for an easier recovery," Brande says.

If you would like to learn more about pregnancy/postpartum physical therapy, visit brandemoffatt.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. facebook.com/reddingcalalecheleague. Leaders: Nancy. nancydellamaria@gmail.com. (413)563-1424. Destiny Conover. destiny@reddingmidwife.com. 530-917-9634

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- 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)552-4025 (on maternity leave)

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SHASTA COUNTY

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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.
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The Gruenwald Family started Country Pumpkins in 2000



Proceeds help to support local youth programs!

Jack O'Lanterns, Specialty Pumpkins, Decorative Gourds, Corn Maze, Local Ag Products, Critter Corral, Ag Education, Observation Bee Hive, Hay Pyramid & Corn Box...and more!

EASY LOCATION!

7152 HWY 32 IN ORLAND • COUNTRYPUMPKINS.ORG

HOW BRAVE ARE YOU?

Find your way through a 8-acre corn maze in the dark of night. The maze will come alive with ghosts, vampires, grim reapers and the walking dead...



Six Nights Only for October 2026!

Friday, Oct. 9, 16, 23, 30
Saturday, Oct. 10, 17, 24
7pm - 10pm
Cost: $15 a head (attached or not)
Ages: 10 & older
Bring a flashlight!
NO costumes, masks, or facepaint

Country Pumpkins

RED BLUFF BIG SPLASH

RED BLUFF RIVER PARK

Play • Cool Off • Belong



A Brighter Future at Red Bluff River Park

The Red Bluff Big Splash will give local children and families a free, fun and inclusive place to cool off, play and gather during our hot North State summers.

It's part of a larger River Park improvement project designed to create a more welcoming, active and vibrant community space for people of all ages — a place where families connect, friendships grow and memories are made.

WHAT FAMILIES CAN LOOK FORWARD TO

BIG SPLASH WATER PLAY
Interactive water features designed for children of all ages and all abilities.

A MORE WELCOMING PARK
Improvements to make the park safer, more accessible and easier for families to enjoy.

MORE WAYS TO PLAY
The larger project includes pickleball courts, gathering spaces and additional recreational amenities.

A PLACE TO GATHER
A revitalized park for families, community events and everyday recreation.

INCLUSIVE BY DESIGN

The splash pad will be specifically designed so kids with special needs can use and enjoy it, with accessible features for all abilities.

Everyone belongs here.

MORE THAN A SPLASH PAD

For families with young children, the splash pad may be the most exciting part of the project. But the bigger goal is to invest in Red Bluff River Park as a whole — creating a place where children can play, teens and adults can be active, families can spend time together and the community can gather for years to come.

Free, accessible recreation makes a real difference in the health and well-being of our community — and helps keep Red Bluff a great place to live, work and raise a family.

Invest in the Red Bluff River Park.

COMMUNITY SUPPORT KEEPS THE PROJECT MOVING

Thanks to generous local donors, we have made significant progress — helping City Council approve the project to move forward. With continued community support, we can help close the remaining **$208,000 gap**, reduce the burden on the City, and bring the full Red Bluff River Park vision to life.

Together, we can make an even brighter Red Bluff.

Donations can be made locally payable to:
Edward Jones
733 Washington St.
Red Bluff, CA 96080
Memo: Soroptimist - Splash Account

Venmo: @RBSplash
PayPal: @SIRBBigSplash

Donation receipts will be provided.
Soroptimist International of Red Bluff is a 501(c)(3) nonprofit. Donations are tax deductible.



PEOPLE PARKS PLAY A BRIGHTER RED BLUFF

A STRONGER COMMUNITY FLOWS HERE.

FOLLOW UPDATES & GET INVOLVED

thebigsplash_redbluff

The Big Splash-Red Bluff

PROP 68 State of California Parks & Water Bond 2018

This project is supported in part by Proposition 68 grant funds, helping to create cleaner, greener, healthier communities across California.

RED BLUFF RIVER PARK | RED BLUFF, CA







HARVEST HAPPENINGS

Visit a Farm this Autumn

Chico Marketplace Costume Contests & Family Fun
Oct. 24, 12-2pm. Free admission. Frankenstein & his Bride will be visiting! Doggie Costume Contest with the Butte Humane Society helping to judge. Kid's Costume Contests (children 10 & under). 1920 E. Market Street. Pre-register at **shopchicomarketplace.com/events/costume-contests-family-crafts**.

28th Annual Dairyville Orchard Festival, Los Molinos
Oct. 17,10am-4pm. Celebrate the harvest season with fresh locally grown walnuts, almonds, prunes, olives and much more. Unique arts and crafts, live entertainment, children's activities, a big display of antique tractors and orchard equipment and lots of delicious food. Free admission and parking. All proceeds help fund local scholarships. Lassen View Elementary School, 10818 Hwy 99E. **dairyvillefestival.com**.

Book Family Farm, Durham
Oct. 1-31, Mon-Sat, 9am-6pm. Free admission and parking. This longtime family-owned pumpkin patch and farm beckons pumpkin enthusiasts to pick by size from hundreds of pumpkins. The many animals at this old-fashioned family farm hold a special charm for young children. Little ones will love the cows, pigs and dozens of goats and Henny Penny the chicken and her chicken friends! Lots of pumpkins to pick from and fall decorations for purchase. 153 Heavy Horse Lane, **bookfamilyfarm.net**.

Bountiful Butte College Harvest Festival, Butte College Main Campus Oct 10,10am -3pm. Free, family-friendly. Pumpkins, sweet treats, music and activities. ADA-compliant. Anyone requiring a specific accommodation or adjustment should contact Hunter Elliott no later than five business days before the event. Call (530)893-7574 or email elliotthu@butte.edu. butte.edu/harvest.

Country Pumpkins, Orland
Daily Oct. 1-31, 10am-6pm (maze closes at 5pm) Family-owned. Free admission and parking, free petting zoo and hay pyramid. Acres of pumpkins and interesting gourds and a country store with a variety of jams, jellies, local honey, pumpkin butter and syrup and other farm products. Families can have bales of fun on the hay pyramid and hay slide. An observation beehive introduces children to the important role these insects play in agriculture. Eight-acre corn maze, $5 per person; proceeds of the maze benefit 4-H programs and other local nonprofit organizations. On select nights, the brave of heart (10 years and older) can visit the Haunted Maze 7-10pm. Bring flashlights and friends! $15 per person. CASH only. 7152 Highway 32, Look for signs between Road P and Stony Creek. **countrypumpkins.org**.

Dunsmuir Harvest Festival
Oct. 10, 11am- 1pm. Free. Live music and kids' activities, light refreshments and so much fun. Bring your favorite homemade pie to enter in a contest. Top three pies receive amazing prizes. Dunsmuir Community Gardens, at the intersection of Sacramento and Cedar Streets in downtown Dunsmuir.

Historic Hawes Farms, Anderson
Oct. 3 – Nov 1. Fridays, 5-10pm; Saturdays, 10am-11pm, Sundays 10am-4pm Various admission prices depending on rides. Bumper cars, go-karts, haunted attractions, roller coaster, mechanical bull, jumbo slide, pumpkin blaster and more! Hawes Express train rides, interact with farm animals, stroll through the corn maze and visit the eight-acre pumpkin patch with 50+ pumpkin and gourd varieties. Check website for specialty events and admission fees. 16465 Deschutes Road. (530)365-2332. **historichawesfarm.com**.

Hoes Down Festival, Guinda
Oct. 3rd, 11am-11pm. Travel to beautiful Capay Valley, for this not-to-be-missed event. Held on the 400-acre, certified organic Full Belly Farm, the festival features healthy food, Contra dancing, melon eating contest, informative farm tours, live music, flower farming, kids' maker area, dried flower wreath barn, workshops on bug hunting and more. Learn about the importance of sustainable agriculture practices. Camping in the orchard with many other families is a highlight and available for one night only. 16141 Road 43. **fullbellyfarm.com** for fees, volunteer opportunities and live music schedule.

Johnny Appleseed Days, Paradise
Oct. 3-4, 10am-5pm; Oct. 5, 10am-4pm. Free admission. Apple pie and ice cream and fresh apples from Noble Orchards. Artisans from throughout the state and beyond selling their handicrafts. Continuous hometown entertainment graces the Gazebo Stage. The Harvest Grove area shares homesteading resources, small-scale farming and self-sufficient living about growing, raising and preserving. Variety of delicious food for purchase. Terry Ashe Recreation Center and Park 6626 Skyway. **paradisechamber.com/johnny-appleseed-days**.



Photo courtesy of Book Family Farm

Julia's Fruit Stand, Los Molinos
Every day 8am-6pm, rain or shine, until Oct. 31.
Nestled amid beautiful orchards, the stand has been a venue for fresh, delicious farm produce grown by the Brandt family and their neighbors for 26 years. In the autumn, get tree-ripened apples of several varieties, including Somerset, Granny Smith and Fuji. Oher seasonal fruits and vegetables for sale. Julia's Fruit Stand Pumpkin Patch offers 20 varieties of colorful pumpkins in all shapes and sizes. (530)354-4775. 11475 CA-99. **juliasfruitstand.com**.

Manton Apple Festival, Manton Parks Community Center
Oct. 3, 9am-4pm Free admission and parking a short walk away. Live music all-day. Apple-pie baking contest and over 100 booths. Local apples, pies for sale. All proceeds from booth rentals and pie sales support a variety of local Manton non-profit organizations and fund scholarships for Manton area students. 31345 Forward Rd. (530)474-5541. **mantonapple.com**.



12th Annual McCloud Apple Harvest Festival
Historic Main Street, McCloud
Oct. 10. 10am - 4pm. Live music all day! The Gnarly Pints (upbeat string and folk-rock) and Tempest (globally renowned hybrid of high energy Norwegian folk meets rock). Food trucks, beer booth, artisan vendors, pumpkin patch, a petting zoo, face painting, puppet show, wagon rides, fresh pressed apple cider, apple dessert contest, homemade pies for sale, fresh apples for the taking and much more. **mccloudchamber.com**.

Noble Orchards, Paradise
facebook.com/NobleOrchards. As the last remaining apple orchard in the area, it offers a unique taste of the region's agricultural heritage. Early summer, enjoy tree-ripened freestone peaches and nectarines and beginning in Aug, a fruitful apple season featuring over twenty varieties including Gala, Fuji, Pink Lady and rare heirloom varieties. Check their Facebook for current hours and latest fruits available. U Pick may be available after mid-Oct. Families and fruit enthusiasts are invited to participate in an apple U-Pick experience. Pick your own apples straight from the tree until supplies run out. Apple cider is available for purchase. Additional products from previous years of operation will be added back as feasible. Apples are available by pound, pre-bagged or by half and full bushel boxes.



Patrick Ranch Museum Autumn Fest & Pumpkin Patch, Durham
Saturdays and Sundays in Oct. 10am-4pm. Oct. 9-11, 16-18, 23-25 and 30, 6-9 p.m. Admission $6. Free parking. Grand Opening Oct. 3 & 4, in collaboration with Divine Sundays, will feature food and craft + activity vendors. Oct. 10 & 11 "Then and Now" exhibits with interactive displays. Every weekend: children's crafts and activities, pumpkin chunking, tram rides for the entire family, pony carriage rides (2nd & 3rd weekend) and tours of the historic Glenwood farmhouse. Lunch is available at the on-site cafe. Acres of traditional and unusual varieties of pumpkins and gourds to choose from. Haunted House, in collaboration with Boy Scout Troop 31, 10381 Midway, between Chico and Durham. Watch **patrickranchmusuem.org** for updated information.

Sunflower Pumpkin Patch, Gazelle
Fridays-Sundays in Oct., 10am-6pm. Free admission. Three acres of pumpkin fun for the whole family! 3075 Scarface Rd. (530)598-7996. Find them on Facebook, or johntkiro@gmail.com.

Wild Horse Sanctuary, Shingletown.
FREE guided wild horse viewing by appointment. Call to schedule your field trip. Check out our website for special events. (530) 474-5770. **wildhorsesanctuary.org**.





Open to the public • Oct. 1-31, Mon-Sat, 9am-6pm
153 Heavy Horse Ln, Durham • Free admission and parking.
bookfamilyfarm.net

WE GROW MEMORIES
Our festival season is September 19th thru November 1st

Hawes Farms
EST. 1863
Daytime Corn Maze • Pick A Pumpkin! • Roller Coaster
Hawes Express Train • Fields of Sunflowers & Zinnias
Rides • Farm Animals
Shop Hawes Ranch & Farm Supply Year-Round
Supplies for both ranchers & farmers
21923 Dersch Rd., Anderson
6465 Deschutes Rd., Anderson • 530-365-2332 • HistoricHawesFarm.com

FREE Family Activities

BUTTE COUNTY

Bidwell Park, Chico
Daily 5am to 11pm
(530)899-1500 (530)225-4095
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
(530)872-6393
paradiseprpd.com/

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
(530)345-6468
chicoairmuseum.org

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
1 Observatory Way
(530)895-4711
www.facebook.com/ChicoCommunityObservatory/

Free. Complimentary use of telescopes and access to knowledgeable docents at 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
(530)809-1492
chicochildrensmuseum.org

Free for Members and children UNDER 2.
Lots of fun activities for children and families.
$3 with EBT card for SNAP benefits through Museums for All, up to four people.
Adults and children $12, military $10, grandparents, seniors 60+, teachers & first responders $6 with ACM Reciprocal Network Benefits from a participating Children's Museum.

Chico Seed Orchard
2741 Cramer Lane, Chico
Daily 7am–5pm; closed federal holidays. (530)934-3316
explorebuttecounty.com/activities/stroll-through-the-chico-seed-orchard

Free. Family-friendly botanical area with a one-mile paved, wheelchair-accessible nature trail, labeled plants, birdwatching and picnic tables. Pedestrian access is available seven days a week during seasonal daylight hours. Dogs are welcome on leash. Beautiful in the fall.

Feather River Fish Hatchery
5 Table Mountain Blvd., Oroville
Daily 8am–3pm
(530) 538-2222
wildlife.ca.gov/Fishing/Hatcheries/Feather-River

Free. See Chinook salmon and steelhead, walk beside the rearing ponds and view fish through underwater windows. Mid-September through mid-November is especially exciting, when visitors can watch returning salmon climb the fish ladder and observe weekday spawning operations.

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.
(530)846-7500
wildlife.ca.gov/lands/places-to-visit/gray-lodge-WA#606523946-getting-there

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
(530)846-4482
gridleymuseum.com/

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
(530)538-2219
water.ca.gov/What-We-Do/Recreation/Visitors-Centers

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. Take a hike on one of Lake Oroville's trails for the full experience!

Llano Seco Unit Wildlife Viewing Area
Seven Mile Lane, SW of Chico
Open daily (530)934-2801
fws.gov/refuge/steve-thompson-north-central-valley-wildlife-management-area

Free. Explore wetlands along a half-mile walking trail with observation platforms and opportunities to spot waterfowl, sandhill cranes, raptors and other wildlife. Open daily from one hour before sunrise to one hour after sunset.

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.
(530)538-2470
info@orovillestatetheatre.com
orovillestatetheater.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
(530)533-2011
frrpd.com/riverbend-park

Free. 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
(530)893-0545
nationalyoyo.org/

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

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

Kids 5 and under free. Learn about honeybees and beekeeping. See living hives, taste honey, explore exhibits. Low-cost. $3 adults, $2 kids ages 6-12.

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. 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.

Lely Park Splash Pad
701 East Street, Orland
Daily 10:30am–8:30pm, generally May – Sept.
(530)865-1630
orlandrec.recdesk.com/Community/Facility

Free. Firefighter-themed splash pad gives children a fun way to cool off during the warmer months. Press the fire-hydrant activator to start the water features. Check current seasonal hours before visiting.

Sacramento National Wildlife Refuge Visitor Center & Trails
752 County Road 99W, Willows
fws.gov/refuge/sacramento/sacramento-nwr-complex-visitor-center
Refuge trails open daily, one hour before sunrise to one hour after sunset
Visitor Center currently open Fridays 10am–3pm; hours subject to change
(530)934-2801

Visit the free Discovery Room, observation areas and walking trails to learn about wetlands and see migrating birds and other wildlife. Walking trails and the visitor-center area are free; the six-mile vehicle auto tour requires a pass.

SISKIYOU COUNTY

Discover Siskiyou
discoversiskiyou.com

Free. 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.

Hedge Creek Falls
506 Dunsmuir Avenue, Dunsmuir
Open year-round during daylight hours (530)926-4511
discoversiskiyou.com/activities/hedge-creek-fall

Free. A short, family-friendly trail leads to a waterfall that visitors can walk behind, then continues to a Sacramento River overlook. The approximately half-mile route has some uneven terrain and elevation change but is easy for littles. Parking and trail access are free.

Karuk Tribe People's Center Museum (Free) & Gift Shop
64236 Second Ave, Happy Camp
Mon-Sat 9:30am-5 pm, closed for lunch 1-1:30 pm.
karuk.us/more/peoples-center

Free. Devoted to the preservation, promotion and celebration of Karuk history, language, traditions.

Mount Shasta Fish Hatchery
3 North Old Stage Road, Mount Shasta
wildlife.ca.gov/Fishing/Hatcheries/Mount-Shasta
Daily 8am–3pm

Free. See trout and learn how fish are raised at California's oldest operating fish hatchery. Families can take a self-guided walk around the outdoor hatchery grounds and enjoy nearby picnic tables. Call or check online for current hours.

Mount Shasta Gateway Mountain Bike Trails
mountshastatrailassociation.org

Free. Mountain bike trails from beginner to advanced. See website for trail maps, ability levels and trail details.

TEHAMA COUNTY

First 5 Tehama
first5tehama.org/
(530) 528-1395

Free. Red Bluff. Resources and support for families, providers, leaders and the community.

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

Free. 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. (530)527-6166

Red Bluff Round-Up Museum
670 Antelope Boulevard, Red Bluff
redbluffroundup.com
Tues-Fri 9am-4pm
Museum: (530)528-1477
Office: (530)527-1000

Free. Explore local rodeo history through photographs, saddles, clothing, trophies and other artifacts connected with the Red Bluff Round-Up. Check current weekday hours before visiting. Donations accepted.

Tehama County Library
Free. Activities and events like Board Game & Tabletop 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.

Tehama County Museum
275 C Street, Tehama
tehamacountymuseum.com
Saturday 1–4pm or by appointment (530) 384-2595

Free. Discover Tehama County history through displays of local artifacts, photographs and historical collections. Free admission. Regular public hours are limited and vary seasonally, with group visits available by appointment; check the museum's website or call before visiting.

William B. Ide Adobe State Park
21659 Adobe Road, Red Bluff
parks.ca.gov/?page_id=458
Admission $6 per vehicle
Park grounds: Daily, sunrise–sunset
Visitor Center and homestead tours: Fri–Sun 10am–4pm (530) 529-8599

Explore a historic homestead beside the Sacramento River, with an adobe house, blacksmith shop, carriage shed, exhibits, picnic area and family programs. Grounds are open daily; the visitor center and guided homestead tours are generally available Friday–Sunday.

FREE Family Activities in the North State
(continued)

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.com
(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
Free. 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
Free. 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.
visitredding.com/get-outside/trails/sacramento-river-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
parks.ca.gov/?page_id=456
(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.

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.

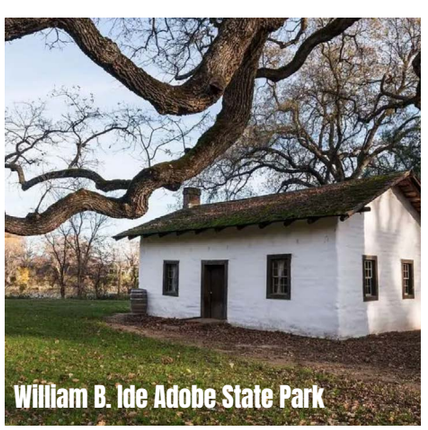
Coleman National Fish Hatchery
(Planning to put their Salmon Festival on Oct 17)
24411 Coleman Fish Hatchery Road, Anderson
fws.gov/fish-hatchery/coleman?utm_source=chatgpt.com
Daily, including holidays, 8am–4pm
(530) 365-8622
Free. Take a free, self-guided tour of the hatchery and learn about Chinook salmon and steelhead raised for Northern California waterways. Fall is especially interesting when returning salmon can be seen. Open daily, generally 8am–4pm. fws.gov

Sundial Bridge & Turtle Bay Riverfront Trails
844 Sundial Bridge Drive, Redding
Bridge: Open daily, 24 hours
City of Redding Parks:
(530) 225-4095
Open-air bridge and trail access are free.
Free. Walk across Redding's glass-decked pedestrian bridge and explore the surrounding Sacramento River Trail system. Families can walk, bike, watch wildlife and enjoy river views without paying admission to Turtle Bay Exploration Park.



Feather Rivery Fish Hatchery


Old Shasta Historic Park


William B. Ide Adobe State Park


Sacramento River Trail

- 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. ramseysolutions.com/money/financial-peace.
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. 26 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.
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 sf 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 and adults. Clothes, shoes, toys, baby gear, books, movies, games and more. $1 clothing room. Buys, sells & trades. Find them on Facebook. 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@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 Broadway St. (530) 842-5035
2nd Chance Consignments; Mt. Shasta. Filled with beautiful antiques, contemporary furniture, artwork, home furnishings, designer clothes, jewelry & more. 2ndchanceconsignments.com. 909 So. Mt Shasta Blvd. (530)926-2710.

FOOD BANKS, FREE MEALS AND SERVICES FOR THE UNHOUSED

FOOD BANKS

BUTTE COUNTY

Catholic Ladies Relief Society; CChico. 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 Tuesday at 10am. chicorescuemission.com. 2612 Esplanade. chicorescuemission25@gmail.com (530)343-1935.
Chico Salvation Army; Food distribution Tues. 2-4pm. 567 East 16th St. (530)776-1009. chico.salvationarmy.org.
First Baptist Church; Paradise. Food distribution Fri, Noon-4pm. 6500 Clark Rd. (530) 877-3532
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. hopecommons.church/food-pantry.
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. (530)898-4098.
Magalia Community Church; Food distribution Thurs, 11am-1:30pm. justserve.org/projects/40cc9bad-1123-49cd-b6af-294f9132e3c4. 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. scd.org/parish/sacred-heart-parish-gridley. 1560 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. newlifecorning.org/food-pantry660 Solano St. (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. 19 Colusa Street. (530)681-6334.

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) 226-3073.
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 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. For low-income individuals and families. 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 Street, Suite B. (530)340-6382.
Siskiyou Food Assistance Corporation; Weed. Serves nutritious food to neighbors in need. Sustainable, nutritious food supplies. siskiyoufoodassistance.org. 780 South Davis Avenue. (530)408-6115.

Yreka Food Bank. 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. Emergency food program serving the needy. facebook.com/andcca. 2979 E. Center St, Anderson. 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 10-11am (or until gone). Bagged groceries: 4th Wednesday each month 9am-11am. newlifecorning.org/food-pantry. info@newlifecorning.org. 660 Solano Street. (530)824-3426.
High Point Assembly Food Pantry; Red Bluff. Provides free emergency food assistant to the public. Food pantry open Mon-Thurs 9-4pm. Food boxes provided 2nd & 4th Sunday after church service. 625 Luther Rd. (530)527-0445.
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. 19 Colusa Street. (530)681-6334.
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.
Salt Ranch; Red Bluff. A nonprofit organization and ministry helps the unhoused population in Red Bluff. saltranch.org. Randy & Felicia Dueck, 12865 State Highway 99 East. Call or Text (530)200-6871.
Salvation Army Emergency Food Program; Red Bluff. Provides food for emergency cases only. An emergency would be an out-of-pocket expense that prevents one from buying food. Must provide photo ID to apply. Food donations are welcome. Tues, Wed, Thurs 1-3:30pm. 940 Walnut St. (530)527-8530.
Tehama County Gleaners and Food Bank. Services available for residents, coordinated monthly. Find them on Facebook. 530-529-2264
Los Molinos: Masonic Hall, 25020 Tehama-Vina Rd.
Manton: Paynes Creek & Ponderosa Sky Ranch
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. shalomfreeclinic.org/ 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, Pathways Men's Transitional Living, Rapid Rehousing, Emergency Winter Shelter. pathplaza.org/path-tehama-programs-winter. info@pathplaza.org. (530)727-9291.
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. instagram.com/urbanore/?hl=en. 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/our-shops. 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. facebook.com/discoveryshoppeleague.
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. instagram.com/allsaintsthrift_redding. 3268 Bechelli Ln. (530)223-2523.
Another Chance Animal Welfare League Thrift Store; Palo Cedro. Benefits programs that assist animals. acawl.org/contact-us/thrift-store. 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)365-2533**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.

Food Security and Nutrition on a Budget

By Kelly Dearie, Nutrient Dense Cooking Instructor

In today's climate of economic uncertainty, many families are feeling increasingly anxious about their ability to put food on the table. While food pantries provide critical short-term relief, they cannot create long-term sustainability. Natural disasters, supply chain disruptions and sudden job loss are real threats in our region. True food security means preparing responsibly so families can weather these challenges with confidence.

Food Security through Meal Planning and Proper Storage

To help residents go beyond emergency food distribution to a more sustainable food plan, Siskiyou Food Assistance offers a Food Security and Nutrition program to residents from the North State counties. This initiative equips individuals and families with practical knowledge and hands-on skills to build lasting food security and nutritional independence.

The program consists of an engaging 8-session workshop series held at both the SFA pantry in Weed and the Weed Community Center. Each session is interactive, educational and often hands-on, covering essential topics such as food security, meal planning, proper storage, smart preparation and nutrition fundamentals.

Participants learn valuable techniques to maximize flavor, nutrition and digestibility, including soaking, sprouting and fermentation. These methods help transform basic ingredients into wholesome, delicious meals while stretching resources further. When you are prepared, you're better positioned to support your family and community during difficult times.





Kelly welcomes kids to her classes, teaching them cooking skills and preparing them for a lifetime of choosing good nutrition. *Photos provided by Siskiyou Food Alliance*



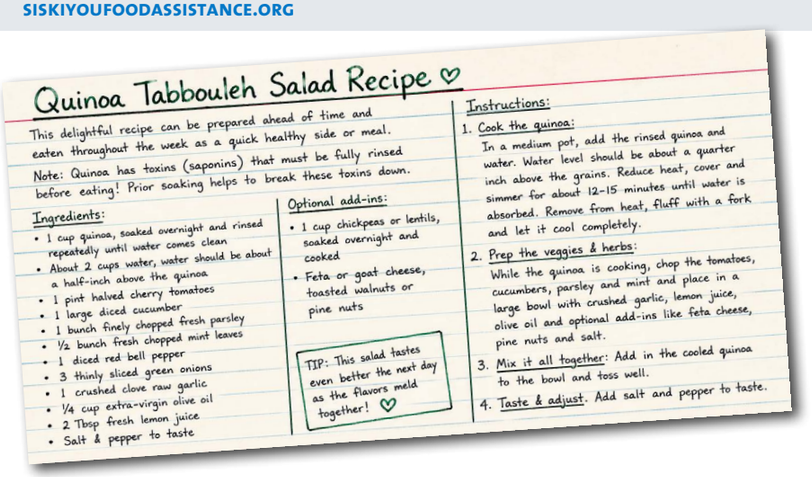
Kelly Dearie teaches food storage and preparation techniques that stretch food dollars, increasing food security for North State residents.

Unlike many programs that focus solely on storing a year's supply of basic food, SFA's workshops prioritize practicality and resourcefulness. Participants learn how to create personalized food storage and rotation plans that align with their family's tastes, budget and lifestyle. The goal is not just to store food, but to regularly use and enjoy it. By the end of the series, families walk away with both a well-stocked pantry of nourishing meals they like and the skills to maintain it.

As the program progresses, participants gain confidence and self-reliance. Many graduates report feeling empowered and hopeful, knowing they have practical solutions ready for financial hardship or unexpected emergencies. Program participants learn practical storage and preparation techniques, including growing microgreens and sprouts, fermentation (pickles, sauerkraut, probiotic sodas), dehydrating, canning, solar cooking and more!

Through this program, SFA is doing more than distributing food. It is helping build stronger, more prepared and more connected families, one workshop at a time. ■

THE NEXT CLASS, CANNING AND SEASONAL PRESERVES, IS SEPT. 26, 3-5PM AT WEED COMMUNITY CENTER, 161 E. LINCOLN AVE., WEED. EVERYONE WALKS AWAY WITH A JAR OF PRESERVES! SUBSCRIBE TO THE SFA NEWSLETTER VIA THE SFA WEBSITE TO BE NOTIFIED OF UPCOMING CLASSES AND WHEN A PLANNED DIGITAL VERSION OF THE CLASSES WILL BECOME AVAILABLE. DONATE $30 OR MORE TO SECURE YOUR SPOT. YOUR DONATION DIRECTLY FUNDS FOOD SECURITY EQUIPMENT AND MATERIALS FOR FAMILIES IN NEED.
SISKIYOUFOODASSISTANCE.ORG



Quinoa Tabbouleh Salad Recipe ♡

This delightful recipe can be prepared ahead of time and eaten throughout the week as a quick healthy side or meal.

Note: Quinoa has toxins (saponins) that must be fully rinsed before eating! Prior soaking helps to break these toxins down.

Ingredients:
- 1 cup quinoa, soaked overnight and rinsed repeatedly until water comes clean
- About 2 cups water, water should be about a half-inch above the quinoa
- 1 pint halved cherry tomatoes
- 1 large diced cucumber
- 1 bunch finely chopped fresh parsley
- ½ bunch fresh chopped mint leaves
- 1 diced red bell pepper
- 3 thinly sliced green onions
- 1 crushed clove raw garlic
- ¼ cup extra-virgin olive oil
- 2 Tbsp fresh lemon juice
- Salt & pepper to taste

Optional add-ins:
- 1 cup chickpeas or lentils, soaked overnight and cooked
- Feta or goat cheese, toasted walnuts or pine nuts

TIP: This salad tastes even better the next day as the flavors meld together! ♡

Instructions:
1. Cook the quinoa: In a medium pot, add the rinsed quinoa and water. Water level should be about a quarter inch above the grains. Reduce heat, cover and simmer for about 12-15 minutes until water is absorbed. Remove from heat, fluff with a fork and let it cool completely.
2. Prep the veggies & herbs: While the quinoa is cooking, chop the tomatoes, cucumbers, parsley and mint and place in a large bowl with crushed garlic, lemon juice, olive oil and optional add-ins like feta cheese, pine nuts and salt.
3. Mix it all together: Add in the cooled quinoa to the bowl and toss well.
4. Taste & adjust. Add salt and pepper to taste.

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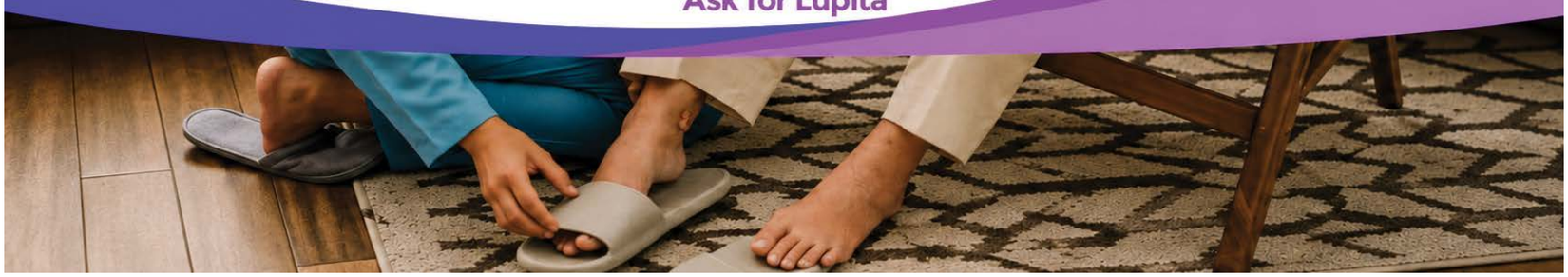
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Questions You Should Ask Your Adult Parents

Expert advice about important conversations to have with your parents

By Cheryl Maguire

"Now I'll never know the answer." I've heard my mom say this many times since her parents passed away. Often, she has a question about a childhood memory or a possible genetic medical issue that she wishes she had asked her parents while they were still alive. Of course, she misses her parents but there is also a sense of regret that she didn't ask these questions when she had the chance.

Michelle Blanchard Ardillo, 64, a freelance writer and an academic tutor in Rockville, Maryland, has had similar feelings about her parents who passed away. "I wish I would have pressed my parents to talk about their childhood and their parents. I feel a void where those connections should be," she says.

Gretchen Kubacky, Psy. D., a health psychologist and author of *Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss*, shares her personal experience after losing her parents. "When your parents die, you want to have as few regrets as possible and the assurance that you did the best you could for them. Only by asking the questions in advance will you know this for sure," says Kubacky.

Questions to Ask Your Older Adult Parents

So where do you begin? The process can seem overwhelming and sad since most people have a hard time discussing death or dying. **Amy Pickard**, a grief coach, created a Departure File (goodtogopeace.org/services/#file) that includes questions related to childhood memories, accomplishments and other reflections. You could ask your parents to fill out the form if it is easier for them or use it as a basis for conversation starters.

Clare Bidwell Smith, a grief counselor and author of *Anxiety: The Missing Stage of Grief*, recommends using Pickard's booklet to help facilitate discussions. Based on Kubacky and Bidwell Smith's experience working with their clients around grief, they highlight some key questions you could ask:

- Are there certain ways you'd like to be remembered?
- What are songs I could play to remember you by?
- Are there any places you loved where I could visit?
- What's your strongest childhood memory?
- When I'm missing you, is there something you think I should do or remember?
- Do you have any big regrets?
- How did you meet (the other parent)?
- What are you most proud of and why?
- Is there any family medical history I should know about?
- Can you tell me more about our ancestors? What were your parents like? What were their interests or passions?

It is also important to get clear with your parents about finances, what final arrangements they would prefer and what medical care they would prefer if they were to become incapacitated and could not speak for themselves. Write down the answers so that you don't have to rely on your memory to recall them.

How to Handle Parental Resistance

So, what should you do if your parent doesn't want to answer your questions? The experts offered some suggestions about how to respond when your parents don't want to discuss certain topics. Kubacky suggests that you respect your parents' desire for privacy but also keep gently coming back to the topics. "Many people are uncomfortable talking about illness, death and money. But it is in their best interest, as well as yours, to share at least enough information that you can quickly and easily shift into caregiver mode, if need be," she says.

Pickard explains that her father is not a "touchy-feely share and care guy" so she knew she had to frame her questions in a way that he would feel comfortable responding. Instead of asking him a personal question she asked, "What are the 10 traits that you think I got from you?" At first, he responded, "I don't think about that kind of stuff." But then he called her an hour later and listed traits like her sense of humor and sports ability that he shares with her.

Pickard also stresses that sometimes you might have to ask the question a few times before they answer, or they might not respond right away like her father. "Just keep at it. If your parents don't want to talk about stuff, you've got to just keep pressing them and try to figure out a way that it'll be palatable or try to be creative in getting the information that you want," she says.

Why These Questions Are Important

"When we lose someone we love, we are left with myriad of questions to which it is difficult to find answers. We are also sometimes left with a sense of guilt that can contribute to anxiety and depression," says Bidwell Smith. This is why it is important to have these conversations while you still have the opportunity. Pickard explains that reminiscing is a powerful way to remember that you are living and how you have lived.

"When you have these conversations with your parents, you won't regret it. It's those conversations that provide the most nutrition for you when you're grieving, and will stand out in your mind and provide you with the most comfort." ■



JT Swanson and his 83-year-old father, John, of Redding, explore the uncomfortable details of planning and preparing for the future. JT is an attorney and suggests using one of the many organization tools available. *Photo by Nyla Schmidt*





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.





FEELING OVERWHELMED?
You are not alone

Caring for a loved one can be rewarding – but it can also feel isolating. At Passages Caregiver Resource Center, our support groups offer a safe, understanding space where caregivers connect, share experiences, and find encouragement. Take time for yourself while gaining strength for the journey ahead.

The groups provide:
- Emotional support
- Practical caregiving tips
- Helpful community resources
- A community that truly understands

Join a Passages group today. You deserve support too.

CONTACT US
Redding: 530.221.1900
Chico: 530.898.5925
Mcrc@csuchico.edu
Chico State Enterprises
Passages
Caregiver Resource Center

Grandparents... little bit teacher, little bit best friend.



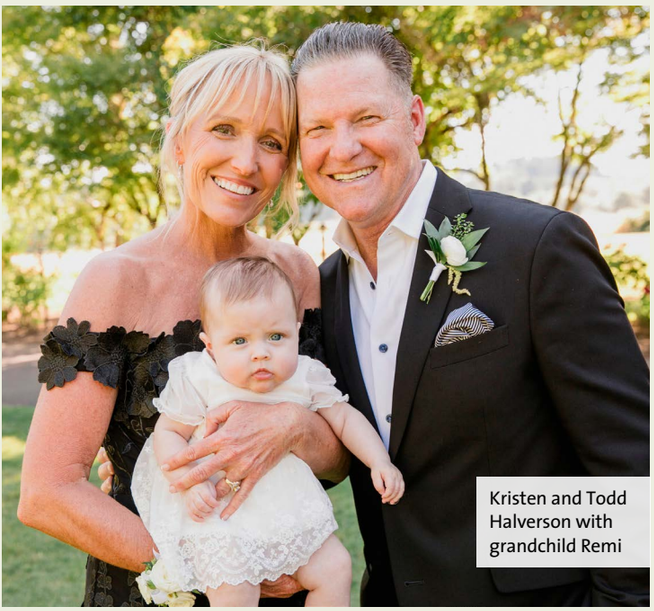
Julie Clark with daughter Abbie, and days-old granddaughter Alma



Grandma Severine and grandchildren Aili, 6; and Callie, 1 month old.

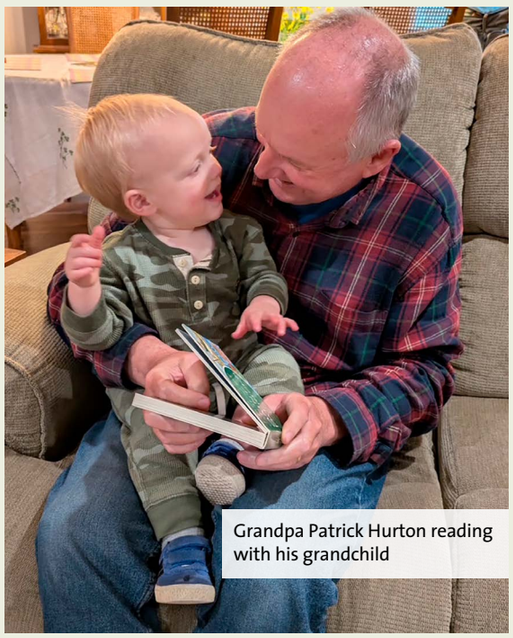


Avi with her Grammy Deb Perdue. "She is my bestie!"

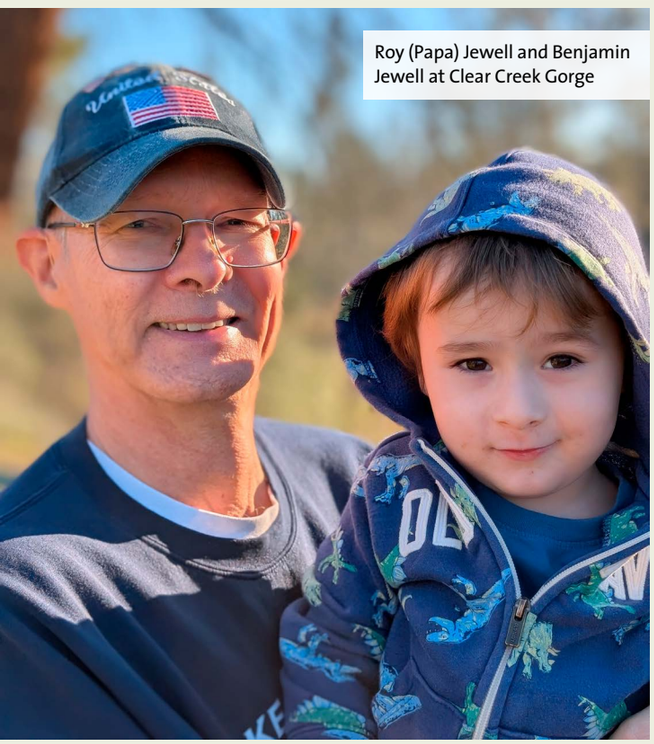


Kristen and Todd Halverson with grandchild Remi

These North State grandparents - the stars in their grandchildren's lives - are the winners of our Grandparent Photo Contest. Congratulations!



Grandpa Patrick Hurton reading with his grandchild



Roy (Papa) Jewell and Benjamin Jewell at Clear Creek Gorge



D'Lorah and Patrick Hurton pose with three of their children and 16 of their 20 grandchildren!

- 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

VIVA!; Chico. Free support for kids living with cancer in the family. enloe.org/care-treatment/cancer-care/support-education. (530)332-3856.
Enloe Health Cancer Care; Chico. Free support for kids living with cancer in the family. enloe.org/care-treatment/cancer-care. (530)332-4700.

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.

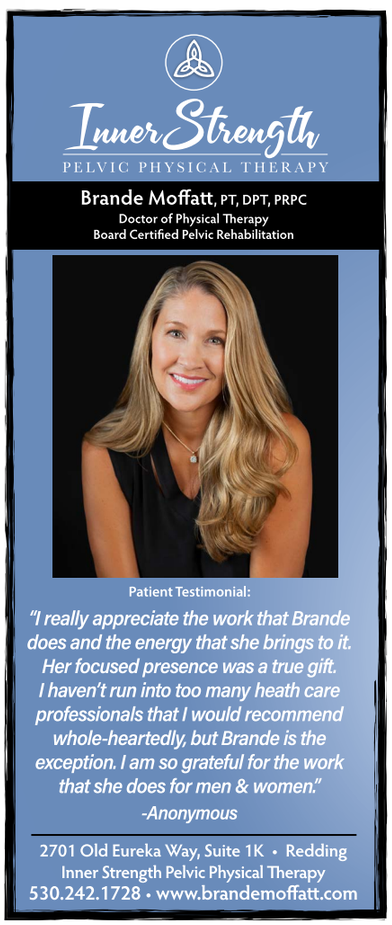
SHASTA COUNTY

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.org. (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/events/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.



NORTH STATE Parent

Looking for family-friendly activities and events everyday of the week? Visit our online calendar:

northstateparent.com/calendar



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.
Market Street Dental; Redding. Provides dental care for individuals and families, including preventive, routine and restorative services. Offers exams, cleanings and treatment to support healthy teeth and gums, with accessible community-based care for patients of all ages. hillcountryclinic.org. 1400 Market St. Ste 8103. (530)337-6244.
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)961-9288.

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. Several locations in Round Mountain and Redding offering sliding scale and payment programs for those without insurance. hillcountryclinic.org. (530)337 6244.
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: 1201 Industrial St. (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)690-2827.

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.
Shasta Family Dentistry; Redding. Provides caring, minimally invasive pediatric dental care in a fun, welcoming environment. Services include routine exams, diagnostics, restorative and cosmetic treatments, and emergency care, with a focus on building trust and supporting a lifetime of healthy smiles. 1950 Eureka Way Suite C. (530)291-2698.

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.



Micaela Slane, of Chico, prepares a healthy lunch with her kids, Adler, 2; Walter, 11 months; and Conrad, 6. *Photo courtesy of the Slane family.*

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. facebook.com/curvesparadiseca/.
Redding: 2485 Athens Ave. (530)246-7211. facebook.com/CurvesReddingCA/.
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.com. 1293 E. 1st Ave. (530)343-5678.
NS Fit Athletic Club; Oroville. Pilates, yoga, weight room, year-round swimming, racquetball and basketball courts and more. Offers programs for youth. nsfclubs.com. 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. californiasoccerpark.com. 9800 Old Oregon Trail. (530)505-4626.
Hill Country Teen Center; Round Mountain. Free after-school drop-in center for teens offering a safe place to socialize, play games, create art and get homework done. The center also organizes activities and trips, including hiking, rafting and college visits. 29632 Hwy 299 E. (530)238-0995.

NS Fit Athletic Club; Redding. Pilates, yoga, weight room, year-round swimming, racquetball and basketball courts and more. Offers programs for youth. nsfclubs.com. 2350 Athens Ave. (530)736-0518.
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, pickleball, spa, training, 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

MULTIPLE COUNTIES

To Report Child Abuse:
Shasta: (530) 225-5144
Trinity: (530) 623-1314
Tehama: (530) 527-1911 or (800) 323-7711
Butte: (530)538-7882 or (800) 400-0902 (24-hour line)
Siskiyou: (530) 841-4200 or (530) 842-7009 (24-hour line)
Lassen: (530) 251-8277; (530) 257-6121; (530) 260-8131 (after hours line)
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. 254 Cohasset Rd., Suites 100 and 150. buttecounty.net/behavioralhealth. Crisis line: (800)334-6622 or (530)891-2810.
Butte County Youth Outpatient Centers; Chico, Gridley, Oroville, Paradise. Outpatient centers and Youth Intensive Programs for ages 0-24. 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.

SISKIYOU COUNTY

Siskiyou County Behavioral Health; Yreka. North County Office. Promotes the prevention of and recovery from mental illness and substance abuse for the individuals, families, and communities served by providing accessible, caring, inclusive, and culturally respectful services. 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/breastfeeding. (800)994-9662.
Mother's Milk Bank (San Jose); 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. 800-4SUTTER (800-478-8837).

BUTTE COUNTY

Better Babies; Chico. Private appointments, health education, nutritional information, individual support, and classes on birthing, breastfeeding, and baby care. Provides Lactation Consultant who specializes in teaching and assisting women with breastfeeding. nvih.org/services/prenatal. 500 Cohasset Rd, Suite 15. (530)433-2500.
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, Gridley, 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: 2080 E. 20th St. Suite 180.
Gridley: 239 Sycamore St.
Oroville: 202 Mire Loma Dr.
Chico Pediatric Medical Group; Lactation consultant on staff for breastfeeding and lactation support. chicopediatrics.com. 670 Rio Lindo Ave. (530)343-8522.
Debbie Pierce; Chico. A RN/IBCLC, Debbie provides lactation services to families. She worked at Enloe Medical Center, Oroville Hospital and for the Butte County Public Health Department and 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. enloe.org/care-treatment/pregnancy-birth. (530)332-3970.
Enloe Health Mother Baby Education Center and Breastfeeding Supply Store; Chico. Offers lactation services and education before, during and after your delivery and one-on-one breastfeeding consultations with an IBCLC lactation specialist for $40. Breastfeeding Supply Store offers rental of hospital-grade breast pumps and provides pumps covered by insurance. Also has 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.
Small Miracles Lactation Support; Oroville Hospital. Group classes, lactation consultations by appointment. 2767 Olive Highway. buttecounty.net/1275/Breastfeeding-Support (530)532-8441.
The Best Place For Moms; Expert breastfeeding, pumping and bottle refusal help in the comfort of your home in Butte County. thebestplaceformoms.com. (530)287-8222.

GLENN COUNTY

Glenn County Health Services WIC; Orland and Willows. Peer counseling, private lactation consultations, breastfeeding support groups (Eng. & Sp.) countyofglenn.net/government/departments/health-human-services/public-health/women-infants-children-wic#wic-services.(530)865-8791.
Orland: 127 E. Walker St.
Willows: 245 N. Villa Ave

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. familyfmc.com. 1796 Churn Creek Rd., Redding. (530)932-2405.
Greater Redding La Leche League. Meetings: Please check with a Group Leader as dates and times for virtual meetings may change. facebook.com/reddingcalalecheleague. Leaders: Nancy. nancydellamaria@gmail.com. (413)563-1424. Destiny Conover. destiny@reddingmidwife.com. 530-917-9634.

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. 2021 Victor Ave. (530) 453-0873.
WIC Breastfeeding Support; Redding. Breastfeeding classes and consultations, Shasta Mom's Circle, breast pump rental. (530)229-8446.
Shasta Community Health Center's Women's, Babies' and Children's Center; Redding. Certified lactation consultants who are also registered nurses offer personal breastfeeding classes and one-one-one support. shastahealth.org/maternity. 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. 914 Pine St. (530)926-6111.
Siskiyou County WIC; Multiple cities. Breastfeeding education, support and breast pump loans for WIC clients. co.siskiyou.ca.us/publichealth/page/women-infant-children-wic. (530)841-2170.
Dorris City Bldg: 307 S. Main St.
Dunsmuir Resource Center: 5844 Dunsmuir Ave.
Fort Jones Community Bldg: 11960 East Street.
Happy Camp: 38 Park Way.
Mt. Shasta Community Bldg: 629 Alder St.
Weed Community Center: 161 East Lincoln Ave.
Yreka: 700 South Main St, Suite 1.

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/our-services/public-health/services/wic/. 1850 Walnut St. (530)527-8491.
La Leche League of Red Bluff; Leader D'Lorah is available 24 hours for breastfeeding support via telephone and text is best. hurton@sbcglobal.net. (530)526-6818.

MEDICAL CARE

MULTIPLE COUNTIES

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; 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 202 Mira Loma Drive, Oroville. (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. 13835 W Park Dr, Magalia. (530)872-6412.

SHASTA COUNTY

Churn Creek Medical; Redding. Provides primary medical care, urgent care and pharmacy services for individuals and families. Services include routine and preventive healthcare, treatment for illnesses and minor injuries, and convenient access to prescription medications. hillcountryclinic.org. 3270 Church Creek Rd. (530)337-5750 or 6243. Gold Street Medical Clinic (Hill County satellite location): 1401 Gold St, Suite A.
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. familyfmc.com. 1796 Churn Creek Rd., Redding. (530)932-2405.
Shasta County Health and Human Services Agency- Public Health Branch. Redding. shastahhsa.net. 2650 Breslauer Way. (530)225-5591.
Pulse Urgent Care Center: Redding Accessible walk-in and urgent healthcare facility. Offers internal medicine, women's health, worker's comp, employer services and urgent care. pulseurgentcare.com. 100 East Cypress Ave. (530)722-1111.

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 Clinic. 475 Bruce St., across from the hospital. (530)842-3507.
Etna: Scott Valley Rural Health Clinic. 8 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. emotionalbalancecenter.com. (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.
Family Dynamics Resource; multiple locations. Provides behavioral health and family support services for children, youth and families across Shasta and Siskiyou counties. Programs include counseling, attachment and bonding services, youth and family support, wellness resources and other community-based services designed to strengthen families and promote emotional well-being. (530)242-9007.
Attachment and Bonding Center; Redding. 3657 Ricards Ave.
Youth and Family Shasta Center; Redding. 850 Parsons Dr.
Wellness Resource Center; Redding. 915 Twin View Blvd.
Youth and Family Siskiyou Center; Weed. 550 Park St. #A.
Help Central 2-1-1; Butte, Glenn & Tehama Counties. Hotlines, crisis intervention, evaluation, support groups & counseling for youth or families. Dial 211, Butte: (866)916-3566, Glenn: (855)839-1175, Tehama: (866)963-8182.
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: 80 Independence Cir #210. (530)413-0032.
Redding: 2400 Washington Ave., Suite 401. (530)941-9003.
North American Mental Health Services. Providing mental health services in Redding and Red Bluff 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: 1742 Oregon St. (530)646-7269
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. (720)730-4702.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)229-5025.
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.

BUTTE COUNTY

Inspiring Hope Counseling –Butte County; Chico and Oroville. Client-centered, culturally sensitive counseling for children, adults and families experiencing

anxiety, depression, trauma, grief, relationship difficulties, life transitions, stress and behavioral or emotional challenges. Services include individual counseling, family therapy, group counseling and telehealth. Fees depend on the program and available funding; some services are offered at no cost. Northern Valley Catholic Social Service. nvcss.org/mental-health. Chico: 130 Yellowstone Drive, Suite 100. Oroville: 2185 Baldwin Avenue. (530)879-5991.

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.

Children's Advocacy Center; Redding. Provides child-centered support for children and youth impacted by abuse, neglect or significant trauma. Services include forensic interviews, specialized medical exams, family advocacy, crisis support and connections to resources, helping reduce trauma during investigations while promoting safety, healing and justice. childrenslegacycenter.org. 1110 Shasta St. (530)768-1880.

Dunamis Wellness; Redding. 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: 2195 Larkspur Ln. (530)338-0087.

Hill County Community Clinic; Redding. Provides behavioral health services for individuals and families, including support for mental and emotional wellness, along with chiropractic care. Services are designed to help patients manage stress, emotional concerns and overall well-being through accessible, community-based care. hillcountryclinic.org. 1024 Mistletoe Ln, Suite B. (530)337-6263.

Hill County CARE Center; Redding. Provides urgent outpatient mental health services 365 days a year, including assessment, intervention, crisis prevention and recovery support. Helps individuals experiencing anxiety, trauma, grief, suicidal thoughts, violence, abuse, PTSD and other distressing or traumatic situations. hillcountryclinic.org. 1401 Gold St. (530)691-4454. Mobile Crisis Outreach Team: (530)238-7133

Inspiring Hope Counseling – Shasta County; Redding. Provides client-centered, culturally sensitive counseling for children, adults, and families experiencing anxiety, depression, trauma, grief, relationship difficulties, life transitions, stress, and behavioral or emotional challenges. Services include individual counseling, family therapy, group counseling, and telehealth. Fees depend on the program and available funding; some services are offered at no cost. Northern Valley Catholic Social Service. nvcss.org/mental-health. 2400 Washington Avenue, Redding. (530)247-3395.

Mountain View Psychotherapy; Palo Cedro. Provides psychotherapy services for children, teens, adults, couples and families in a supportive, confidential setting. Counseling addresses emotional, behavioral and relationship concerns, helping clients build coping skills, improve communication and strengthen overall mental and emotional well-being. mountainviewpsychotherapy.com. 22070 Palo Way. (530)638-0344.

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. shastacounty.gov/health-human-services/page/maternal-depression-and-anxiety. 2660 Breslauer Way. (530)225-5850.

SISKIYOU COUNTY

Six Stones Wellness Center; Yreka. Free, welcoming, client-driven wellness and recovery center for adults ages 18 and older navigating mental health challenges. A supportive, stigma-free environment offering peer-led groups, one-on-one peer support, wellness activities, life skills education, social connections and access to helpful resources. Participants are encouraged to take an active role in their personal wellness and recovery. Northern Valley Catholic Social Service. nvcss.org/six-stones-center. 1200 South Main Street. (530)841-0810.

TEHAMA COUNTY

Inspiring Hope Counseling – Tehama County. Client-centered, culturally sensitive counseling for children, adults and families experiencing anxiety, depression, trauma, grief, relationship difficulties, life transitions, stress and behavioral or emotional challenges. Services include individual counseling, family therapy, group counseling and telehealth. Fees depend on the program and available funding; some services are offered at no cost. Northern Valley Catholic Social Service. nvcss.org/mental-health. (530)879-5991.

STANS Wellness & Recovery Center; Red Bluff. Free, welcoming, client-driven wellness and recovery center for adults ages 18 and older navigating mental health challenges. A supportive, stigma-free environment offering peer-led groups, one-on-one peer support, wellness activities, life skills education, social connections and access to helpful resources. Participants are encouraged to take an active role in their personal wellness and recovery. Northern Valley Catholic Social Service. nvcss.org/stans-wellness-center. 1900 Walnut Street, Building J. (530)691-2966.

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. 1940 Notre Dame Blvd. (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. Want to stop smoking or vaping or help a loved one quit? The American Lung Association is there for you every step of the way with tools, tips and support. lung.org. (800) LUNG-USA or (800)586-4872.

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.

Kick It California. 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, support groups and non-judgmental care and prenatal care resources for a safer, healthier pregnancy. womensconnectshasta.com. (530)225-5850 or (800)300-5122.
Women's Recovery and Resiliency Services; Redding. Provides Substance Use Disorder Treatment for all Shasta County women. It provides gender specific trauma focused intensive day treatment; individual and group counseling; parenting skills development and case management. An on-site childcare co-op and transportation are available. Babies under the age of 4 months may remain with their mothers during treatment. shastacounty.gov/health-human-services/page/womens-recovery-resiliency-services. 2615 Breslauer. (530)245-6411.
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. 1850 Walnut St., Suite C. (530)527-6824 x3607.

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 Ave. Suit A. (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. irlenvisions.com/pg/Irlen-Ambassadors-ma.php. 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

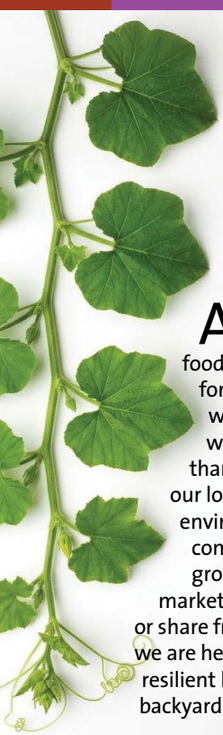
Shasta Family YMCA; Redding. Group exercise classes, weight and stretching rooms and indoor or outdoor basketball courts. Youth and afterschool programs, Y Club, sauna. Three heated pools, Year-round swim lessons, USA swimming team. From Pickleball to wellness programs, activities and workshops for all 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 and adults. Fitness center, group exercise and yoga classes. Event space available for rental. YMCASuperiorcal.org/orovilleYMCA. 1200 Myers St. (530)533-9622.





Growing Healthy Communities Through Food

By Shelley Miller, primary curriculum developer, Butte County Food Network GROWN program







At Butte County Local Food Network (BCLFN), we believe food is one of the most powerful tools for building community. Every day, we all make choices about the food we eat. Those choices shape more than just our health. They influence our local farmers, our economy, our environment and the strength of our communities. When we choose to grow a garden, shop at a farmers market, cook with seasonal ingredients or share fresh produce with a neighbor, we are helping build a healthier and more resilient local food system right in our own backyards.

Our mission is to create a healthier, just, resilient and regenerative local food system for Butte County and its foodshed. We believe that building a stronger food system begins with people. When individuals understand where their food comes from and have the confidence to grow, prepare, share and support local food, they help create healthier communities and a more resilient future for everyone.

Food Ambassadors

Food ambassadors are community members who inspire others to build a stronger local food system. They understand that every meal, every garden and every conversation about food is an opportunity to create positive change. By sharing knowledge, encouraging healthy habits and supporting local agriculture, they help make fresh, nutritious food more accessible for everyone.

The exciting part is that anyone can become a food ambassador. You do not have to be a farmer, chef or gardening expert. All it takes is a willingness to learn, share and inspire others through food.



Building a Strong Food System Through Local Action

At BCLFN, we put that mission into action every day. Through GROWN, thousands of students discover where food comes from by planting seeds, caring for gardens, harvesting fresh produce and building lifelong healthy habits. Our Community Gardens provide welcoming spaces where neighbors grow food, share knowledge and build lasting connections.

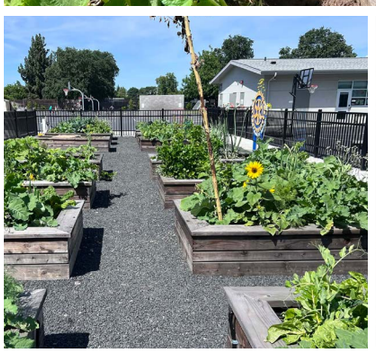
BCLFN's 1000 Acres More encourages families, schools, businesses, churches and community organizations to transform unused spaces into productive gardens that feed people close to home. Our Farmers Marketmobile purchases fresh produce directly from Butte County farmers and delivers it to fire-impacted food deserts, supporting local agriculture while helping families gain access to fresh, healthy food. Although each program serves a different purpose, they all share the same goal of creating a stronger local food system and inspiring others to become food ambassadors in their own communities.

The impact of a strong local food system begins with everyday people. Every student who plants their first seed, every family that starts a backyard garden, every gardener who shares their harvest, and every resident who chooses to support local farmers helps create a healthier future. These small actions, multiplied across a community, strengthen neighborhoods, support local agriculture, improve access to fresh food and inspire others to do the same.

Small Actions Lead to Local Food Security

The good news is that getting started is easier than you might think. Fall is one of the best times to plant a garden in the North State. Cool-season vegetables such as lettuce, spinach, kale, broccoli, cabbage, peas, carrots and radishes thrive in our climate and are perfect for both new and experienced gardeners. You do not need a large yard to make a difference. A few containers on a patio, a raised bed, or a small corner of your yard can provide fresh food for your family while creating opportunities to learn, connect, and grow together.

Being a food ambassador is not about doing one big thing. It is about making small choices that create lasting change. Grow a little extra and share it with a neighbor. Visit your local farmers market. Volunteer in a school or community garden. If your garden produces more than your family can use, consider leaving fresh fruits and vegetables at one of the community's Free the Food stands, where anyone can share their abundance and anyone in need is welcome to take what they need. Every seed planted, every harvest shared, and every conversation about food helps build healthier families, stronger neighborhoods and a more resilient local food system.





Whether you live in Butte County or elsewhere in the North State, you have the power to make a difference. Healthy, abundant food begins with communities that care enough to grow, share, and support one another. If you are ready to plant your first fall garden or expand the one you already have, we invite you to learn about 1000 Acres More. Together, we can grow more food, support one another, and build a healthier, just, resilient and regenerative food system for generations to come. Learn more, find gardening resources and join the movement at bclocalfood.org/1000-acres-more. ■



- CSAs
- Farm Trails
- Healthy Foods Organizations, Nutrition Info & Support



COMMUNITY SUPPORTED AGRICULTURE (CSAS) & ORGANIC PRODUCE DELIVERIES

BUTTE COUNTY

Chico State University Farm. Serving as both hands-on experience for university students studying agriculture and a resource for the community, CSUF 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/academics/college/agriculture/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. 1160 Dairy Road. (530)680-4543.

Harvest Hope at the Jesus Center Farm; CChico. 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 more. jesuscenter.org/farm. 2255 Fair St. (530)345-2640.

SHASTA COUNTY

Country Organics;RRedding. Local delicatessen and array of completely local herbs, produce and nuts. Mon-Sat, 10-3. 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. Facebook.com/ssmofCSA, (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 facebook.com/LittleSproutsUrbanFarm. (530)941-2010.

SISKIYOU COUNTY

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.

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; RRed Bluff. Pick up locations in Red Bluff and Redding. Pastured heritage pork and grass finished beef, plus a weekly vegetable box CSA, providing members 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. Full or half share member options, with payment plans that fit any budget. The Red Bluff stand is open Weds 1-6pm from Apr-Oct. Organic nursery starts are now available too! redgateranchrb.com. 19020 Hwy 36 W. redgateranchrb@gmail.com. (530)727-8717.

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. https://ucanr.edu/site/california-agricultural-tourism-directory/add-your-farm-list.

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. 3688 Durham Dayton Hwy. (530)533-1473.

HAS·BEANS Coffee Company ® EST. 1976

Has Beans Coffee & Tea Company
HasBeans.com / orders@hasbeans.com
• 530-774-3088 •
1078 Humboldt Ave, Chico, Ca

Roasting with a purpose since 1976
Fresh roasted organic coffee and loose-leaf teas
Retail & Wholesale coffee for your home or business



Organic
PRODUCE FROM FARMS WE TRUST
GOOD FOOD
Starts at the Source
HOLIDAY MARKET
100% EMPLOYEE OWNED
CHOSEN AND HANDLED WITH CARE

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. 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.
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. CHC serves counties in the North State region, offering services focusing on food security, including the CalFresh Outreach Program. Helps community members through the application process while answering any questions that arise. 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.

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)245-6457.

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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Presented by Redding Kia
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MULTIPLE COUNTIES

Museums for All. Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 1,400 museums throughout the United States simply by presenting their EBT card and a photo ID. Search their website by museum name or state to find a participating museum near you. museums4all.org. Chico Children's Museum and Gateway Museum in Chico both participate in this program.

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/cflotthome-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.

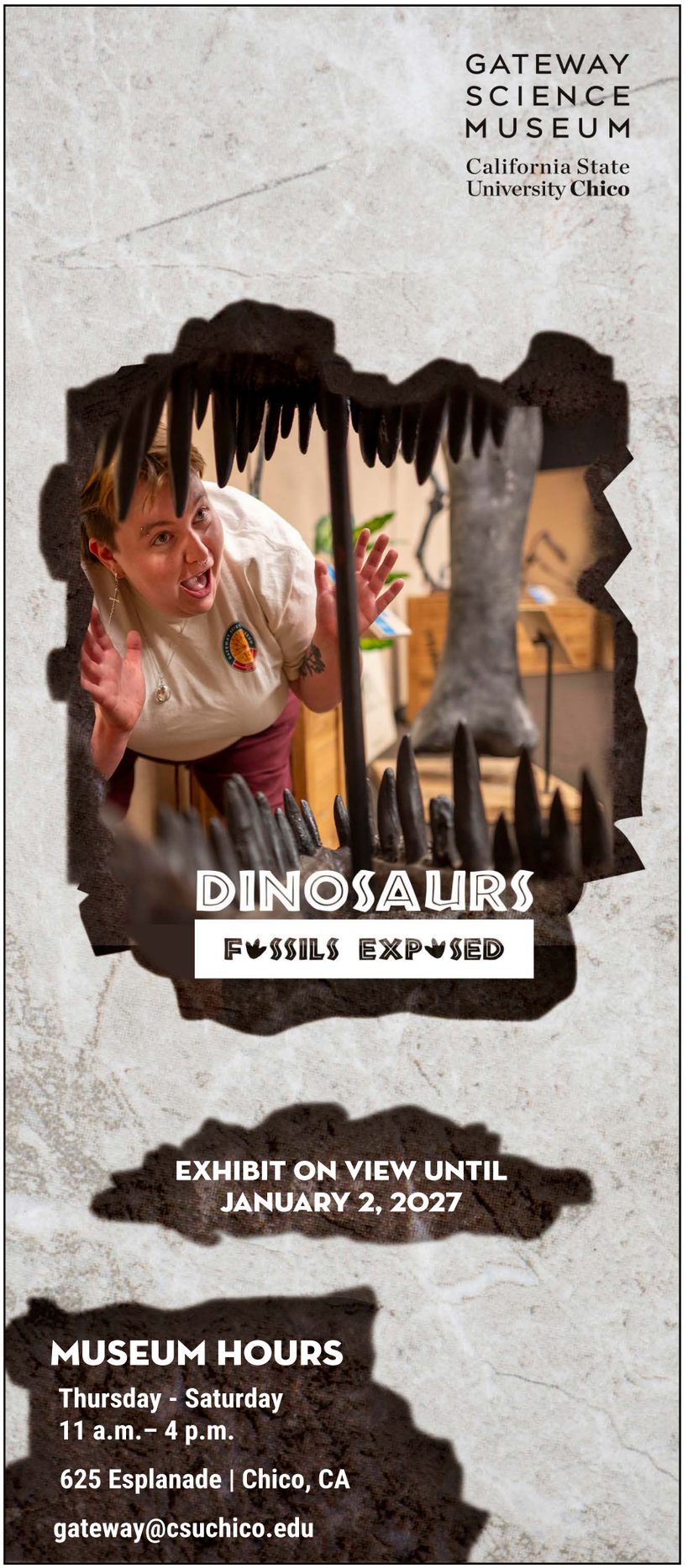
National Yo-Yo Museum; Chico. This small world-class museum houses Big Yo, the world's largest working wooden yo-yo, and the biggest public display of yo-yos and yo-yo memorabilia. Includes a vintage toy display. Free. nationalyoyo.org. Inside Bird in Hand toy store, 320 Broadway. (530)893-0545.

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).



Malakoff Diggins State Historic Park comes alive with the vibrant colors of fall. *Photo courtesy of California State Parks.*

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. See Facebook for updates. medfordoregon.gov/Government/Departments/Parks-Recreation-and-Facilities/City-Parks-and-Facilities/Railroad-Park_. 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. Free. nps.gov/places/000/national-historic-oregon-trail-interpretive-center.htm. 22267 Oregon 86. (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.gov/maidu_museum_historic_site/index.php. 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. eatonhousemuseum.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. Art, science, history, forestry and horticulture meet with permanent exhibits about our region and changing exhibitions from around the world. 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 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. 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.

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.

McCloud Heritage Junction Museum. 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. mccloudmuseum.com. 320 Main St. (530)500-2434.

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, a model railroad setup with a locomotive 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. Open thru Dec., closed thereafter until March 2027, Thurs-Mon 10am-4pm. mtshastamuseum.com. 1 N. Old Stage Rd. (530)926-5508.

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.

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. weedlumbertownmuseum.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.

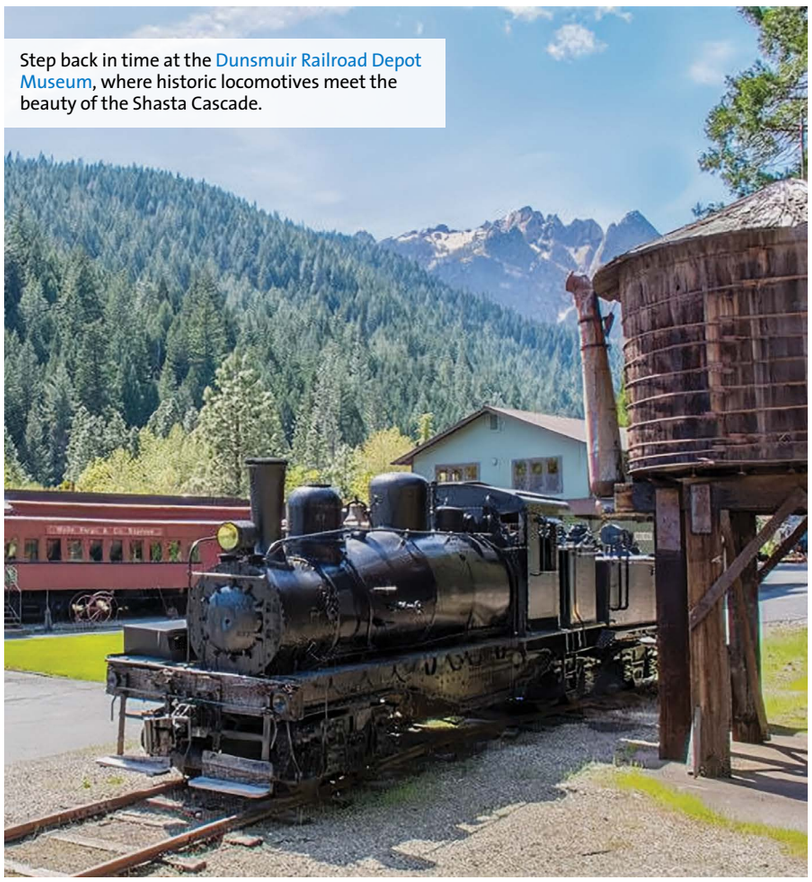
Kelly-Griggs House Museum; Red Bluff. Furnished Victorian house museum built in 1880. The residence of Sydney Griggs and family and later the 10 Kelly siblings. Open for tours the first & third Sunday afternoons, 1-4 pm and by appointment. $5 donation per person is requested. 311 Washington Street. kellygriggsmuseum.com. (530)527-1129 to schedule your guided tour or email us kellygriggsmuseum@gmail.com.

Red Bluff Round-Up Museum; Explore the rich history of one of the nation's most celebrated rodeos through historic photographs, cowboy memorabilia, saddles, bronze sculptures, Hall of Fame exhibits, and tributes to legendary rodeo figures, preserving the heritage and traditions of the Red Bluff Round-Up for future generations. 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. tehamacountymuseum.com. 275 C St. (530)384-2595.

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. rbfd.org/community_services/museum.php. 835 Cedar Street. 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.



Step back in time at the Dunsmuir Railroad Depot Museum, where historic locomotives meet the beauty of the Shasta Cascade.



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- 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

Aquatic Park; Paradise. Public swimming pool offering recreational swim, swim lessons, summer aquatic programs, and pool rentals for private events. paradiseprpd.com/aquatic-park-swimming-pool. 5600 Recreation Dr. (530)872-6380.

Chico Area Recreation & Park District (CARD); Seasonally offers swim lessons, open rec swim, open family swim hours and movies at the Pleasant Valley Pool. Opens in June for 2026 season. chicorec.gov. 2320 North Ave. info@chicorec.gov. (530)895-4711.

Chico AquaJets & MiniJets; AAges 4-18. A fun year-round program for swimmers at the Pleasant Valley Pool at Bidwell Junior High. 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. 2320 North Ave. membership@chicoaquajets.org.

Chico Sports Club; Swim lessons for all ages and levels. Aqua classes and access to two outdoor heated pools open year-round. chicosportsclub.com. 260 Cohasset Rd., Suite 190. (530)345-9427.

Concow Pool. Open swim time, aqua aerobics and instruction. To sign up for lessons, call office. paradiseprpd.com/concow-pool. 11666 Concow Rd. (530)872-6393.

Dwight Brinson Swim Center; Durham. Group and private summer swim lessons for a variety of levels, ages 6 and up. Water aerobics and inner tube water polo offered. Adult lap swim, public swim, Saturday night swim. $4 admission. durhamrecreation.recdesk.com. 9451 Midway. (530)345-1921.

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.

Palermo Pool. Seasonal neighborhood pool offering adult aquatics, rec/public swim, swim lessons, pool facility rentals. frrpd.com/palermo-pool. 350 Ludlum Ave. (530)533-2011.

Pleasant Valley Pool; Chico. Private and small group swim lessons for ages 6mos-17. Lap swim, public swim, dive-in movies and pool party rentals. chicorec.com/pleasant-valley-pool. 2320 North Ave. (530)895-4703.

Thermalito Family Center - Nelson Pool; Oroville. Swim lessons, recreational swim, family swim and pool parties, and Lifeguard Training Classes available at Nelson pool; also group and private swim lessons for ages 6mos-17. frrpd.com/thermalito-family-center-nelson-pool. 2280 6th Ave. (530)533-2011.

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, public swim, lap swim, aqua aerobics, and low/high diving boards. Pool is available to rent for private events. orlandrec.recdesk.com. Located at Orland High School. 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)378-6656.

Life-Saving Swim Lessons; Redding & Palo Cedro. Customized ISR lessons for infants and children starting at 6 months. One-on-one instruction. Self-rescue swim skills/Effective for all learners, including special needs. ShastaSelfRescue.com. 530-638-7576

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 lessons for children ages 4 and up, M-Th afternoons at Shasta College, 11555 Old Oregon trail. reddingswimteam.org (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/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.

Summer Ducks; Redding. Summer swim team for swimmers of all skill levels, ages 5 to 18. Practices available M-Th 9:15 to 10:45 at Redding Aquatic Center, 44 Quartz Hill Road or 5:30-6:30 at Shasta College, 11555 Old Oregon Trail. reddingswimteam.org (530) 246-2666.

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

CHICO'S FAVORITE INDOOR CLIMBING & ADVENTURE CENTER!



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- Birthday Parties
- Fall Youth Classes
- Family Climbing & Day Passes

SCAN ME



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SHASTA ROCK CLUB

semi-private lessons for ages 6mos and up. Junior Lifeguard Program. sunoaks.com/aquatics/swim-school/ 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 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

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. dunsmuirparks.org/dunsmuir-community-pool-2026-season-update. 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. Free swim, lap swim, aqua aerobics and private party rentals also available. etnapool.com. 401 Howell Ave. (530)467-5232.
Weed Community Pool. Swim lessons. 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

McGlynn Pool; Red Bluff. Group and private lessons for all ages. Pool rental for private events. redbluff.recdesk.com. Follow us on Facebook. 119 W Sycamore St. (530)527-8177.
North State Narwhal Swim Team. Ages 6-18. Practices M-Th, 4-5:30pm at Red Bluff High School Pool, 1515 Douglas Street. $130/mo. (530)200-2692 (Coach Julia)

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.
Bike Licenses; Chico. Register your bicycle or apply for a license online. chico.ca.us/post/bicycle-license.
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). chicoca.gov/documents/City-Services/Parking-and-Transportation/Experience-Chico-by-Bike/bike_map_2014_front_300dpi.pdf or planmyride.blinetransit.com/RouteMap.
Chico Bike Park. Opening 2026, this six-acre park located on Humbolt Road next to Marsh Junior High School is designed for riders of all ages and skill levels. Off-road courses with jumps and wooden rails. chicorec.gov/chico-bike-park. (530)895-4711.
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. info@chicovelo.org.
Veterans Memorial Park; Chico. Two pump tracks: beginner and intermediate-to-advanced. chicorec.gov/veterans-memorial-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 and a dirt pump track. Search under Parks & Rec. ci.anderson.ca.us. 2800 Rupert Rd. (530)378-6656.
Churn Creek Greenway, Redding McConnell Foundation Trails; 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 Tidmore Lane in Redding and accessible from many neighborhood spots. Preserved by the McConnell Foundation. Five and a half 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; Redding. 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. (530)245-6457.
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. chooseredding.com/exploring-hornbeck-trail-. 12086 Quartz Hill Rd.
Northeast Crossing Trail; Redding. Start from Highland Park at 555 Mill Valley Parkway and ride 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. One mile roundtrip. Connects to Sac River Trail and more. healthyshasta.org/trail/northeast-crossing-trail/.
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: mountshastatrailassociation.org/trails/trails-to-the-north-of-mt-shasta/greenhorn-park-yreka.
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, bike trails, 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 facebook.com/CycleSiskiyou/. 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. jeffersonmountainbike@gmail.com.
Mount Shasta Mountain Bike Association; 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. info@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. shastagravity@gmail.com. (530) 239-9680.

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. 1200 Myers St. (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. dunsmuirparks.org. 4841 Dunsmuir Ave. (530)235-4740.
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. shastalandtrust.org to sign-up. 5170 Bechelli Ln. (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; 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 updates. mountshastatrailassociation.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; SSutter. Hike into the world's smallest mountain range with Middle Mountain Interpretive Hikes! The Buttes are an iconic ten-mile-wide circle of volcanic peaks that are dramatically isolated in the center of the Sacramento Valley. A series of county roads encircle the Sutter Buttes and Pass and a road goes through them on the southside. 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 indoor and outdoor area with lots of room. 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 can literally bounce off the walls. Trampoline courses and games for all ages, including 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 & info. siskiyoucrc.org/mt-shasta. 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. 1200 Myers St. (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 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.

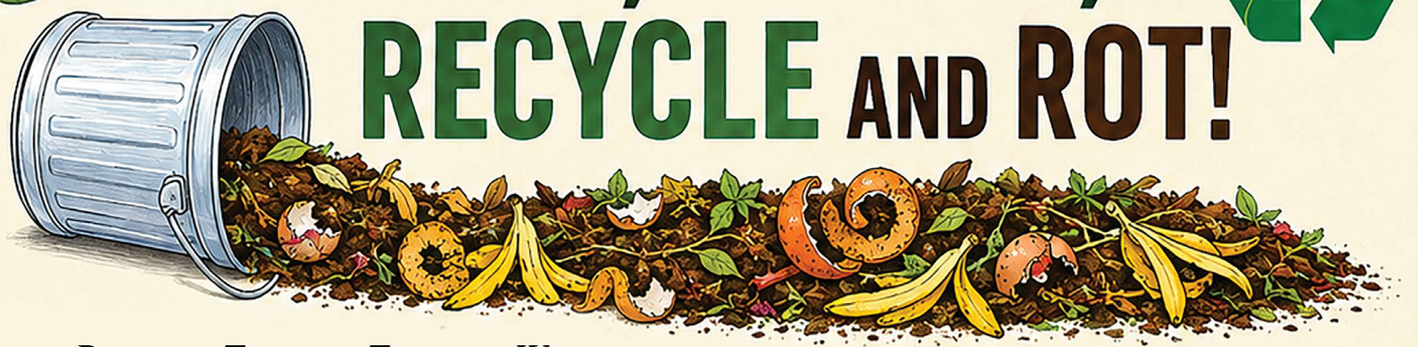
SISKIYOU COUNTY

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)235-4740.
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.



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REDUCE, REUSE, RECYCLE AND ROT!



Because a Rind is a Terrible Thing to Waste.

Tehama County Solid Waste Management Agency (TCSWMA) reminds residents that composting is recycling and TCSWMA is here to help.

Backyard composting is a great way to keep valuable food scraps out of the landfill and in your garden, nourishing the soil and growing healthy vegetables and beautiful flowers. It's as easy as combining **brown** (carbon rich materials such as brown weeds and grass) and **green** (nitrogen rich materials such as food scraps and green grass clippings) in the right mix to encourage the growth of beneficial bacteria that turns these materials into rich, soil-nourishing compost.

To get a clear informational booklet with tips to help you easily and successfully compost kitchen waste or for more information on TCSWMA's composting program, call (530)528-1103 or email: **Tehamacountyrecycles@tehama.gov**

NO ROOM OR TIME TO COMPOST? DONATE YOUR FOOD SCRAPS TO THE PATH NAVIGATION CENTER COMMUNITY COMPOST PROJECT! FREE FOOD SCRAP PAILS AVAILABLE WHILE SUPPLIES LAST.

COMPOSTING INGREDIENTS



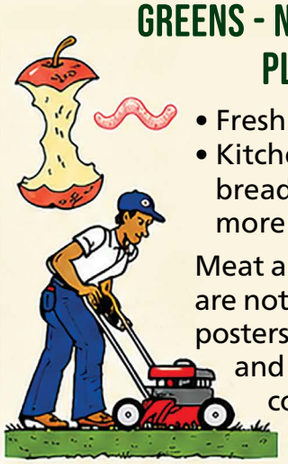
BROWNS – CARBON RICH MATERIAL

- Dried leaves
- Sawdust
- Bark
- Dead plant parts
- Pine needles
- Paper, shredded



CROP & GARDEN RESOURCES

Any plant material that is dried and lost its color can be used as a Brown ingredient. Hay is cured and will usually have more nitrogen than most other dried plant material.



GREENS - NITROGENOUS MATERIAL, PLANT NITROGEN

- Fresh lawn clippings
- Kitchen waste; vegetables, fruit, bread, cereal, coffee grounds and more!

Meat and dairy can also be used, but are not advised for backyard composters. Always keep pet droppings and diseased plants out of the compost.

TEHAMA COUNTY SOLID WASTE MANAGEMENT AGENCY

Funded By CalRecycle



SMALL SCRAPS BIG CHANGE



How Butte Environmental Council's Drop in the Bucket program turns kitchen leftovers into healthier soil, giving families a practical way to care for their community.

By Courtney Ellington, Butte Environmental Council Executive Director



BEC's Drop in the Bucket composting program is a model for any community that wishes to reduce landfill and encourage healthy soils.

A banana peel does not look like much. Neither do coffee grounds, apple cores or limp carrots forgotten in the back of the refrigerator. But gathered household by household, those small scraps become something consequential: a local resource instead of landfill waste.

That simple transformation is at the heart of Butte Environmental Council's (BEC) Drop in the Bucket (DitB) Program, a grassroots community composting initiative. With help from California Climate Action Corps (CCAC) Fellows, community partners and volunteers, BEC collects household food scraps and composts them for use by gardeners and program participants. The program regularly diverts nearly 1,200 pounds of food waste each month from being discarded in our local landfill.

For North State families, the idea is refreshingly concrete. Composting can sound like one more complicated environmental task, but DitB reduces it to a familiar routine: separate the right scraps, keep them in a closed container, and connect them with a community system that closes the loop.

A circular food story close to home

When food scraps are treated as trash, their usefulness ends at the curb. DitB offers a different ending. Once collected, the food scraps are incorporated into one of BEC's compost systems turning into nutrient-rich soil, enriching garden soil health and crop production. DitB completes a circular food loop: nutrients from the food scraps are returned to the soil, helping to grow more nutrient-rich food, and consequentially closing the loop.



Dividing compost piles is a simple way to turn kitchen waste into nourishing garden soil. *Photos provided by Butte Environmental Council.*

The program's home base is connected to Oak Way Community Garden in Chico, a place where the process becomes visible. The garden links waste reduction with food growing, volunteerism and neighborhood life. That makes composting easier to explain to children. What looks like "garbage" in the kitchen can become dark, crumbly material that supports healthy soil and growing healthy food.

Why the food collection bucket matters

DitB is a small-scale grassroots donation-based program, but that is part of its power. The program has two main goals: reducing the amount of waste sent to the landfill and cutting methane emissions associated with discarded food. 22% of the municipal solid waste in landfills is food waste, contributing to methane emissions as the food waste breaks down, producing a liquid called leachate. As that leachate heats up, gas emissions are released into the atmosphere in the form of methane. Through DitB initiatives, collectively we can reduce the amount of municipal solid food waste, in turn reducing the amount of methane emissions released into the atmosphere, by closing the loop and increasing our local soil health and air quality.

Education and Community Involvement

The program produces nutrient-rich soil for local community gardens and BEC volunteers to utilize in their own garden. Participants can see how a weekly household habit contributes to a shared outcome.

For children, the bucket can become a hands-on science lesson. Families can notice how much food they discard, talk about meal planning and learn which materials break down. Even preschoolers can help identify a fruit peel or sprinkle coffee grounds into the collection container. Older children can weigh a week's scraps, keep a simple tally or investigate decomposers and the soil food web.

The most useful lesson may be that environmental care is not reserved for experts. It can begin with attention: noticing what we throw away, learning the rules of a local program and taking one repeatable action together.

A program growing with its community

BEC is actively seeking to grow the program, accepting additional households, local businesses and small family farm food waste. BEC picks up food scraps weekly from households and businesses, with the ability to pick up on a biweekly or monthly basis, depending on the needs of each location. ■

How to Get Involved with Drop in the Bucket

- **Register for Drop in the Bucket.** Complete BEC's form so staff can share current intake-site and participation details. bit.ly/BEC-dropinthebucket
- **Volunteer.** Ask about composting, food-scrap collection routes and garden workdays. BEC has used volunteer sessions to teach composting, food-waste diversion and soil science. sustainability@becnet.org
- **Complete the community survey.** Share what would make local composting more accessible for your household. Drop in the Bucket site - scroll down to Take the Survey
- **Donate.** Contributions help support the program's operations. bit.ly/drop-it-bucket
- **Stay current.** Visit BEC's program page before setting out scraps; pickup and drop-off capacity can change. becnet.org/our-programs/action/drop-in-the-bucket.

- 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. The registration fee for classes is $70, with 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. 1 Observatory Way. (530)895-4711. Free. Near Horseshoe Lake in Upper Bidwell Park, look for sign at the intersection of Wildwood Avenue and Observatory Way.
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 demonstration, 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; A community of people inspired to honor, protect & restore our world-renowned mountain environment. We are advocates for strong, enforceable protections for clean air and water, healthy forests, and diverse wildlife habitats. Volunteer opportunities, beautiful trails & educational resources all available. mountshastaecology.org. 101 Alma St. (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.

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.

TEHAMA COUNTY

Butler Slough Ecological Reserve. 4 acre s 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

Native Grounds; Mount Shasta. Nursery, wide selection of plant stock, environmentally friendly products, and personalized landscape services. Bringing joy to people through plants and sustainability to landscapes. (530) 926-0555, 1172 S. Mt. Shasta Blvd. https://nativegrounds.org/
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
Paint Care. Drop-off sites where the public can take unwanted paint for recycling. Sites available to households, businesses, government agencies & others with leftover 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/. 1516 Mt. Shasta Blvd. 530-926-4698.
Yreka Transfer & Recycling Center; Yreka. Tues-Sat 10am-4:30pm. Visit website to see what is accepted. https://yrekatransferllc.com/recycling/. 231 Ranch Ln. (530)842-9119.

TEHAMA COUNTY

Richfield Metal & Recycling, Inc; Corning. We buy most metals, SCRAP Iron, Tin, Copper, Brass and Aluminum, and pay for CRV Cans, Plastic & Glass. Roll-Off Containers Available, Junk Vehicles, Portable Car Crusher. Serving the Northstate. 5550 Grange Rd. (530)824-2123.
S & L Recycling; Los Molinos. We recycle aluminum, plastic, glass, and bi metal. 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

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.

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, toys, craft supplies & more.169 Cohasset Rd Ste 7. (530) 267-5454.
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.
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.
Poppy and Fig, The Sustainable Choice for Fashion: Chico. A finely curated, upscale resale boutique specializing in premium second-hand clothing and goods. Perfect for eco-conscious parents looking for affordable, high-quality alternatives to fast fashion. Reduce textile waste and support a healthy planet, .one outfit at a time. Mention North State Parent Magazine to receive 20% off any regular-priced item. Follow them on Instagram@poppy_n_fig. Inside the Garden Walk Mall, 225 Main Street, Suite L. (530)592-6958.

SHASTA COUNTY

All Saints Thrift Shop; Redding. Benefits people in need in the Shasta County community. facebook.com/allsaintsredding. 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)365-2533.
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. Open Tues-Sun, 11-6. fridays-vintage.co. 1320 Yuba St. (530) 377-3225.
Gather Downtown; RRedding. Home to Chosen Clothing Consignment Co. offers a selection of women's, men's, children's and baby clothing, gear and accessories in a variety of sizes. Nestled among 41 independent merchants and artisans, shoppers can enjoy a wide array of shops. Or shop online. gatherdowntown.com/chosen. 1322 Butte Street. (530)215-1117.
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.
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, 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.

HOW STUDENT ART CAN HELP TACKLE PLASTIC POLLUTION



Brothers Wyatt, 11; and Logan, 10, Niewinski of Red Bluff understand recycling plastic containers and keeping microplastics from entering the environment is essential to the health of all living beings on the planet. *Photo by Jenny Jones.*

By Nathan Fairchild, Director of Science Programs, Shasta County Office of Education; and Virginia Phelps, environmentalist, with contributions by environmentalist Ellen Sweeney, retired biochemist Geneva M. Omann, Ph.D. and plastic pollution artist Debra Curtis.

These contests combine science, environmental literacy, artistic expression and community engagement.

Plastic is everywhere in modern life. It helps package our food, deliver products and provide countless conveniences. Yet the widespread use of plastic has created a growing environmental challenge that affects every community and every person – including our children – here in Northern California.

The Real Problem is Microplastics

When people think of plastic pollution, they often picture bottles and bags floating in the ocean. While litter is certainly part of the problem, much of today's plastic pollution is far less visible. Over time, plastic products break down into tiny particles called microplastics. These particles are carried by wind and water into rivers, lakes, oceans, soil, wildlife and even the food and water we consume.

Many people also assume that placing plastic in a recycling bin ensures it will be recycled. Unfortunately, that is often not the case. Due to limited recycling markets and processing challenges, much of the plastic placed in recycling bins ultimately ends up in landfills. While recycling remains an important tool, it cannot solve the problem alone. Reducing unnecessary plastic use and increasing public awareness are essential parts of the solution. The issue is not only environmental – it is also personal. Scientists have found microplastics in human blood, lungs, placentas and other tissues throughout the body. Researchers are still working to understand the full health implications of these discoveries, but the findings make it clear that plastic pollution is no longer something happening "somewhere else." It is becoming part of our everyday lives.

Becoming Part of the Plastic Pollution Solution

The Plastic Awareness Coalition (PAC) is dedicated to informing Shasta County residents about the impacts of plastic pollution while providing students with creative and engaging opportunities to become part of the solution. While scientific research helps us understand the scope of plastic pollution, facts and statistics alone do not always inspire action.

The Plastic Awareness Coalition believes that art has a unique power to capture attention, spark conversation and help people see environmental issues in new ways. By combining science with creativity, students can become powerful advocates for positive change. The Plastic Awareness Coalition's primary educational efforts center around two student contests designed to raise awareness about plastic pollution while encouraging creativity and problem-solving. Students are invited to participate in a Plastic Pollution Poster Contest, using art and creativity to communicate important messages about plastic pollution and environmental stewardship. Students can also take part in the Plastic Pollution Sculpture Contest, transforming discarded plastic materials into imaginative works of art that inspire reflection and conversation.

These contests combine science, environmental literacy, artistic expression and community engagement. They encourage students to research environmental issues, think critically about solutions and share their learning with others. For high school students seeking meaningful Senior Project opportunities, the sculpture contest can also provide a unique way to combine environmental advocacy, research, creativity and community service.

By empowering young people to learn about plastic pollution and communicate its impacts through art, PAC hopes to inspire the next generation of environmental leaders and problem-solvers.

To learn more about the Plastic Awareness Coalition and upcoming student contests visit plasticawarenesscoalition.com. ■



DIGITAL DANGERS

PARENTS SHOULD WATCH OUT FOR IN THE NEW SCHOOL YEAR

By Erin Stidham, Licensed Marriage and Family Therapist

Once upon a time, a public service announcement aired on the television, "It's 10pm. Do you know where your children are?" as a reminder about public curfews for adolescents. More fitting questions now might be, "Do you know what your child is doing online?" or "Do you know who your child is talking to online?"

From the time children start school they begin to use digital devices and the internet and begin using online platforms for academic purposes. Our children often understand how to use these tools better than we do.

However, our children and teens do not understand or do not always consider the implications of the choices they make while online. They absorb information and do not understand the impact it has on them.

As this school year starts, parents should watch out for digital dangers:

- **Apps, websites and videos their children are utilizing or watching online**
- **Cyberbullying**
- **Who they are communicating with and what information they share**

Apps, Websites and Videos Are Not Always What They Seem

Kids from a young age get on gaming websites, apps, YouTube and social media, sometimes with parental permission, sometimes without. Do we really know what they are doing, playing or watching on these sites? A lot of it can be or seem quite innocent, but some of it ends up being suggestive and even dangerous.

In the last several years, many children and parents have expressed concern about specific gaming sites on which children are approached by adults who attempt to groom and abuse them. Some cartoons on YouTube look like animated series that children regularly watch but turn out to be darker or have more adult content than the original. Other popular videos many kids watch are gameplay or videos based on game characters, some of which seem to be cute and harmless but end up being horror games.

Talking to your children about what sites they are on and showing interest and communicating about safety online can help protect children and support them in knowing how to spot something that may look safe, and what to do if it becomes unsafe.

Sites like Common Sense Media (commonsensemedia.org) offer parents tools to review a variety of media sources for a fee. Connect Safely (connectsafely.org) is a free service which provides articles on various apps and types of media that assist parents in making decisions as well as determining how to approach their children about being safe.

There are safety measures and parental controls for your children's devices. If you aren't sure how to use them, check YouTube for a tutorial, ask your friendly IT person or ask at your phone store. Sometimes support is offered through your local school.

Cyberbullying Doesn't Stop After School

When our children get bullied at school, it may be easy to see. They may come home from school with damaged clothing or property, they may be vocal, emotional or sullen, or you may even be contacted by the school. It has an end – they come home and are safe. Cyberbullying is different – anywhere the child logs in from, they are vulnerable to attack. Children being cyberbullied often suffer more severe symptoms than children only experiencing in-person bullying, although both may experience similar symptoms, which may include depression, suicidal ideation, self-harm and suicide attempts.

We can help children who are cyberbullied by helping them feel safe, scheduling a meeting with the school (if it involves students from their school), helping them develop or increase resilience, educating them about appropriate online behaviors and monitoring online activity. The Cyberbullying Research Center offers a publication on cyberbullying identification, prevention and response. **cyberbullying.org/Cyberbullying-Identification-Prevention-Response-2026.pdf**

Current research recommends seeking professional help for children being cyberbullied. If you suspect a child is in crisis, get help immediately.

The Dangers of Sharing Information Online

Whether it is during gameplay, commenting on social media platforms, email or apps designed for children, kids will communicate and socialize with others. Children and teens spend time talking to others and will trust in the relationships they build with people they believe to be peers of the same age.

Kids can become so close with online friends they believe it is OK to disclose personal information, including their address. Children do not realize that giving away private information to people that you do not know in person is not safe. Children are usually trusting and have not developed the level of safety awareness necessary to understand that not everyone online is who they say they are.

Helping our kids develop some digital safety awareness may begin with some open conversations or a teachable moment. Regardless of how you start the conversation, be sure to review internet safety, what not to disclose, how to recognize a safe person and identify what behaviors might create concern. ■

- Abuse Prevention
- 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



ABUSE PREVENTION

SHASTA COUNTY

Medical Safe Haven – A partnership between Dignity Health Mercy Medical Center Redding and Northern Valley Catholic Social Service; Redding. Provides a safe, barrier-free, trauma-informed primary care environment for people who have experienced or may be experiencing human trafficking. Mercy's specially trained medical team provides compassionate, patient-centered healthcare, while an NVCSS case worker helps participants navigate services, connect with community resources and build greater stability. The program emphasizes dignity, respect, trusted relationships and long-term healing. Medical Safe Haven Redding support line: (530)355-6558.

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. G Provides 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. mwg.aaa.com/automotive/car-seat-inspections.

Chico: 2009 Forest Ave. Suite 10. (530)332-2600. Oroville: 2024-A, Oro Dam Blvd E. (530)538-8900. Redding: 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. chp.ca.gov/programs-services/programs/child-safety-seats. 413 Southgate Ave. (530)332-2800.
California Highway Patrol; Oroville. Call to schedule a child safety-seat inspection. chp.ca.gov/programs-services/programs/child-safety-seats. 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.

GLENN COUNTY

Glenn County Child Passenger Safety Seat Program; Willows. Provides car-seat inspections, safety education and seats for eligible families. countyofglenn.net/government/departments/health-human-services/public-health/child-passenger-safety-seat-program. 240 N. Villa Ave. (530)934-6588.

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; Redding. Virtual car seat classes, child safety-seat education and assistance. shastacounty.gov/health-human-services/page/child-safety-seats. 2660 Breslauer Way. (530)225-5850.
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. shastahhsa.net. 2650 Breslauer Way. Call to pre-register: (530)225-5850 or (800)300-5122.

SISKIYOU COUNTY

California Highway Patrol; Yreka. Call to schedule a child safety-seat inspection. chp.ca.gov/programs-services/programs/child-safety-seats. 1739 South Main St. (530)842-0530.

TEHAMA COUNTY

First 5 Tehama; Red Bluff. Parents and caregivers can request a child safety-seat check with a certified technician online. first5tehama.org/car-seat-technician-request. 332 Pine St., Suite H. (530)528-1395.
California Highway Patrol; Red Bluff. Call to schedule a child safety-seat inspection. chp.ca.gov/programs-services/programs/child-safety-seats. 2550 Main St. (530)527-2034.

COVID RESOURCES

Butte County Public Health; Oroville. Vaccination and testing resources. buttecounty.net/714/COVID-19. 202 Mira Loma Dr. (530)552-4000.
California Dept of Public Health. cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCoV2019.aspx.
Fairchild Medical Center; Yreka. Mon-Sat. 8am-4pm. fairchildmed.org. 444 Bruce Street. (530)842-4121.
Glenn County Public Health; Willows. Immunization and communicable-disease information. countyofglenn.net/government/departments/agriculture/covid-19-resources. 240 N. Villa Ave. (530)934-6588.
Shasta Ready: Emergency alerts and preparedness information for Shasta County. shastacounty.gov/ready. (530)229-8400.
Siskiyou County Public Health; Yreka. Current respiratory-virus guidance, testing and treatment information. 8am-5pm Monday-Friday. siskiyoucounty.gov/publichealth/page/respiratory-viruses. 810 S. Main St. (530)841-2134.
Tehama County Health Services Agency; Red Bluff. Public-health services and free at-home test kits while supplies last. tehamacohealthservices.net/our-services/public-health/services/php-cdp. 1850 Walnut St. (530)527-8491.

CPR & FIRST AID TRAINING

BUTTE COUNTY

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/redding. 1890 Park Marina Dr. Suite 108. (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/trade-school-training. 1355 Hartnell Ave. 5800 Airport Rd. (530)221-5556 or (530)222-1917.

SISKIYOU COUNTY

College of The Siskiyous; Weed. Offers community and workforce courses that may include CPR, AED and first-aid training. Check the current schedule. 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 free, confidential support, safety planning and 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).
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. californiayouthpartnership.org/imatter. Text "HELP" to 233733. NCAT Acvocacy: (530)255-2017. Report: (530)225-5144. (888)373-7888.

BUTTE COUNTY

Butte County Child Abuse Hotline. Available 24/7 to report suspected child abuse or neglect. (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.

GLENN COUNTY

Catalyst Domestic Violence Services; Glenn County. Provides confidential advocacy, counseling, legal assistance and support for domestic-violence survivors. catalystdvsv.org/glenn-county. 24-hour hotline: (800)895-8476.
Westside Domestic Violence Shelter; Orland. Provides emergency shelter, advocacy, counseling and support for survivors and their children. westsidedvs.com. 24-hour hotline: (530)865-4899.

SHASTA COUNTY

24 Hour Crisis Hotline; Shasta County. Confidential support for domestic violence and sexual assault survivors. (530)244-0117 or (530)244-SAFE.
24 Hour Child Abuse Hotline; Shasta County. Available 24/7 to report suspected child abuse or neglect. (530)225-5144.
24 Hour Mental Health Hotline; Shasta County. Available 24/7 for urgent behavioral-health support. 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. archcollaborative.org. 1400 Oregon St. (530)232-0525.**One SAFE Place**; Redding. Provides emergency shelter, crisis intervention, legal advocacy, support groups, prevention education and safety planning for people affected by domestic violence, sexual assault and abuse. A nonprofit organization dedicated to ending domestic and family violence, sexual assault and other forms of abuse. 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 Ave. 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.

SISKIYOU COUNTY

Siskiyou County Child & Elder Abuse Hotline; Yreka. The 24-hour hotline accepts reports of suspected child, elder or dependent-adult abuse. co.siskiyou.ca.us/acs/page/adult-protective-services. 2060 Campus Dr. (530)842-7009. During business hours Child Welfare Office, 9am-5pm. (530)841-4200.

TEHAMA COUNTY

Empower Tehama; Red Bluff. Provides crisis intervention, counseling, legal advocacy, support groups and emergency shelter for survivors of domestic violence and sexual assault and their children. Sexual assault and trafficking programs. Community education. 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. Available 24/7 to report suspected child abuse or neglect. 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. (916)993-7070.
Cal 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. American Red Cross California: (916)993-7070. Cal Fire: (916)653-5123.
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.
California Poison Control System. Free, confidential poison advice and treatment recommendations are available 24 hours a day, 7 days a week, 365 days a year by calling the toll-free Poison Hotline at 1-800-222-1222.
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, drinking water, and household products. 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.
Yuka. Free mobile app scans food and personal-care product barcodes, explains ingredient ratings and suggests alternatives for poorly rated products. yuka.io/en.

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.com. pawterinthewater@gmail.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.

SHASTA COUNTY

Life-Saving Swim Lessons; Redding & Palo Cedro. Customized ISR lessons for infants and children starting at 6 months. One-on-one instruction. Self-rescue swim skills/Effective for all learners, including special needs. ShastaSelfRescue.com. 530-638-7576



Help with installing a car seat and learning to secure your child in their car seat is available at your local public health, police or fire department.

WILDFIRE RISK IS HERE TO STAY

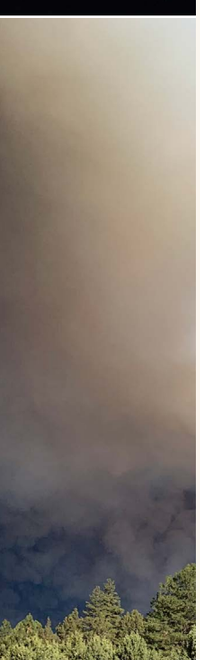
Are you ready?

By Andriana Threlkeld,
Emergency Services Coordinator,
Siskiyou County Offices of Emergency Services



Photos provided by Siskiyou Fire Safe Council





With hotter summers and drier winters more than ever before, the risk of wildfire does not end when summer is over and autumn arrives. As of July 2026, the summer had brought more than 29 wildfires and burned more than 1,300 acres across Butte, Shasta, Siskiyou and Tehama counties. More will come. While expert meteorologists, local firefighters and emergency services professionals can't predict exactly when they will occur, they can tell us one thing: it's going to happen eventually. What we can control is how we prepare and respond. Taking simple steps now can make all the difference.

Each North State County has an Office of Emergency Services as the dedicated disaster management agency. Many are like Siskiyou County, led by a small but mighty team that works to protect lives, property and the environment during times of natural or human-made disaster. Here are the top recommendations for preparing your friends, families and communities for the next big wildfire incident.

1 VERIFY YOUR SOURCES WITH MULTIPLE OFFICIAL EMERGENCY ALERTS

Wildfires can start anywhere and travel fast. Relying on information passed around from friends, family, messaging apps or third-party apps can leave out the most up-to-date, lifesaving information. Having current information from official sources will give you the most accurate picture of a wildfire. Alerts from official sources give you vital time to notify your neighbors, pack your animals in the car or be informed of road closures and open evacuation routes.

Sign up well ahead for alerts that offer multiple methods of informing you, in case you don't have access to one or more modes of communication. These respective systems can be customized to alert you by calling a cellphone, calling a landline, sending an email or text message. **Don't wait for an emergency to get signed up for alerts!**

OFFICIAL ALERT AND INFORMATION SOURCES

You can find links to your county's alert registration sites by searching for the emergency management department for Butte, Glenn, Shasta, Siskiyou or Tehama counties.

Get the **Watch Duty app** at Google Play or the Apple Store. This free app covers the U.S. and Canada and shows current information about wildfires in your area and acres involved.

You can also check the **CalFire Incidents page fire.ca.gov/incidents.**

COUNTY ALERT REGISTRATION - SIGN UP TODAY!

Butte Co. Alert Systems
buttecounty.net/2226/Emergency-Notifications

Glenn Co. Alerts
Sign up for alerts, get evacuation information and find your zone at:
countyofglenn.net/government/departments/sheriff/office-emergency-services

Siskiyou Co. Alert Systems
Ready Siskiyou Alerts: smart911.com/ReadySiskiyou
Siskiyou County Sheriff: facebook.com/SiskiyouCountySheriff
Office of Emergency Services: facebook.com/SiskiyouCountyOES

Shasta Co. Alert Systems/Shasta Co. Public Warning System
alertshasta.genasys.com/portal/en
Shasta County Sheriff: facebook.com/ShastaSheriff

Tehama Co. Alerts
tehamaso.org/tehama-alert

2 WRITE DOWN YOUR CONTACTS & DISCUSS BACKUP PLANS

- Who are the primary people you would call in the event of a wildfire?
- How will you contact one another if the power is out or the phone batteries die?
- If anyone is separated, at work, at school or in the community, where will you meet one another?

3 KNOW YOUR ZONES, EVAC ROUTES & LAST RESORT OPTIONS

Your evacuation zone is critical for understanding emergency alerts. A zone is typically denoted by a few letters and several numbers.

Genasys Protect (protect.genasys.com/download) is a unique mapping tool that sends official emergency alerts by evacuation zone. Users can register for alerts for up to five zones nationwide and receive additional emergency alerts based on their location.

Knowing your evacuation zone and the surrounding zones gives you a better understanding of how wildfire may impact your community. While it's helpful to be familiar with possible evacuation routes, always follow the directions of law enforcement and emergency officials.

4 KNOW WHO TO ASK FOR HELP

Are there people in your household or neighborhood that could have trouble with mobility, with communication or with leaving their home? Find out who may need your help or who could help you in the event of a wildfire evacuation.

People with Access and Functional Needs can submit their information to the AFN registry for their county so that first responders will be informed that someone may need assistance evacuating.

Butte County AFN
buttecounty.net/1790/Special-Needs-Awareness-Program

Siskiyou County AFN Registry
siskiyoucounty.gov/publichealth/webform/access-and-functional-needsemergency-registry

Tehama County AFN Registry and Services
2-1-1 NorCal
Disability Disaster Access & Resources
North Valley Catholic Social Service (NVCSS)

5 HAVE YOUR GO-BAG READY TODAY

Packing a Go-Bag doesn't start when the stress of evacuating kicks in. It begins with the conversations and plans you make ahead of time. What forms do you need to photocopy? What forms are essential for you to verify your identity, medical prescriptions, insurance, dental records or pet's care? What can you use for navigation, orientation and alerts if the phone lines are down? Do you have extra face masks, chargers, lights, first aid supplies, water, a radio and toiletries that can meet everyone's needs in an evacuation?

6 TALK IT OUT. PRACTICE TO PREPARE. STAY READY

The best type of plan is a practiced plan. Talk with your friends, families and communities about your plans, collaborate to find the best solutions for anticipated challenges and register for services. Working together to stay ready is the best way to be prepared and lead with resilience throughout wildfire season.

Far Northern Regional Center has a page with many links to emergency preparedness information. farnorthernrc.org/emergency-preparedness. ■

Hey, Kids!

Packing an emergency kit is an important part of any emergency plan.
Help your parents by circling all the items you should include in your family's emergency kit.



Key: Non-perishable food, Water, Medications, Pet supplies, First aid kit, Flashlight, Batteries, Battery-powered radio, Hat & sweater (extra clothes)

To learn more ways to prepare for an emergency, visit **pge.com/safetyactioncenter**

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What Parents Need to Know About Recycled Crumb Rubber Playground Surfaces

By Sheryl Berkley, Rubbercycle



Rubber crumb play surface's durable cushioning provide better protection from fall injuries than other traditional play surfaces.
Photos provided by Rubbercycle.

Playground equipment has come a long way from the days of rusty metal structures with sharp edges. Playground surfaces have evolved, too, from sand and cement to wood chips and other materials, including rubber crumb-place surfaces. With so many surface choices, parents may wonder which is safest for children to play on. Wood chips seem a nontoxic solution but they are messy and become compact, not providing much cushion. Rubber crumb play surfaces provide good cushioning for falls, but are they chemically safe?

A new study from the California Office of Environmental Health Hazard Assessment (OEHHA), one of the strictest environmental agencies in the nation, has found that recycled tire crumb rubber, commonly used in playground surfacing and synthetic turf, poses no significant health risks for children during normal play. oehha.ca.gov/risk-assessment/report/release-final-report-synthetic-turf.

Science-Backed Information on Rubber Crumb Play Surfaces

OEHHA conducted one of the most comprehensive evaluations of crumb rubber to date. Researchers assessed 35 synthetic turf fields across California that contained recycled tire crumb rubber, analyzing more than 100 different chemicals. The study also examined how children and adults could realistically come into contact with these materials through skin contact, breathing and accidental ingestion during everyday play.

Researchers found that potential risks related to cancer, reproductive health, child development and sensory irritation were negligible, including for young children. The findings provide strong scientific evidence that crumb rubber playground surfaces are safe for routine recreational use.

Rubber Playground Surfacing Provides Superior Protection Against Falls

Rubber playground surfacing is specifically engineered to absorb impact and cushion falls. Whether using rubber mulch or poured-in-place rubber systems, these surfaces are designed to reduce the force transferred to a child's body and head during an accident.

Unlike grass or dirt, rubber surfaces maintain a flexible, shock-absorbing structure that helps soften landings. High-quality rubber mulch products can far exceed standards established by ASTM (a global industry standards organization with 125 years of experience developing and implementing safety standards) for impact attenuation. It provides a much higher level of protection than traditional loose-fill materials.

Rubber mulch also offers practical long-term advantages over wood mulch and other alternatives. It is less likely to compact, decompose or scatter outside play zones. It also maintains more consistent depth coverage, which is essential for preserving fall protection over time. In colder regions, rubber remains more resilient and does not freeze into a hard surface the way wood-based materials often can.

Additional Advantages of Rubber Playground Surfaces

Beyond their strong safety record, recycled rubber playground surfaces offer several practical benefits that make them a popular choice for schools, parks and communities. Rubber surfaces are slip-resistant, drain water quickly after rain and remain durable under heavy use. Compared with traditional loose-fill materials, rubber surfacing typically requires less maintenance while providing consistent cushioning throughout the playground.

Using recycled tires in playground surfacing also provides important environmental advantages. Each year, millions of scrap tires are diverted from landfills and illegal dumping sites by being transformed into products such as playground mulch, poured-in-place safety surfaces, synthetic turf and rubber-modified asphalt. Repurposing these materials supports a circular economy by reducing waste, lowering the overall environmental footprint of tire disposal and creating manufacturing jobs throughout the United States.

Choosing a safe place for children to play means looking at both health and injury prevention. Current scientific research shows that recycled crumb rubber playground surfaces do not pose significant health risks during normal use, while their impact-absorbing properties help reduce the risk of serious injuries from falls. Combined with their durability, low maintenance and environmental benefits, rubber playground surfaces can be a practical, well-supported choice to create safe, enjoyable play spaces. ■



Rubber crumb play surfaces have been thoroughly tested by the **California Department of Environmental Health Hazard Assessment** and deemed to be of no significant health risks to children or adults.

- 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. Promotes the pursuit of all types of lapidary and jewelry art, along with 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. 629 Entler Ave #64. (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. forebayaquaticcenter.com. 930 Garden Drive, Oroville aquatics.education@gmail.com. (530)774-7934.
Leave No Trace. FREE inclusive online course that calls people of all backgrounds and experience levels to take action by participating in LNT's free 45-minute virtual outdoor education course. It covers LNT 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; Free-public TK-8 charter school hosts Integrated thematic learning in an open classroom structure. Forest Schooling provides kids the benefits that learning in nature offers. Program includes full-time Forest Transitional Kindergarten (Forest TK) that meets each weekday from 8:30am-12pm at Bidwell Park's 5-mile area; and Forest "Days" program for the campus classes, 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. 300-acre nonprofit. Attractions and educational programs for all ages. 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 (Wed-Thurs, 10:30-10:45am). Animal Trainers 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, 9am-1pm at 1000 Sale Lane, Red Bluff. SacramentoRiverDiscoveryCenterInc.com. (530)527-1196.

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. Indoor and outdoor education for primary and secondary school classes. Gets kids out in nature where they learn about birds, their habits and habitats and how they fit into the ecosystem. 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. (530)895-4711.
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.
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.
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. 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. 1887 Howard St. (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.
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. 300-acre, nonprofit, featuring the Sundial Bridge, museum, forestry and wildlife center, arboretum, and botanical gardens. Attractions and educational programs for all ages. Animal shows, traveling exhibitions, towering playgrounds, indoor aquariums, an immersive Parrot Playhouse, and more. 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. wescommunity.org. info@wescommunity.org. (530)440-5584.
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. ShastaBirding@gmail.com.

SISKIYOU COUNTY

Mount Shasta Audubon Society.Outstanding opportunities to view more than 300 bird species. Provides field trips, a colorful map of A Birder's Guide to Driving Routes in Siskiyou County, and a checklist of birds in the county and occasional programs. Education and conservation efforts to protect this beautiful region. Mount Shasta Bioregional Ecology Center. Family-friendly events and activities, including herb walks, hikes, rafting fundraisers, Dark Sky astronomy nights, the Wild & Scenic Film Festival and Earth Day celebration. Mountain Patrons and volunteers support community education, environmental monitoring, ecological restoration and visitor programs. mtshastaaudubon.com. (530)926-5655.
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. mtshasta@wildlife.ca.gov. (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. Open Wed-Mon, 10:30-4:30. greatcatsworldpark.com. 27919 Redwood Hwy. (541)592-2957.
Sequoia Park Zoo; Eureka. Explore the natural world and cultivate a passion for wildlife at the Sequoia Park Zoo. Exotic birds in a free-flight environment, interactive displays and animal exhibits in a unique redwood setting. Learn about wild animal populations and the protection of their habitats with a variety of educational resources, special events and more. See website for the most updated hours and information, as some exhibits are weather permitting. redwoodzoo.org. 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. Immersive full-dome theater offers engaging programs that blend science, technology, engineering, math and imagination. Shows explore space and other science themes. Programs designed for grades TK–12 and families. Open only during scheduled programs. Live demonstrations, full dome 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 booked through 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.

Sacramento River Discovery Center, Inc.
Explore with Us!!
Enjoy the watershed, native wildlife, drought tolerant gardening, disc golf, hiking, water activities, monthly bird walks, field trips, and so much more!

Mon–Sat • 9 am–1 pm
1000 Sale Lane, Red Bluff (530) 527-1196
SacramentoRiverDiscoveryCenterInc.com

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)245-7250.

Turtle Bay Exploration Park; Redding. 300-acre, nonprofit. 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.



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- 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. cdss.ca.gov/inforesources/calworks-child-care. (800)543-7793.
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. 3777 Meadow View Dr., # Suite 100. (530)378-6900.
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)995-4673.

LOW-COST HEALTH INSURANCE & HEALTH CARE

Operation Access (OA). San Francisco. 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. 312 Sutter St., Suite 608. info@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. Nonprofit 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. (800)337-0690.
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. SServes 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.

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 Tuesday at 10am. chicorescuemission.com. 2612 Esplanade. chicorescuemission25@gmail.com (530)343-1935.
Chico Salvation Army; Food distribution Tues. 2-4pm. 567 East 16th St. (530)776-1009. chico.salvationarmy.org.
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. (530)877-1965.
Butte County: 260 Cohasset Rd., Suite 120.
Shasta County: 2400 Washington Ave., Suite 102.

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 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/locations/locations-profile/mother-baby-education-center. 251 Cohasset Rd., Suite 240. (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.



Many resources are available to help single parents with the challenging, yet rewarding role of raising happy, well-adjusted children.

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. (530)605-2645.
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 pregnancies, improve child health and development and become more economically self-sufficient. Partners first time moms with a Nurse Home Visitor. shastacounty.gov/health-human-services/page/nurse-family-partnership-nfp. 2430 Breslauer Way. (530)225-5394.
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 Hwy 299 E. (530)336-7562.

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. 200 E. Webb St., Suite A. (530)459-3481.

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

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.



Raising little hearts, building strong families, and finding strength in every day.

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 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. raisingshasta.org/program/parent-support. 2280 Benton Drive Building C. (530)242-2020.

Raising Shasta; Redding. Nonprofit provides parent education, parenting classes, support groups, and resource connections that help families build stronger relationships and navigate the challenges of raising children in a changing world. Through programs like Triple P and other parent education opportunities, caregivers gain practical tools for communication, emotional support and healthy family dynamics. raisingshasta.org/ 2280 Benton drive, building c, suite B. (530)242-2020.

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 We **Prepare**™

ARE YOU DISASTER PREPARED?

Let's get prepared together!

IDENTIFY YOUR SUPPORT NETWORK AND KEY EMERGENCY CONTACTS.

Add their numbers to your phone and save them as emergency contacts.

GET CONNECTED

Make sure your phone is enabled to get local alerts and warnings.

ASSESS YOUR NEEDS

Ask yourself questions to assess your needs. Build a "Go Bag" and "Stay-at-Home Box."

SAFEGUARD KEY DOCUMENTS AND VALUABLES.

ENGAGE YOUR SUPPORT NETWORK.

Make sure your family, friends, and support network know your emergency plan.

Visit **norcalunitedway.org** to find disaster preparedness workshops near you.

UNITED WAY | verizon

By Briana Beaver

The Beauty of Interdependence

I believe that there is a strong correlation between early childhood socialization during physical, occupational and speech therapy interventions, and downstream effects on relationships. As a child in occupational therapy, I remember that upon completing a task such as buttoning a sweater, I received positive feedback and acceptance from the therapist.

Conversely, when I could not perform the physical task, the acceptance and appreciation of who I was disappeared. This conditional interaction between an adult and a child over the course of years in various medical and therapeutic settings can be devastating.

The Basis of Self Worth

Let's face it, being able to button your sweater, tie shoelaces or zip your pants is of little significance given the many alternatives. It only becomes significant when it is equated with belonging and worth. My experience during physical, occupational and speech therapy taught me:

I'm not enough as I am.
There is something wrong with me being myself.
Unless I can overcome and perform XYZ, I'm not lovable.

Fast forward 15 years when I'm an undergraduate, wearing an adorable turquoise corduroy jacket with daunting buttons. I'm barely listening to the professor because I am freezing and struggling to get the buttons into the holes. The humiliation surfaces: would it be OK for me to ask my friend to button my jacket? Would he think less of me?

Ultimately, I go for it. He smiles, quickly buttons my jacket, and tells me "No problem. Anytime." Now, I don't claim to have mind-reading abilities, but I'm pretty sure his opinion of me didn't change whatsoever upon learning that I needed help buttoning my jacket.

The Strength of Interdependence

What kind of world would it be if we taught children that the way they are is wonderful? What kind of connections could we celebrate if we recognized that the entire world is interdependent and if interdependence were treated as an asset instead of a weakness?

Independence is overvalued by our society but even more so when you have a disability. It's a self-fulfilling prophecy of failure for people with disabilities because we will never measure up, leading to feelings of shame, guilt and inferiority. What we fail to recognize as a society is the beauty and the intimacy that comes from interdependence. When we invite and allow others to support us, there is a mutual exchange of respect, appreciation and love.

Love! Who doesn't want more love?
The invitation to support one another is an opportunity, not a burden.

How might we evolve as a species if we supported one another physically, emotionally and mentally side by side? How might early childhood experiences of true inclusion and appreciation of diversity impact self-worth and facilitate meaningful relationships throughout life? ■



Red Bluff parents Jamie and Austin Statz coached for Special Olympics for years before taking time off to raise their two children, Shad and Stevie. They enjoy time together on outdoor backpacking adventures.

- 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.

Do you have a loved one that you worry about being alone?

AMJaMB **Provides a FREE service called The Call Connection**

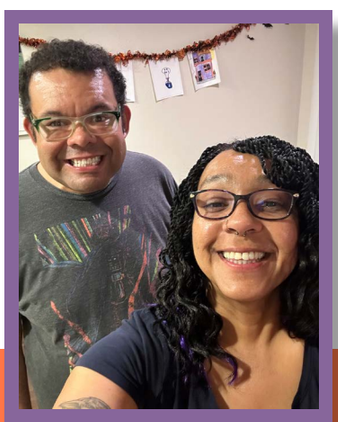
We can provide free reminders to clients for:



- 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

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 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.home.blog.

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)691-0038.

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)532-5621.

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. 2801 Notre Dame Blvd. (530)879-8988.

Chico Speech and Language Center; Chico. 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.

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.



The Shasta Family YMCA STRIDE program is a specialized weekday program designed to support adults (ages 19+) with intellectual and developmental disabilities. Its core mission is to foster independence, life skills, health and community connection in a structured and inclusive environment. Tuition varies; call the Y for details.

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)378-6656.
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.
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

Inspire Dance; Redding. Offered through California Dance Company, created specifically for children with special needs, ages 5–18. The program is designed to support both the physical and emotional well-being of each dancer, encouraging growth at their own pace through creativity, encouragement, and community. cadanceco.com/inspiredance. (530) 365-7749.
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)410-8220.
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.



Child Find Notice

The Individuals with Disabilities Education Act requires the Butte County SELPA to seek out and serve 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, please 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.

Visit www.buttecountyselpa.org or call us at (530) 532-5875.

Butte County SELPA
Special Education Local Plan Area





The diversity of programs in the North State for children with disabilities are designed to exercise their bodies and minds and lift their spirits.



WHY PARENTS OF DISABLED CHILDREN SAY, "I'm Fine" (even when we're not)

By Jennifer Arnold

"I'm fine." It's the answer we give in the school pickup line, at the pediatrician's office and to the friend who cheerfully asks how it's all going. If you're a parent raising a child with a disability, you've probably said it dozens of times this month alone; not because you're willfully lying, but because it's fast and easy, even if some days it's not even close to the truth.

So why do we say we're fine when we're not?

Sometimes it's easier to keep it simple

One of the most common reasons is that we don't have the energy to explain. After a friend we haven't seen in a while asks, saying "I'm fine" is simpler than describing the last few months of medical issues, dealing with insurance companies over prior authorizations, and the nuances of dealing with the symptoms of our child's diagnosis.

The real answer takes 20 minutes and emotional bandwidth we don't have left today. And sometimes we're touched out, talked out and running on fumes, and "I'm fine" is just the last bit of social energy we can spare before we need to sit in the car and breathe.

Compassion Fatigue and the Reflexive Greeting

Saying "I'm fine" avoids the head tilt, the "oh, you poor thing," and the sympathetic sigh that quietly turns us into a cause instead of a person. We start to answer honestly and somewhere around the second sentence, eyes glaze over and faces shut down. So now we tend to edit ourselves before we even open our mouths.

"How are you?" is often a greeting, not a genuine question. It's a social reflex, not an invitation. We choose "fine" because it lets both of us off the hook.

Uninvited Advice

Other times, it's self-preservation. We've learned that "not fine" invites advice we didn't ask for and nothing drains us faster than pouring our heart out only to get "You should try . . ." or "Couldn't you just . . ." Believe me, if we "could just," we would have already. Sometimes the truth is that we genuinely don't know how we are. Between appointments, logistics, and the constant motion of the day, there's rarely a moment to check in with ourselves, let alone report back to someone else.

As our kids get older, there's another layer to it. Their stories are increasingly theirs to tell, not ours. What felt like honest venting when they were five can feel like a privacy violation when they're fifteen. We say "fine" partly to protect them from being defined by their hard moments. You can't force honesty out of someone who isn't ready to give it and you shouldn't try. But there are quieter ways to show up that don't require us to say a lot. ■

WHAT YOU CAN DO, EVEN WHEN WE SAY WE'RE FINE

SKIP THE OPEN ENDED CHECK IN

"How are you?" is easy to deflect. Try something specific instead: "How was the IEP meeting?" or "How's the new medication going?" Specific questions signal that you're really paying attention, not just being polite – and they're easier to answer honestly because they don't require summarizing everything at once.

OFFER SOMETHING CONCRETE INSTEAD OF A GENERAL OFFER TO HELP

"Let me know if you need anything" puts the work back on us. We must identify a need, ask for it and coordinate the logistics. Concrete offers like "I'm dropping off dinner Thursday" or "I'm free Saturday morning if you want me to sit with the kids so you can shower in peace" are often just what we need.

SIT WITH US THROUGH THE TOUGH STUFF

Most of the time, we're not looking for solutions; we need someone to validate our situation and just listen. Fixing is a reflex for a lot of people, especially the ones who love us most, but it can quietly send the message that our feelings are a problem to be managed rather than something worth simply witnessing.

What helps more than you know is someone willing to sit in the discomfort alongside us, without rushing to smooth it over. If we vent, resist the urge to problem-solve unless we ask – sometimes the most supportive thing you can say is nothing at all: just "I'm here."

STEPHANIE COX, UPS WOMEN'S SOCCER COACH, SHARES HER WINNING PARENTING PLAYBOOK

THOUGHTS ON THE INTERSECTION OF SPORTS, PARENTING AND ACHIEVEMENT

By Allison Sutcliffe, first published in *ParentMap*

There's a reason so many of us invoke sports metaphors when we talk about parenting. Newly minted parents are rookies. Couples play man-to-man defense when taking their kids out – well, pretty much anywhere in public – and they move to a zone defense when they're outnumbered. And who among us hasn't chided "get your head in the game" when facing down a rambunctious group of post-birthday cake toddlers at a bouncy house party? Certainly not me.

It's not so much that parenting is a sport, but rather much of what goes on in sports also applies to parenting. Who better to excavate these connections and help us unearth valuable lessons she derived from years of playing professional soccer than parent Stephanie Cox. Cox grew up playing soccer in Elk Grove, California before her exceptional skills landed her a spot on the Youth National Teams and eventually earned her a scholarship to the University of Portland. She has represented the U.S. at the Women's World Cup in 2007, won an Olympic gold medal in 2008 and has twice played for the Seattle Reign in 2013–15 and 2019–21. These days, she coaches the women's soccer team at the University of Puget Sound in Tacoma, and like so many of us, spends her weekends cheering on her two daughters, ages 10 and 13, on the field and on the court, alongside her husband, Brian.

I had the chance to sit down with Cox to talk sports, achievement and parenting. Here's what she shared:



Stephanie Cox is the women's soccer coach at the University of Pugert Sound in Tacoma, and is a proud mom of two daughters (L to R) Grace, 13, and Kaylee,10. *Photo by Jane Gershovich.*

Q: Intense pressure to perform on the field is part of being a pro athlete. How has that experience influenced the way you approach navigating things like stress, competition or disappointment with your daughters?

A: I have had loss at the highest level with my team, losing in penalty kicks to Japan in the 2011 Women's World Cup. And while this loss was heartbreaking, I was able to come away from it and realize that there was so much to be proud of and put it in perspective because it is not life and death. With these high-level moments, I am able to put my own daughters' wins and losses in perspective as well. Their losses are moments for them to reflect and take pride in their effort while also motivating them to work harder or adjust things so that they can try for a different result the next time.

I see sports as a safe space for them to experience failure and disappointment so they can develop resilience and grit in their character.

Q: How do you protect them from similar pressures and/or encourage balance in your kids' lives?

A: I look back on my childhood and see that I made a lot of sacrifices in my pursuit of soccer. We didn't have many extended family vacations and I didn't have many hobbies outside of sports.

Now, as a mom, I have tried to provide an environment that supports other interests like baking and cooking together, or other physical activities like skiing and pickleball. We're fortunate to spend a lot of time together, and we're especially enjoying this new phase where our trips revolve around my daughter's soccer tournaments. I am always mindful of balance as I want to be conscious of burnout. But I also understand that in order to develop a specific skill set or sport, commitment, discipline and sacrificing other opportunities will probably be necessary.

Q: Risk-taking is often required for achieving notable athletic success. How do you decide when to encourage your daughters to take risks versus when to pull back?

A: I think that parenting is very individual, and I have two very different daughters that my husband and I try to support in different ways. My youngest daughter needs to be encouraged a bit more to pursue risky things and environments that stretch her. I look for opportunities that let her play with friends and a familiar coach, helping create a sense of safety so the sport is the only thing pushing her out of her comfort zone. For example, she doesn't always want to run cross-country for her school, but this is something that her dad and I have realized is good for her to push through.

My older daughter is always looking to put herself out there, so sometimes I choose to temper her enthusiasm and paint a bigger picture. We just missed one of her soccer games for a family trip down to Palm Springs. We were all disappointed because we thought she was going to be able to do both, but then the game day changed and she couldn't make it. It was hard for her to miss, but I knew that it was important for her to come with us, and that in the larger scheme one game was not catastrophic.

I hope these intentional breaks will keep her passionate about pursuing growth as a young soccer player just as much as a pro needs a recovery day for their body and mind.

I did drive her to eastern Washington on Labor Day for one game since she missed the rest of the tournament while she was on the road with my college team in Texas. So, it definitely is moment-by-moment and taking advantage of the time that we have together!

Q: What advice do you have for parents who are raising kids in today's competitive sports environment?

A: Youth sports can be very intense, and parents are a huge part of this environment. I think that it is important to be reflective and remind yourself what your goal and intention is with your child's time on the field or court.

Before our kids get out of the car for a practice or a game, we always tell them to work hard, be a good teammate and have fun. These values direct our conversations on the way home as well: Where were they encouraging, how was their work rate and effort, and did they enjoy themselves?

If your goal is character building and creating memories, then there are so many opportunities for that. If your goal as a parent is a college scholarship and pro dreams, that may be harder to control and can put a lot of pressure on your child and on your experience together.

Q: Any final thoughts for parents?

A: Parenting is a hard thing and I am sure that my husband and I get it wrong sometimes, but we hope to approach each stage of parenting with humility and unity so that we can support our daughters in the best way possible! ■

- Baseball
- Bowling
- Cheerleading
- Climbing Walls/Towers
- Football
- Freerunning/Parkour
- Golf: Clubs, Courses, Miniature Golf & Resorts
- Gymnastics
- Kart Racing
- Kayaking & River Rafting
- Lacrosse
- Martial Arts
- Paintball & Airsoft Parks & Fields
- Pickleball
- Rodeo
- Rowing
- Running
- Skateboarding
- Skating & Hockey: Ice & Roller
- Snow Sports
- 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 committed 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/cottonwoodll , 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 Shingletown. 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/intermountainys. 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; corningcalittleleague@gmail.com, Red Bluff. Offering t-ball, farm, minors and majors softball and baseball. redblufflittleleague.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.
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) 338-6409.
Sideline Cheer Program provides young athletes the opportunity to learn the fundamentals of cheerleading while supporting our football teams in a fun, energetic, and team-oriented environment. Following guidelines, the program emphasizes teamwork, confidence, school spirit, and age-appropriate skill development.

SISKIYOU COUNTY

Siskiyou Sideline Cheer; Designed for participants of all experience levels and focuses on building a strong foundation in cheer basics while creating a positive and inclusive experience. Emphasizes development, participation and building

confidence. All routines and activities are designed to be non-competitive, focusing on learning and fun rather than performance rankings. siskiyoucountytrojans.com/sidelinecheer.
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. infojrminers@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. rareairparkchico.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.

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. https://www.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) 338-6409
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.

SISKIYOU COUNTY

Siskiyou County Trojans; Teaches athletes the fundamentals of tackle football in a structured, competitive and safety-first environment. Following football rules and guidelines, the program emphasizes proper technique, teamwork, discipline and sportsmanship. Supports players of all experience levels–from first-time tackle athletes to those preparing for middle school football–while prioritizing player development and long-term success. siskiyoucountytrojans.com.

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.
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) 926-3030.

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. New Location: 195 Humboldt Avenue, Chico (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.

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

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.

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.

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. Find them on Facebook.

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.

SISKIYOU COUNTY

Siskiyou Pickleball; Find Siskiyou county pickleball courts and active groups, visitors and beginners always welcome! News, info, events and more, covering the pickleball scene in Mount Shasta, Yreka, Montague, Etna, and Fort Jones. siskiyoupickleball.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. chsra-d1.com. 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; AAnderson. Skateboards and skates only. goskate.com/sp/listing/anderson-skate-park. Volonte Park, 20298 Olinda 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. goskate.com/sp/listing/weed-skate-park/. 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.

SKATING & HOCKEY: ICE AND ROLLER

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.

SOUTHERN OREGON

The Rrrink; Medford. Premier ice arena offering a range of activities including figure skating, hockey and birthday parties. Dedicated team of coaches and associations provides comprehensive programs for both beginners and experienced skaters. Check website for public skate times and days, and for hockey team info. therrrink.com. 1349 Center Dr. (541) 770-1177.

SNOW SPORTS

SISKIYOU COUNTY

Mount Shasta Board & Ski Park. 935 acres of skiable terrain, 2,036 vertical ft., 38 trails. Terrain parks for beginner to advanced; 300-ft. super half-pipe. Night skiing on 14 trails. Twilight Skiing on 14 trails & 2 lifts. Terrain consists of 20% beginner, 45% intermediate, 35% advanced. 1 Quad Chair, 3 Triple Chairs, 2 Surface Lifts. Rental shop and lessons for all ages and levels. Season passes available for purchase. skipark.com. Ski Park Hwy off Hwy 89. (530)926-8600.
Mount Shasta Ski and Snowboard Team; Mount Shasta. Snow sports education program includes racing and teaching kids 5-14 how to ski and snowboard in a group environment while promoting good technical sliding. Saturdays, from early Jan-March. Registration begins Oct. 1. mtshastaskiteam.com. (530)859-3700.
Mount Shasta Nordic Ski. Creates, enhances and preserves Nordic skiing opportunities for all ages and abilities. Offers a variety of programs which include community fitness sessions, school programs and junior ski. Beginner and intermediate lessons for both classic and skate skiing. Group and private lessons. mtshastanordic.org. (530)925-3495.

SOUTHERN OREGON

Mount Ashland Ski Area; Ashland, OR. 220 skiable acres with 23 runs and four chair lifts. Base elevation of 6,383 ft. Youth classes, programs such as the after-school Ski & Ride program and summer activities available for all ages. mtashland.com. (541)482-2897.

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

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 skills, tactics, sportsmanship and overall soccer proficiency through proper teaching and competition. 6U to 19U. northstatesoccer.com. doc@reddingsoccer.com.
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/. California Soccer Park, 9800 Old Oregon Trail. (530)505-4626.

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. Swimmers of all levels improve their skills, build teamwork and have fun while swimming fast. Beginner or a seasoned swimmer. Focus is on developing each swimmer's potential through a positive, supportive environment. Ages [5-18]. 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.

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. 203 N Murdock 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).



North State Teens Can Stay Physically Active Year-Round

By Kayla Anderson

When it's too cold or wet to play outdoors, what are teenagers supposed to do with their time and energy? These students have been fortunate to find indoor spaces that allow them to stay active in the winter months:

Athletic Horizons, Chico

Athletic Horizons (athletichorizons.com) keeps 15,000 square feet of mats, bars, beams, springboards, trampolines and other athletic equipment for gymnasts of practically all ages.

Seventeen-year-old **Martha Vittoratos** started doing gymnastics when she was just a toddler and joined the Athletic Horizons team six years ago right at the start of COVID. Even though she had to practice in a mask, getting to see her friends made her feel less isolated during those uncertain times.

"It's a great community; I love my teammates and I'm always learning new skills," she says. Her favorite competitive event is the bars, although she notes that one of her biggest accomplishments was when she won first place on Vault at the Level three State Championships three years ago. "Coming to practice allows me to do what I love with my friends. I have a lot of energy and if I don't stay active then I get stressed; it's good for my mental health."

Shasta Roller Hockey League, Redding

For more than 20 years the nonprofit Shasta Roller Hockey Youth League (SRHL) in Redding (shastarollerhockey.com) has been providing in-line hockey players with a space to stay active, build their confidence and compete with other in-line roller hockey teams in a nice climate-controlled environment.

Logan Pearce (15, Redding Collegiate Academy) played for the Shasta Roller Hockey team as right defense for seven years and says he likes the speed of the game, that there's less contact than ice hockey, and that you must adapt more on the rink rather than following exact preplanned plays. "Some of my best friends were made during my time with SRHL," Logan says.

Fellow SRHL member/goalie **Jarrett Alcorn** (sophomore, Foothill High School) joined SRHL when he was six years old, played for two years, moved away for a bit, then came back. "I like how nice people are. Everyone knows each other; it's like a family," Jarrett says. Playing roller hockey is in itself challenging, but he says that playing against older people is really fun. His favorite place to play is his home rink, but his favorite spot to travel to is Bend, Oregon. "It's an amazing, beautiful place; it's nice to see our community vastly growing."

Shasta Rock Club, Redding

Giving the Redding community access to climbing without trying to scale big slick rocks in the pouring rain, Shasta Rock Club (shastarockclub.org) is a nice, dry indoor space filled with climbing walls and strength training areas.

Ethan Ortlieb (14, Acton Academy) has been a member of Shasta Rock Club for four years, having been climbing since even before he was born. "I climbed a week before I had him, so Ethan did start climbing in utero," his mom Rachel says. "But I think he started enjoying it when he was about eight. The coaches at Shasta Rock Club are so good," she adds. "I like the challenge, working on it with friends," Ethan says about bouldering. He explains that he likes to plan out his climbing routes ahead of time so he can reach the top on his first pass. He climbs so much that he even beat all the adult climbers in the advanced division of the *2025 Summer Send Off*.





Left: State Vaulting Champion teen gymnast **Martha Vittoratos**. Above: Athletic Horizons nurtures budding gymnasts of all ages.



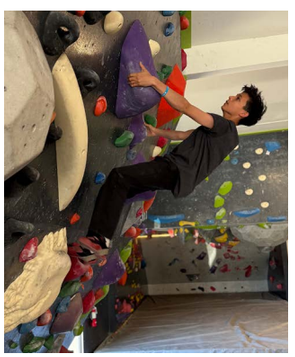




Left: Award-winning teen roller hockey player Logan Pierce. Center: Long time roller hockey player HS sophomore Jarritt Alcorn. Right: Shasta Roller Hockey League players and coaches always have a blast, whether playing in their home rink or traveling to away games.







A veteran climber at age 14, **Ethan Ortlieb** enjoys climbing in the great outdoors in good weather and at **Shasta Rock Club** when the elements are not conducive to scaling rocky cliffs.

Terrain Park Climbing, Chico



"Winter can make it harder to stay active, especially when the weather keeps people indoors," says Paul Hendricks, owner, **Terrain Park Climbing & Adventure Center** in Chico (terrainparkclimbingcenter.com). "That's why having engaging indoor activities is so important. Whether it's climbing, exploring our Adventure Center or simply spending time moving together as a family, staying active through the winter supports both physical and mental health."

Rare Air, Redding & Chico



Ryan Thomas, owner, **Rare Air** in Redding & Chico (rareairpark.com), says, "As a family-owned business, we love giving families a place to stay active, make memories, and have fun together all winter long. Let the kids climb, jump, swing, and explore on our trampolines, ropes course, rock wall, play structure, ninja course, and arcade – all while staying warm and dry." ■



Butte County Sports and Education Foundation:

Empowering Kids through Mentorship and Free Golf Resources

By Briana Beaver

It all started with a phone call. In 2023, Matt Carton reached out to Grant Hornbeak to inquire about his golf course development project. "We just hit it off," Carton said. Now these two golf aficionados are the co-owners of Beyond Golf. This family-friendly nine-hole course is a picturesque place where golf meets community with fun for all ages and levels.

Teaching Life Skills Through the Sport of Golf

Beyond Golf is also the home base for the Butte County Sports and Education Foundation, which Hornbeak founded in 2015. Inspired by his love for sharing golf with youth over many years, the Foundation empowers kids through free golf access, mentorship and educational opportunities. Families who have children that are interested in golf can receive support with accessing equipment, navigating and registering for local and statewide tournaments and clinics as well as free golf classes via the Foundation.

Reflecting on Hornbeak's dedication, Carton says his business partner has not only taught kids about golf, but also "life skills and trying to instill core values and good manners. All the ethics that come along with golf make it a great teaching tool."

Carton goes on to add that golf has historically been expensive and therefore hard for kids to access. Thanks to services provided by the Foundation, that is changing right here in Chico.

Carton and Hornbeak's partnership that led to the development of Beyond Golf is the completion of one of the goals of the Foundation. Many of the offerings provided by the Foundation have now found a home at Beyond Golf, including junior classes and clinics for youth held every other Saturday.

Participation is based on a first-come-first-served basis, and those who are interested can learn more and sign up via the Facebook group. Carton's own six-year-old son has benefited from the tutelage offered by volunteer teachers and is since "completely different on the course," demonstrating new focus and etiquette.

Beyond Golf: Mentorship Opportunities

The integration of Butte County Youth Sports and Education Foundation and Beyond Golf provides a unique opportunity for beginners to learn the game and for seasoned golfers to sharpen their short game. Carton emphasizes that the course is accessible to all ages and abilities but intentionally "built to emulate a really nice course that has a lot of action so it's really fun for adults."

No matter what your age or experience level, opportunities abound at Beyond Golf! This facility provides the community with a fun space with truly affordable golf opportunities. Volunteers are also welcomed and appreciated.

From contributing your time as a marshal providing course oversight, to lending your golf expertise as a volunteer teacher at clinics, to helping with landscaping, there are many ways to meaningfully contribute.

Free clinics, lessons and mentorship facilitate access for golfers of all ages while creating memories, supporting local family business and strengthening community. Beyond Golf's partnership with the Foundation helps Carton and Hornbeak stay true to their mission: keeping youth at the center of everything they do and ensuring accessibility for all. Funding is imperative to keep programming available at no cost and donations are needed. Grants and donations fuel opportunities for youth to explore golf while gaining confidence and self-esteem.

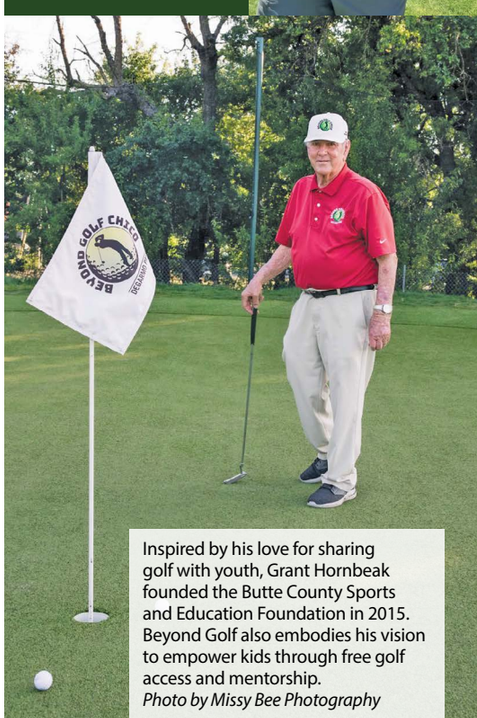
To learn more about Beyond Golf, visit beyondgolfchico.com. ■



"All the ethics that come along with golf make it a great teaching tool."

- Matt Carton





Inspired by his love for sharing golf with youth, Grant Hornbeak founded the Butte County Sports and Education Foundation in 2015. Beyond Golf also embodies his vision to empower kids through free golf access and mentorship.
Photo by Missy Bee Photography

To donate to the Foundation or inquire about sponsorships, please visit ButteCountyYouthSportsAndEducationFoundation.org

NORTH STATE GIRL SCOUT *Gold*

By Stacey Leigh Mohr









Just about everyone is familiar with the Girl Scout program. Girls work together in troops to earn badges and have enriching experiences. But did you know that Girl Scouts can work to earn a Gold Award, equivalent to the Scouts of America Eagle Award?

Making a Difference in the World

To earn the Gold Award, girls use everything they've learned as a Girl Scout to help address an issue in their community and make a lasting change in their world. Girl Scouts in ninth through twelfth grades who want to earn the Gold Award build a team of trusted adults, community leaders and peers who will support them through challenges and cheer on their successes each step of the way. Before earning a Gold Award, Girl Scouts must already have completed the Silver Award, a Senior/Ambassador Leadership Award, or a Senior/Ambassador Journey, awards that take up to 70 hours of service to complete. Gold Awards require at least 80 additional hours to complete.

The Journey to a Gold Award

Girls are encouraged to find an issue in their community or the world that they care about, learn everything they can about that issue through research and trusted sources and form a team by identifying experts and people in their community who could help them. Then, most importantly, each girl must think about the root cause of an issue and plan how she could tackle it. Her plan must be sustainable beyond the initial project. It must carry on after she has done her part and earned the Gold Award – the highest award in Girl Scouts.

After completing her plan, achieving the goals of the plan and earning the Gold Award, she reflects on the change she's created in her community and the world, shares her story and inspires others to make a difference, too. Earning the Gold Award is a life-changing journey.

Two Shasta County members of the Northern California Girl Scouts have recently earned the Gold Award and are eager to share their experience of their remarkable journey.

Red Bluff Gold Awardee *Chloe*

Chole says she started Girl Scouts in kindergarten. "If you were to ask me then why I joined I might've said that I wanted to do crafts after school, sell cookies or even because I liked the uniform. So, the real question is not why I chose to be a Girl Scout, but rather why I continued to be a Girl Scout up to my senior year of high school."

It was not because of the cookies, crafts or even the uniform. "It was because of the community that is Girl Scouts," she says. "Girl Scout meetings were always a place I could be myself and still be supported unconditionally."

Chloe was a junior in high school when she learned that her county has hundreds of teens who do not have a place to call their home. "How could you focus on school if you don't know what you're going to do about dinner afterward?" Chloe says. "When it came time to think about my Gold Award project, I knew I wanted to help these teens. I wanted to not only provide support, but also to break the vicious cycle that is homelessness."

She partnered with the New Hope Teen Center to add an element of cooking by providing recipes, kitchen supplies and ingredients. Chloe reasoned that by encouraging this vulnerable population to cook healthy meals for themselves, they can be fed and learn a method of self-care.

"Learning to take good care of oneself is essential to good mental health, which is essential to combat homelessness," Chloe says. Chloe is now 19 and attends UC Irvine.

Redding Gold Awardee *Madeleine*

Madeleine Baird chose to be a Girl Scout in kindergarten because one of her best friends introduced her to Girl Scouts and it sounded fun. "I continued to choose to be a Girl Scout every year until I was 18 because I saw the opportunities for growth and experience that this program offered me," she says.

Madeleine's Gold Award addresses the lack of accessibility to backpacking in her local Girl Scout community. "When my troop bridged to Juniors, we decided we wanted to level up our camping trips and discovered backpacking as an option," she says. "We then learned that being able to backpack as a troop came with more hurdles than we imagined."

Understanding the gear and how to properly use it was just the beginning of her project. Finding gear and paying for it as well as finding places nearby to backpack were additional challenges. She found Girl Scout families often did not own backpacking equipment and equipment was expensive to rent. "We had no idea where to backpack locally and council doesn't offer training in our area."

As part of Madeleine's Gold Award work, she ran an educational event for local Girl Scouts where she explained where and how to backpack. She also reached out to Girl Scout troops to teach them backpacking skills. She raised funds for equipment, including packs, mess kits, tents, etc., for any member of the Girl Scouts Northern California to use. She organized it and prepared it for easy access in the Redding Girl Scout offices. Through Madeleine's efforts, local Girl Scouts are able to take advantage of the beautiful backpacking trails throughout the North State region, experience the outdoors in ways they could not before, gain valuable skills and experience and enjoy a marvelous way to get exercise and stay fit. ■

- Scholarship Opportunities
- Teen Employment
- Volunteer Opportunities for Youth & Teens
- Youth & Teen Clubs & Centers



SCHOLARSHIP OPPORTUNITIES

MULTIPLE COUNTIES

Be sure to check:
• Your college or technical school of choice for college-specific scholarships available through each admissions and financial aid office.
• Apprenticeship scholarships through local trade unions
• Employer-sponsored tuition assistance for healthcare, manufacturing, construction, and public safety careers.
• Local Community Charitable Organization Scholarships:
o Rotary Clubs
o Kiwanis Clubs
o Lions Clubs
o Soroptimist International
o Exchange Clubs
o Elks Lodge scholarships
o Local Chambers of Commerce
o Veterans organizations (American Legion and VFW)
o Local credit unions and community banks
o Local hospitals and healthcare organizations

CA Dream Act Application (CADAA). Undocumented students and FAFSA-eligible students if one or more contributors are experiencing unresolvable difficulties completing the FAFSA due to having a non-SSN contributor can apply for state and institutional aid using the CADAA. Application details are kept completely confidential.dream.csac.ca.gov/landing
Cal Grant; California's main financial aid program that does not need to be paid back. Students attending a Cal Grant eligible institution and who meet eligibility criteria can qualify for the Cal Grant award. Students will be considered for the appropriate Cal Grant award based on the responses on the Free Application for Federal Student Aid (FAFSA) or CA Dream Act Application (CADAA), a verified Cal Grant GPA or test score, the type of California colleges listed on the FAFSA/CADAA, and whether the student is a recent high school graduate. csac.ca.gov/cal-grant.
College Board Big Future Scholarship Search; Scholarship search engine with filters. Also career and college planning tools. bigfuture.collegeboard.org/scholarship-search.
Community Foundation of the North State; Offers a single online application for numerous scholarships benefiting students throughout Shasta, Siskiyou, Tehama, Trinity, and Modoc counties. cfnorthstate.org/grant/scholarships.
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. Application cycle opens Nov. tcbk.com/about/community/scholarship-assistance.
FAFSA (Free Application for Federal Student Aid); Use the Free Application for Federal Student Aid (FAFSA®) form to apply for financial aid for college, career school, or graduate school. studentaid.gov/h/apply-for-aid/fafsa.
Federal Pell Grant; Usually awarded only to undergraduate students who display exceptional financial need and have not earned a bachelor's, graduate or professional degree. (In some cases, however, a student enrolled in a postbaccalaureate teacher certification program or an eligible workforce program might receive a Federal Pell Grant.) studentaid.gov/understand-aid/types/grants/pell.
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.
Reach Higher Shasta Scholarship Database; Links and information for Shasta County, state and regional scholarships. eachhighershasta.com/reach-higher-shasta-scholarships.
Scholarships.com; Scholarships for every type of student. 100% free. Vetted scholarship opportunities. scholarships.com.
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.
University of California Campus Scholarship Programs; Grants and scholarships are awarded through a variety of programs, including the federal Pell Grant program, the Cal Grant program, the Middle Class Scholarship. Apply for all grants and scholarships at once. program.admission.universityofcalifornia.edu/tuition-financial-aid/types-of-aid/grants-and-scholarship.
Workforce Innovation and Opportunity Act (WIOA); The Employment and Training Administration (ETA) administers core and discretionary programs authorized by WIOA. It also authorizes programs for specific vulnerable populations, including the Job Corps, YouthBuild, Indian and Native American Program, the Reentry Employment Opportunities (REO) program, and Migrant and Seasonal Farmworker programs.dol.gov/agencies/eta/wioa/programs.

BUTTE COUNTY

California State University, Chico Scholarships. The Financial Aid & Scholarship Office at Chico State awards various types of scholarships to students in all academic programs. Scholarships are offered by various departments and organizations to students who meets specific eligibility criteria. Regardless of accomplishments or GPA, we encourage all students to apply for scholarships. csuchico.edu/fa/scholarships/index.shtml.

SHASTA COUNTY

Redding Fashion Alliance Mentorship Program: Looking for a way to take your design dreams to the next step? RFA offers a free, 4-month opportunity Sept.-Dec. for aspiring fashion enthusiasts to develop their skills in sewing, design and teaching. Participants work closely with experienced mentors to create unique sewing projects, develop class curriculum and teach their own classes. Applicants will be evaluated based on their passion for fashion or design, commitment to learning, collaboration and communication skills, drive for career development, work ethic, the creativity and quality of submitted portfolio pieces and applicant's ability to meet program requirements and contribute meaningfully to the mentorship experience. Applications open late July to late August. Email reddingfashion@gmail.com for more information. reddingfashionalliance.org. 1698 Market Street. (530)215-1350.
Shasta College Career Technical Education (CTE) Scholarships. Links to scholarship opportunities from external trade organizations that are open to incoming and current students. shastacollege.edu/academics/divisions-departments/business-agriculture-career-technical-education-bacte/career-technical-education/cte-scholarships
Shasta College Foundation Scholarships. For Current Shasta College students and graduating high school seniors attending schools within the Shasta-Tehama-Trinity Community College District. Apply once and be considered for many scholarships. shastacollege.edu/cost-financial-aid/types-of-financial-aid/scholarships.

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 Employment Center "One-Stop" Job Listings. Employment program designed to help youth in search of employment. Resumé training, interview preparation, vocational assessments and more. buttecounty.net/408/Employment-Services. (877)410-8803.
Chico: 765 East Ave.
Oroville: 78 Table Mountain Blvd.
Junior Rec Leader Program; Oroville. 7-12th 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/government/departments/health-human-services/community-action/business-employment-services.
Orland: 125 E. Walker St. (530)865-6165.
Willows: 420 E. Laurel St. (530)934-1478.

SHASTA COUNTY

SMART Workforce Center; RRedding. 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

SMART Workforce 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. 800 College Ave. (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. Provides no-cost career coaching, job listings, skills training and education, job placement support and employment workshops. jobtrainingcenter.org. 718 Main St. (530)529-7000.

VOLUNTEER OPPORTUNITIES FOR YOUTH & TEENS

NATIONAL/MULTIPLE COUNTIES

4-H Million Trees Project. Youth-led service-learning initiative that encourages 4-H members to plant trees, address climate change and develop leadership skills. Teen Laura Webber founded 4HMT to inspire up to 6 million youth to plant trees to slow global climate change. The project reports 250,000 members and 30 million 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. redcross.org/volunteer.
Chico: 1250 East Ave., Suites 21 and 25. (530)446-4912.
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 for youth ages 12-18, 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. rotary.org/get-involved/youth-programs/interact-clubs.

North Valley Catholic Services Volunteer Opportunities; Available throughout the North State. Opportunities include clerical support, event planning and assistance, CASA advocacy, shopping with children, and supporting holiday programs. Availability varies by location and season. CASA volunteers require training, background clearances, and a minimum one-year commitment. Northern Valley Catholic Social Service. nvcss.org/volunteer. (530)241-0552.

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. readingpalschico.org. (530)588-0119. shastaess.org/content-areas/elaliteracy/reading-pals. (530)225-0255.

Roots & Shoots; Jane Goodall Institute program that provides young people with tools, resources and training to create community projects addressing social justice, animals and the environment. 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.

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. We have a great need for rehabbing birds. bidwellwildliferehab.org. (530)343-9004.

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. Volunteer opportunities may include working on projects, helping with literacy needs and learning new skills. Contact the library for current needs and openings. buttecounty.net/528/Library. (530)552-5652.
Biggs: 464A B St.
Chico: 1108 Sherman Ave. temporary location through 2026 renovations: 196 Memorial Way.
Durham: 2545 Durham-Dayton Hwy.
Gridley: 299 Spruce St.
Oroville: 1820 Mitchell Ave. temporary location through 2026 renovations: 205 Mira Loma Dr., Suite 10.
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. Visit the BEC events page to sign up for current opportunities. 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 Cat Coalition; A no-kill, non-profit shelter dedicated to rescuing, healing and rehoming cats. Volunteers needed every day. Tasks include cleaning, laundry, socializing kittens, fundraising and public relations. By appointment only. chicocatcoalition.org/volunteer. mail@chicocatcoalition.org. 629 Entler Ave. #13.

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 Creek Nature Center; Chico. Volunteers needed for animal care. Must be 17 years or older and have reliable transportation. Experience is not necessary but is welcome. chicorec.gov/chico-creek-nature-center. 1968 E. 8th Street. (530)891-4671.

Chico Discovery Shop. With stores throughout California, American Cancer Society Discovery Shop locations help support the fight against cancer through the sale of high quality, gently used, donated merchandise. cancer.org/donate/discovery-shops-national/california-discovery-shops/chico. 982 East Ave. (530)343-6178.

Chico Heritage Society. Seeks people interested in preservation of the sites and buildings of Chico and to assist with research in the discovery of Chico's past. Contact for more details. chicoheritage.net/contact. 225 Main Street, Suite D. (530)345-7522.

Chico High School. Provides a detailed online list of organizations looking for volunteers in the area. chs.chicousd.org/Counseling/News-Resources--Involvement/Volunteer/index.html. 901 Esplanade. (530)891-3026.

Chico History Museum. Volunteer-run organization working to acquire, conserve, research and communicate the rich history of Chico for the education and enjoyment of the community. chicohistorymuseum.org/Volunteer. 141 Salem & 2nd St. (530)891-4336.

Museum of Northern California Art; Chico. MONCA is entirely volunteer-run and always welcoming new volunteers, from Board of Directors to cataloging the growing collection and greeting visitors, to marketing, public relations and grant writing. Many more opportunities available. monca.org/pages/volunteer. 900 Esplanade. (530)487-7272.

North Valley Animal Disaster Group; Chico. During ordinary disaster incidents only NVADG-trained Disaster Service Worker (DSW) volunteers are activated for emergency sheltering and evacuation. nvadg.org/become-a-volunteer. PO Box 441. (530)895-0000.

Patrick Ranch Museum; Durham. Dedicated 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; CChico. Volunteers assist guests with check-in, showers, laundry, mail, medication and other daily needs. 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. kzfr.org/pages/volunteer. Call Leah McKean for volunteer 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. 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.
NorCal Petting Zoo; Anderson. Looking for teen volunteers to work with animals and help out with various tasks. familyfunfarm.wpcomstaging.com. 1235 Third Street. (530)605-9263.
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: 1100 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 Exploratorium Animal Care Teen Husbandry Volunteers; Redding. Dreaming of working with Turtle Bay's animals? Interested teens 13-17 must attend the Animal Care Teen Husbandry Volunteer Info and Onboarding Session with a parent or guardian. You'll learn what teen volunteers do, what's expected, and how to get involved. Email the Volunteer Coordinator to secure your spot in the next onboarding session. Event is free with pre-registration volunteers@turtlebay.org. turtlebay.org/events. 844 Sundial Bridge Drive. 530-243-8850.
Wild Horse Sanctuary Teen Volunteers; Shingletown. We are looking for docents to staff our Visitor Center, (learn the history of the Wild Horse Sanctuary and answer frequently asked questions in order to greet visitors, lead informal foot tours of the property and provide information) and hard workers willing to clear brush, clean trails,and help with sanding and painting our corrals and fencing. wildhorsesanctuary.org. 5796 Wilson Hill Road. (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; Mount 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.
Dunsmuir Chamber of Commerce. Volunteers needed, 16 yrs and older. Contribute to your community, learn new skills, work with a team, gain exposure to potential employers, explore new areas of interest. Strengthen your resumé. dunsmuir.com. hello@dunsmuirchamber.com. 5915 Dunsmuir Ave. (530) 235-2177.
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. (530)598-3185.
Mount Shasta Bioregional Ecology Center; Mount Shasta. 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; Mount Shasta. 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 11 additional 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.
Montague: 230 South 13th St. (530)459-5473.
Mount Shasta: 515 East Alma St. (530)926-2031.
Scott Bar: 27233 Scott River Rd. (530)496-3248.
Tulelake: 451 Main St. (530)667-2291.
Weed: 150 Alamo Avenue. (530)938-4769.
Siskiyou Humane Society; Mount Shasta. Volunteer tasks include dog and cat socialization, daily animal care, fostering and grounds maintenance. Animals in the shelter receive on-going training, education and enrichment which results in them being happier, better behaved, healthier and more adoptable. siskiyouhumane.org/support/volunteer. 1208 North Mt. Shasta Blvd. (530)926-4052.
Youth Empowerment Siskiyou Y.E.S. Yreka. Continually offers a variety of volunteer opportunities throughout the year including Superhero Runs and summer camps. Contact for more details. Partnered with CASA. yesiskiyou.org 122 S. Broadway. (530) 841-0844.

TEHAMA COUNTY

Honeybee Discovery Center; Orland. Looking for enthusiastic volunteers who love working with people and want to inspire students through hands-on pollinator education.! No bee knowledge needed—just a passion for learning, community and making a difference. Volunteer 1–5 hours a day, up to 6 days a month, at our Center or at regional schools. Join our fun, dynamic team and help us grow the next generation of environmental stewards! Learn at honeybeediscoverycenter.org. info@honeybeediscoverycenter.org. 727 4th Street. (530)805-BUZZ (2899)
St. Elizabeth Community Hospital Volunteers; Red Bluff. Volunteers assist at information desks, the gift shop, coffee cart, hospital departments, wellness fairs and fundraising events. Ages 16 and older may apply. commonspirit.org/dignity-health-north-state-volunteer. (530)529-8002.
Tehama County Animal Care Center; Red Bluff. Ages 16–17 may volunteer independently; ages 12–15 can volunteer with a parent or guardian. Senior-project opportunities are also available. tehama.gov/government/departments/animal-services/volunteer. (530)527-3439.

YOUTH & TEEN CLUBS & CENTERS

NATIONAL & MULTI-COUNTY

4-H Youth Development Program. National program for youth ages 5-19. 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, 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. (530)899-0335 ext. 2223.
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.
Paradise: 6241 Skyway. (530)413-9740.

Boys & Girls Club of Greater Shasta; 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. bgcgreatershasta.org. Grades TK-3rd hosted at Mount Shasta Elementary School, 501 Cedar St. (530)220-5055. Grades 4th-8th hosted at Sisson Middle School, 601 E Alma St. (530)560-4839. Office: (530)220-7623.

Scouting America. Youth programs build character, leadership, outdoor skills and service. Cub Scouts serves grades K–5; Scouts BSA serves ages 11–17; Venturing and Sea Scouts serve ages 14–20; Exploring serves ages 10–20. scouting.org.
Butte County; Chico: NorCal Scout Shop. gec-bsa.org. 3881 Benata 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. Music students (any student taking music lessons) can attend the North State Symphony performances at a discounted rate (between $7-12.50 after the $2 box office fee, and depending on location, Chico or Redding). northstatesymphony.org (530)898-5917.

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 five-day outdoor environmental education program for North State students administered by North State Together. Participants are selected by Yosemite Advisors at each high school. Participants must complete 8 hours of community service related to the environment to secure their spot. The goal of the program is to inspire students to develop a connection to the natural world and empower them to act as responsible stewards of natural resources. northstatetogether.org/programs/

BUTTE COUNTY

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; scholarships are available. 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.

Youth for Change; CMultiple counties. 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. youth4change.org. 310 Flume St. (530)894-8008. Butte: (530)877-1965 Redding: (530)877-1965

GLENN COUNTY

Glenn County Friday Night Live; Orland. FNL serves high-school students, Club Live serves middle-school students and peer mentoring connects older and younger youth. Meets on the 1st & 3rd Sundays of the month 5:30-7:30pm. facebook.com/glenncounty.fnl. (530)865-1267 x3175.

SHASTA COUNTY

Teen Center; Anderson & Redding. A place to hang out, develop leadership skills and get involved in the community. Teens, ages 13-17, enjoy activities like cooking, creative arts, computers, homework help, indoor and outdoor games (basketball, pool, foosball, air hockey, martial arts), movies and more. Free. Mon 2-6pm, Tues-Fri 2:30-6pm. raisingshasta.org/program/teen-center.
Anderson: 2889 E. Center St. (530)365-9021.
Redding: 2981 Churn Creek Rd. (530)232-3610.

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. 626)399-2628.

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/create-it. 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.

Shasta Peer Mentoring. Redding. High-school students receive more than 30 hours of leadership and community-service experience while mentoring middle-school students. chemicalpeople.org/programs/shasta-peer-mentoring. FNL@chemicalpeople.org.

Teen Advisory Board; Redding Library. Teens (12-17) help choose books, plan events, give feedback on teen services, create community projects, and gain volunteer hours. Tues 5-6:30pm. Free, application required. shastalibraries.org/teen. 1100 Parkview Ave. (530)245-7261.

Y Club at Shasta Family YMCA; Redding. 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.

Talking to Teens About Alcohol: What Really Works

By Lauren Edwards



Talking to teens about alcohol isn't always easy. Adolescence is a stage of growing independence, testing boundaries and questioning authority. It's also a time when many teens seem to shrug off advice simply because it comes from a parent. That can make conversations about drinking feel frustrating or even pointless. But while lectures and scare tactics often fall flat, parents still have tremendous influence.

As Community Outreach Coordinator at Virginia Recovery Centers (an alcohol and drug rehab in Virginia), I've seen how the key isn't having one perfect conversation; it's creating an ongoing dialogue built on trust, respect and honest communication.

Lauren Edwards is the Community Outreach Coordinator at Virginia Recovery Centers, a leading alcohol and drug rehab in Virginia.
virginiarecoverycenters.com

Start Early and Keep the Conversation Going

One of the biggest mistakes parents make is waiting until their teen is about to attend a party or starts driving before bringing up alcohol. Instead, make it a topic that's discussed naturally over time.

Look for opportunities in everyday life, as a movie scene, a news story or even a family gathering can spark a meaningful conversation. These low-pressure moments often feel more comfortable than sitting your teen down for a formal lecture.

Listen More Than You Talk

When parents feel worried, it's natural to want to do most of the talking. But listening is often far more effective. Ask open-ended questions like, "What do kids your age think about drinking?" or "Have you ever felt pressured to fit in?" Give your teen space to answer without interrupting or immediately correcting them.

Even if you don't agree with everything they say, acknowledge their perspective. Feeling heard makes teens more willing to keep talking. If every conversation turns into a lecture, they may become less likely to share what's really happening in their lives. The goal isn't to win an argument; it's to keep communication open.

Be Honest About the Risks

Teens are generally quick to spot exaggeration, so avoid relying on fear-based messages. Instead, share accurate, age-appropriate information about how alcohol affects judgment, reaction time, decision-making, sports performance, sleep and mental health. If it feels appropriate, sharing your own experiences or family stories can make the conversation more relatable.

Focus on helping your teen understand why alcohol can lead to risky situations, rather than simply telling them never to drink. When conversations are grounded in honesty instead of intimidation, they're more likely to be taken seriously.

Help Them Prepare for Real-Life Situations

Knowing alcohol is risky doesn't always prepare teens for the social pressure they'll face. Talk through realistic scenarios they may encounter at parties, sporting events or gatherings with friends. Practice simple ways they can decline a drink confidently without feeling embarrassed. Just as importantly, let them know they can always call you if they find themselves in an uncomfortable or unsafe situation. Reassure them that getting home safely will always be the priority.

These conversations help build confidence and reinforce that making responsible choices is a sign of maturity, not weakness.

Small Conversations Make a Lasting Difference

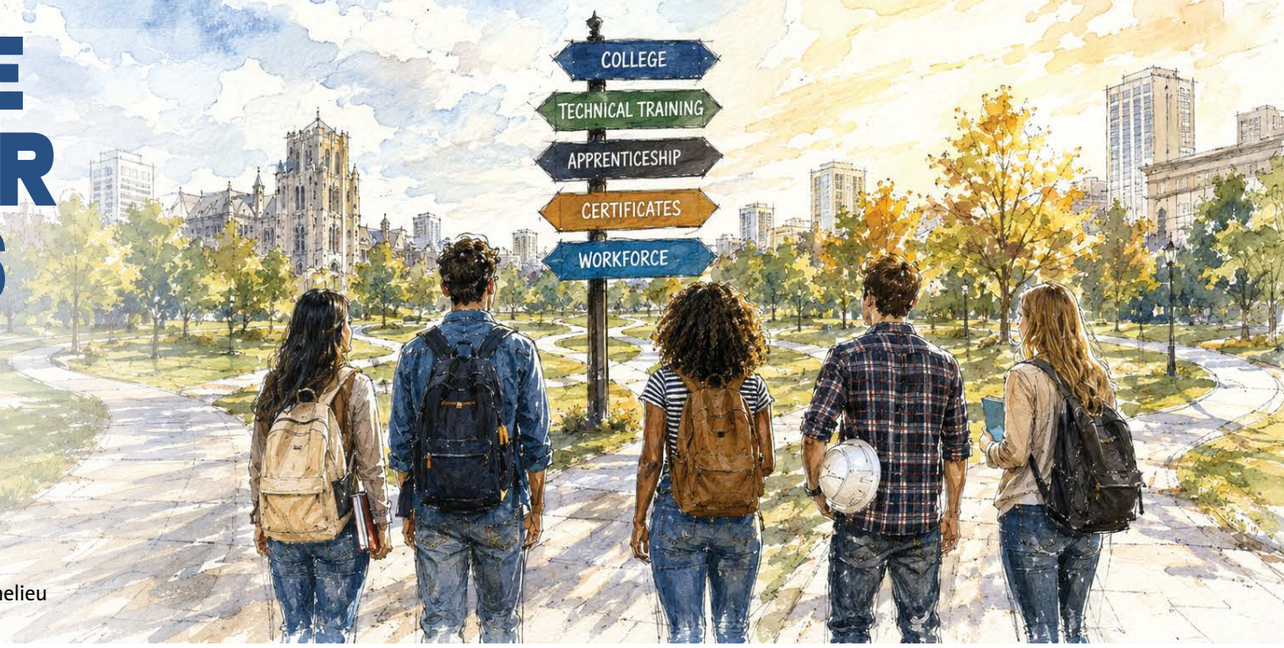
Parents can't control every decision their teenager makes, but they can shape how prepared they are to make good ones. Even when it seems like your advice is being ignored, your words often have a lasting impact.

By replacing lectures with honest conversations, listening without judgment and staying consistently approachable, you create an environment where your teen feels supported. Over time, that trust can become one of the strongest protective factors in helping them make safer choices around alcohol. ■

COLLEGE & CAREER OPTIONS

Helping Students Build Their Futures

By Lianne Richelieu



Every student's path after high school is unique. Whether the goal is a college degree, technical training, an apprenticeship or entering the workforce, having accurate information and a clear plan makes all the difference.

College and Career Options Inc. helps students and families explore postsecondary opportunities that match their interests, strengths and career goals. Through personalized guidance and practical resources, we empower students to make informed decisions and confidently pursue their future.

College and Career Option Inc. Services

College and Career Options simplifies the college and career planning process by offering career exploration, college and technical school searches, admissions guidance, financial aid education, scholarship assistance, FAFSA support, résumé development and workforce readiness. We believe every student deserves access to opportunities regardless of background or financial circumstances. Our mission is to help students identify educational pathways that are both rewarding and affordable.

College Prep Advice for High School Juniors and Seniors
The best time to begin planning for life after high school is junior year. Students should explore careers, visit colleges and technical schools, attend college fairs, meet with counselors and research admission requirements to find programs that fit their interests and goals. Junior year is also the time to begin preparing for scholarships. Students can strengthen future applications through community service, leadership, extracurricular activities, internships or part-time jobs. Scholarship committees often value involvement and commitment as much as academic achievement.
The summer before senior year is ideal for organizing application materials, requesting letters of recommendation and drafting scholarship essays. By early senior year, students should begin applying for scholarships and complete the Free Application for Federal Student Aid (FAFSA) as soon as it becomes available. Applying early each year provides the greatest opportunity to receive grants, scholarships, work-study and other financial aid.

> Remember: The goal isn't choosing the "best" school – it's finding the best fit for your student's interests, talents, goals and future.

Your high school counseling office is one of the best places to start a scholarship search. Many counselors maintain lists of local scholarships, which often have fewer applicants than statewide or national awards. The Community Foundation of the North State is another excellent resource, offering numerous scholarships for students throughout the region.

Students pursuing technical training should also ask about Career Technical Education (CTE) scholarships, apprenticeships and workforce development grants. Check out the Scholarship listings on page 129 in this Family Resource Guide issue.

College Prep Advice for Parents

Parents play a vital role in helping students explore all career pathways. Encourage conversations about your student's interests, strengths and long-term goals rather than focusing on a single educational option. Visiting colleges, community colleges, technical schools and apprenticeship programs together can help students discover opportunities they may not have considered.

Families should also become familiar with financial aid, scholarship opportunities and FAFSA requirements before senior year. Starting early helps families meet deadlines, maximize financial assistance and reduce stress. Most importantly, remind your student that there are many paths to a successful and fulfilling career.

The Value of Every Educational Path

Success does not follow a single route. A four-year university is an excellent choice for some students, while others thrive through a community college, technical school, apprenticeship or certificate program. Community colleges offer affordable education and transfer opportunities, while trade and technical programs prepare students for high-demand careers in healthcare, construction, manufacturing, information technology, automotive technology and other skilled professions – often leading to excellent wages with less student debt.

The most important question isn't, "Should I go to college?" It's, "Which pathway best fits my goals?" Every educational journey has value, and every student deserves the opportunity to build a meaningful and successful career. With early planning, family support, and the right resources, every student can find a pathway to success. ■

College & Career Planning Timeline

Freshman & Sophomore Years

Build a Strong Foundation

- Focus on earning good grades.
- Get involved in clubs, sports, leadership, music, etc.
- Explore careers that match your interests and strengths.
- Begin keeping a record of volunteer hours, awards, employment, and extracurricular activities.

Junior Year

Explore Your Options

- Meet with your school counselor to discuss graduation requirements and postsecondary plans.
- Visit colleges, community colleges, technical schools, and apprenticeship programs.
- Attend college and career fairs.
- Research admission requirements and costs.
- Prepare for SAT/ACT exams if required by your selected colleges.
- Begin researching scholarships and financial aid opportunities.
- Ask teachers, coaches, or employers if they would be willing to write future letters of recommendation.

Summer Before Senior Year

Get Organized

- Narrow your list of colleges, technical schools, or training programs.
- Draft a résumé highlighting school, work, leadership, and volunteer experiences.
- Write a general scholarship essay that can be customized for multiple applications.
- Gather tax and financial documents needed to complete the FAFSA.
- Create a calendar of application and scholarship deadlines.

Senior Year (August–October)

Apply Early

- Submit college, technical school, apprenticeship, or training program applications.
- Complete the FAFSA as soon as it opens.
- Apply for local scholarships through your high school counseling office and the Community Foundation of the North State.
- Continue applying for scholarships throughout the year.

Senior Year (November–March)

Stay on Track

- Check email regularly for scholarship and college notifications.
- Complete additional scholarship applications.
- Compare financial aid offers.
- Visit campuses if needed before making your final decision.

Senior Year (April–June)

Prepare for Success

- Accept your financial aid package.
- Confirm enrollment.
- Register for orientation or apprenticeship training.
- Send thank-you notes to scholarship donors.
- Celebrate your accomplishments and prepare for your next chapter!

Parent Checklist

- Encourage your student to explore multiple career pathways.
- Keep an open mind about community colleges, trade schools, apprenticeships, military service, and four-year universities.
- Complete the FAFSA every year your student attends college or technical school.
- Research local scholarships before searching nationally. Check out the Scholarship listings on page XXX in this Family Resource Guide issue.
- Don't overlook certificate and trade programs – many lead to rewarding careers with excellent wages and less student debt.



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/events_and_programs/programs-poetry-out-loud/. (530)918)8380.

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.

Siskiyou County Sheriff's Explorer Post 2-911. Career-exploration program for ages 14–20 interested in law enforcement. It provides supervised, practical exposure to the skills and responsibilities of the field. siskiyoucounty.gov/sheriff/page/explorer-post-2-911. (530)842-8300 and ask to speak with an Explorer Advisor.

Siskiyou Family YMCA Camp L.E.A.D. Outdoor leadership camp for incoming ninth graders. Former campers who are current sophomores or juniors can apply as volunteer counselors. siskiyouymca.org. (530)842-9622.

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.

Tehama County Police Activities League; Red Bluff. PAL offers free fitness, Junior Giants baseball, martial arts, self-defense and wrestling while emphasizing leadership and positive relationships with law enforcement. tehamaso.org/pal-programs. (530)527-8282.

Tehama County Friday Night Live & Club Live. Youth leadership and substance-use prevention program that engages students as active community leaders. tehamaschools.org/Services/Student-Services/TUPE/Friday-Night-Live--Club-Live. (530)527-5811.



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