

CHYBA COUNSELING CORNER

Newsletter | November 2025

Gratitude & Giving Mini SEL Segment

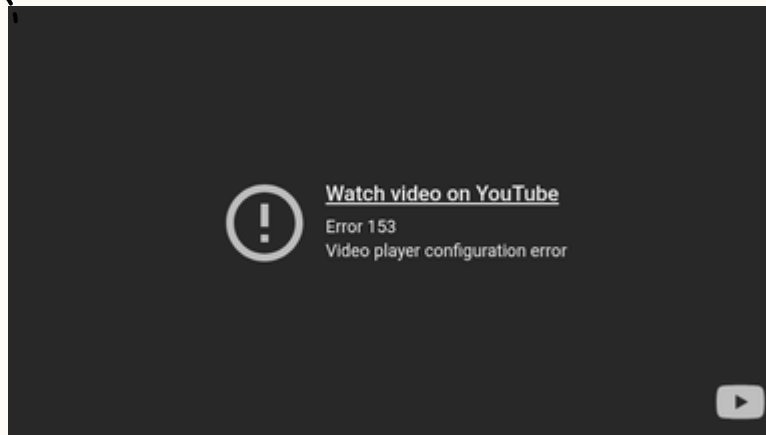
Did you know that science has proved gratitude boosts brain power? When we focus on what's going well (even small things), the brain releases dopamine and serotonin which are our "feel-good" chemicals that reduce stress and improve mood.

Practicing Gratitude **reduces cortisol** - our stress hormone, **Improves sleep**, **Improves happiness**, helps with **depression**, and **builds resilience**.

Need to see it to believe it?



View Video Here



https://youtu.be/hOiBjW_DpW4?si=nxDtRK3EwEALOH7j

3 quick ways to practice Gratitude

1. After a hard moment, ask: "Who helped me today?"
2. Send one text today thanking someone who helped you recently
3. Leave a sticky note of appreciation for a friend, teacher, or family member

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Community Resources and Highlights

The holidays can be a truly special time that include family traditions, moments to look forward to and connecting with friends, but for many families this season can also bring extra stress or worry.

You're not alone. We want every family in our community to feel supported, so we've gathered a list of local resources that might be helpful during the weeks ahead. Whether you could use a little extra assistance or simply want to explore what's available, these services are here for anyone who needs them. Our hope is that this season feels a bit brighter and a little easier for all.

CHYBA November Highlighted resources

Ready for Life Agency

They operate a Resource Center : A safe, welcoming space where youth can access food, clothing, laundry, computers, and community. It's more than a place to rest;

it's a place to rebuild hope!

Contact: (530) 222-1826

<https://www.readyforlife.net>

962 Maraglia Street, Redding CA info@readyforlife.net

Refuge Community - Laundry Day

Laundry Day is open to anyone in need of clean clothes, care, or community.

Location: 1072 Lake Blvd., Redding, CA

When: Every 3rd Monday of the month, 9:30 AM – 12:00 PM

Lunch: Served around 11:00 AM

<https://therefugecommunity.org>

Thanksgiving Meal Options

CHYBA

Friday November 21st at 12:05pm

FREE Thanksgiving feast for CHYBA students and families

Bethel's 20th Annual Thanksgiving Celebration

Home cooked meal with pop-up clothing store and entertainment

Date: November 24, 2022 Time: 11:00 AM- 1:00 PM

Location: Redding's Veteran Hall, 1605 Yuba St. Redding, CA 96001

Good News Rescue Mission Meal Kits

Sign up to receive a FREE Thanksgiving meal kit including a frozen turkey, stuffing, cranberry sauce, pie, canned vegetables and fresh potatoes.

Sign up at <https://gnrm.org/foodgiveaway/>

Must Bring two forms of identification: 1 proof of residence (utility bill, etc..) and 1 photo ID

Pick Up: Friday, November 18th from 11am-6pm. Drive through only at the Distribution Center on 3050 Veda St.

Questions: Call 530-242-5920

Good News Rescue Mission Thanksgiving Dinner

Date: Wednesday, November 23, 2022, 11 AM-1 PM & 4 PM-6 PM

Location: 2842 S Market St

Required: Proof of ID + proof of residence

Our Lady Mercy Catholic Church Thanksgiving Basket

Date: Tuesday, November 22, 2022

Pick up in person 8:00 AM- 10:00 AM

Location: 2600 Shasta View Dr.

No requirements. Limited supply. FREE.

LightHouse Church Thanksgiving Dinner

Date: Wednesday, November 23, 2022 Time: 6:00- 8:00 PM

Location: LightHouse Church, 1090 California St. Redding, CA

Free Thanksgiving Dinner. All are welcome to join.

Shasta County 2025 Key Services

For any questions or additional
resources please visit
www.211norcal.org or dial **211** and
speak with a call specialist today,
available 24/7!

Shelter: Men's Shelter & Women's Shelter: GNRM 530-241-5754 (both shelters accommodate children) • Domestic Violence Shelter: One SAFE Place 530-244-7233

Showers & Laundry: Showers: GNRM 530-241-5754 (daily 9am-2pm, closed 12-1) • YMCA 530-246-9622 (small fee per day) • Laundry and Haircuts: 520-223-1499 (3rd Mon 9:30-12)

Information: Call 211 or visit www.211norcal.org • Veterans: 530-225-5616 • Seniors: 530-223-6034 • 24/7 Domestic Violence: 530-244-7233 • People with Disabilities: 530-242-8550 • Ages 0-5: First 5 Shasta 530-646-3780 • Parents/kids/teens: Raising Shasta 530-242-2020

Cell Phones: SafetyNet: 888-224-3213, safetynetwireless.com (free cell phones) • InTouch America 800-500-0066 (discount phones & service) • California LifeLine (discounted cell/telephone service) 866-272-0349

Need Help to Quit Smoking?
800-300-8086

Clothing: GNRM: 530-241-0449 (M, T, W, F 7:30-2) • ACCA 530-365-4220 on Tuesdays 9:30-1 • Redding Rancheria: 530-242-4554 (Native Americans)

Employment & Income: EDD Workforce Services 530-225-2185 • The SMART Workforce Center 530-246-7911 (job listings, resumes) • Tri-County Community Network 530-335-4600 (Burney) • CALWORKs 877-652-0731 (for families with children) • CalFresh Employment & Training 530-245-7626 (for those on CalFresh) • General Assistance 877-652-0731 (temporary cash aid, must be paid back) • AARP (seniors 55+) 530-768-5252 • Department of Rehabilitation (people with disabilities) 530-224-4708 • NorCal Services for Deaf and Hard of Hearing 530-722-6388 • United Way of Northern California (VITA - Free Tax Preparation) 530-241-7521

Mental Health: 24/7 Suicide Crisis Line: 988 • Drop-In Crisis/Pre-Crisis Centers: Shasta County Mental Health 530-225-5252 (Crisis, Mon-Fri 8:30am-4:30pm) • Hill Country CARE Center 530-691-4446 (Pre-Crisis, Mon-Sun 12noon-9pm) • Mobile Crisis Urgent Response 530-238-7133 • Counseling: NVCSS: 530-247-3395 • Shasta County Mental Health (Youth): 530-229-8041 • Hill Country Health & Wellness Center: 530-337-5750 (Rdg & Round Mountain) • Rowell Family Empowerment of Northern California 530-226-5129 (Rdg) • Circle of Friends Wellness Ctr 530-335-4222 (Burney) • Peer Counseling for Deaf and Hard of Hearing 530-722-6388

Drug & Alcohol Treatment: Shasta County HHSA 530-225-5200 • Wellness & Recovery Program (for those with Partnership HealthPlan California) 855-765-9703 • Prevention & Education Programs for Youth (Youth Options Shasta) 530-244-7194

Medical & Health Services: Medi-Cal 877-652-0731 • Medical/Dental: HOPE Van (mobile) 530-246-5765 • Shasta Community Health Center 530-246-5710 • Hill Country Health & Wellness Center (Rdg & Round Mtn) 530-337-5750 • VA Outpatient Clinic 530-226-7555 (Veterans) • Redding Rancheria 530-224-2700 (Native Americans) • Medical: Mercy Medical Center 530-225-6000 • Shasta Regional Medical Center 530-244-5400 • Shingletown Medical Center 530-474-3390 • Churn Creek Healthcare 530-768-2436 • Shasta County Public Health 530-225-5591 • Health check-ups & birth control - men & women: Women's Health Specialists 530-221-0193 • Planned Parenthood 530-351-7100 • Personal care, domestic services - Medi-Cal: IHSS 530-225-5507

Legal Help/Info: Legal Services of Northern California 530-241-3565 • Family Law Facilitator/Self Help Center 530-245-6900 • California Indian Legal Services 916-978-0960 • Advocacy for Deaf and Hard of Hearing 530-722-6388

Housing & Utilities: Subsidized Housing or Low-Interest Loans: Shasta County Housing Programs 530-225-5160 • City of Redding Housing Authority 530-225-4048 • NVCSS 530-241-0552 • Utilities: Ask utility company for payment options & rebates • Salvation Army 530-222-2207 (City of Shasta Lake and PG&E customers) • Veterans: Nation's Finest 530-223-3211 • Families with Children: NVCSS 530-241-0552 • One-time rent, deposits, and utility assistance for families on or eligible for CALWORKs 877-652-0731 • People with Disabilities: Disability Action Center 530-242-8550 • NVCSS 530-241-0552 • Seniors: DHCL 530-223-6034 • Ages 16-24 formerly in Foster Care: Northern California Youth & Family Programs 530-365-9197

Transportation: Fixed route & door-to-door transportation: RABA 530-241-2877 (discounts for seniors & people with disabilities; ask organizations for free passes) • ShastaConnect 530-226-3075 (discounted rides for all; free rides for seniors & people with disabilities)

Shasta County HHSA - Offices in
Redding, Anderson, Burney, & Shasta
Lake 877-652-0731
California Indian Legal Services
916-978-0960
Dignity Health Connected Living
(DHCL)
100 Mercy Oaks Drive 530-223-6034
Disability Action Center (DAC)
2440 Athens Avenue 530-242-8550
Deaf and Hard of Hearing
530-722-6388
Employment Development Dept (EDD)
1325 Pine Street 530-225-2185
Family Law Facilitator
1515 Court Street 530-245-6900
First 5 Shasta
393 Park Marina Circle 530-646-3780
Good News Rescue Mission (GNRM)
3100 South Market St. 530-241-5754
Goodwill
1643 Hilltop Drive 530-351-7601
HOPE Van 530-246-5765
Hill Country Health & Wellness Ctr
Round Mountain & Rdg 530-337-5750
• CARE Center 1401 Gold Street, Rdg
In-Home Supportive Service (IHSS)
2640 Breslauer Way 530-225-5507
Legal Services of Northern California
1370 West St. 530-241-3565
Laundry and Haircuts 520-223-1499
Mercy Medical Center
2175 Roseline Ave. 530-225-6000
Nation's Finest
153 Hartnell Ave. #100 530-223-3211
Northern Valley Catholic Social Service
(NVCSS) 530-241-0552
2400 Washington (off Park Marina)
One SAFE Place - Domestic Violence
24-hour Crisis Line 530-244-7233
Client Services: 2250 Benton Drive
Planned Parenthood
2935 Bechelli Ln, Ste C 530-351-7100
RABA (public transit)
1530 Yuba Street 530-241-2877
Raising Shasta 530-242-2020
Redding Housing Authority
777 Cypress Avenue 530-225-4048
Redding Rancheria Health Clinic
1441 Liberty Street 530-224-2700
Rowell Family Empowerment of
Northern California 530-226-5129
Salvation Army - Redding
2691 Larkspur Lane 530-222-2207
ShastaConnect 530-226-3075
Shasta Community Health Center
1035 Placer Street 530-246-5710
Shasta County Housing Programs
2600 Park Marina Dr. 530-225-5160
Shasta County Mental Health
2640 Breslauer Way 530-225-5252
Shasta County Public Health
2650 Breslauer Way 530-225-5591
Shasta Regional Medical Center
1100 Butte Street 530-244-5400
Shingletown Medical Center
31292 Alpine Meadows 530-474-3390
SMART Workforce Center
760 Cypress Ave. Ste. 210 530-246-7911
Teen Centers - (Redding 2981 Chum
Crk. 530-232-3610) & (Anderson
2889 East Center Street 530-365-9021)
United Way of Northern California
3300 Chum Creek 530-241-7521
VA Outpatient Clinic
3455 Knighton Road 530-226-7555
Veterans Service Office
1855 Shasta Street 530-225-5616
Women's Health Specialists
1901 Victor Avenue 530-221-0193
Youth Options Shasta
1700 Pine Street, Ste 250 530-244-7194

Shasta County 2025 Food Assistance & Thrift Stores

Food Programs

[Walking & Biking Trails
& Farmers Markets:
www.healthvshasta.org](#)

Meals

Program Availability: D=Daily W=Weekly M=Monthly

Anderson Cottonwood Christian Assistance (Food Distribution) W/M
2979 East Center St, Anderson, 530-365-4220. Tuesdays 10-1:45. Photo I.D. & proof of Anderson/Cottonwood/Happy Valley/Shingletown address required. Redding service limited to address south of Knighton Rd.

CalFresh (Food Stamps) M
Helps people with low/no income buy food. Call 877-652-0731, or apply online at [BenefitsCal.com](#), or visit an HHSA regional office.

Dignity Health Connected Living (Food Distribution) D
100 Mercy Oak Dr., Redding, 530-223-6034. For families and individuals with low income: 1st and 3rd Friday 8-9am. For seniors (60+): call for dates for locations throughout Shasta County.

Good News Rescue Mission (Food Distribution) D
3100 S. Market St. Redding, 530-241-5754. Fridays, 8-10am.

Our Lady of Mercy Parish (Food Distribution) D
2600 Shasta View Dr. Redding, 530-222-3424. Mon-Fri, 8-10am. Call and leave a message for Emergency Food appointment after hours.

Shingletown Emergency Food & Outreach Center (Food Distribution) D
530-474-3990. Serves Shingletown, Manton, and Viola residents. Call to make appointment. Offers delivery to seniors in Shingletown.

Salvation Army Redding Corps (Food Distribution) W/M
2691 Larkspur Ln, Redding, 530-222-2207. Food pantry Tue and Thu, 10-12noon. Welcome to all in need. Food box monthly for seniors & families with kids. Call for other services. Requires photo I.D., proof of address.

USDA Commodities (Food Distribution) M
For individuals with low or no income, working or not. Available at locations throughout Shasta County: Redding, Anderson, Burney, Cottonwood, Happy Valley, Lakehead, Round Mountain, City of Shasta Lake, and Shingletown. Call 530-226-3071 or find schedule on website, www.dignityhealth.org/north-state/locations/connected-living.

WIC - Pregnant Women, Infants, Children ages 0-5 M
Nutritional counseling & food vouchers for pregnant women & children up to 5 years old. Call 530-225-5168 for appt. Offices in downtown Redding, Anderson, Burney, McArthur, and City of Shasta Lake.

Burney Food Co-Op: Burney, 530-515-1384

Living Hope Membership Food CO-OP: Redding, 530-243-8066

St. Vincent de Paul Society: Burney, 530-330-5077

Shasta Lake Food Closet: 530-275-8052 (last Friday of month, breakfast at 8:30am, Food Pantry at 9-10am)

Tri-County Community Network (baby formula): Burney, 530-335-4600

Whitmore Community Food Bank: Whitmore residents, 530-472-3216

Pet Food available at:

Shingletown Emergency Food & Outreach Center (see above)

Salvation Army Redding Corps (see above)

Anderson-Cottonwood Christian Assistance (see above)

Dignity Health Connected Living

- Low-cost meals for seniors (60+) served in Rdg, Anderson, Burney: 530-226-3070.
- Meals on Wheels home delivery program: 530-226-3061.

Good News Rescue Mission

3100 S. Market St. Redding, 530-241-5754. Meals daily: Breakfast 6:30am, Lunch 12pm (Sun 1pm), Dinner 5pm.

Burney Food Co-op

One must join the co-op and participate to help in the production of the food one receives. Meets the 2nd and 4th Thursday of the month. 530-515-1384.

Thrift Stores

All Saints Thrift Shop – All Saints Episcopal Church

3268 Bechelli Ln, Redding, 530-223-2523. Mon-Thurs 10-4pm, Fri 10-1pm.

American Cancer Society / The Discovery Shop

1313 Hartnell Ave, Redding, 530-221-3970.
Mon-Fri, 9:30am-5:30pm. Sat, 9:30am-5pm.

ETC. Thrift Shop

2965 E Center St., Anderson, 530-365-2533. Mon-Fri, 10-3:30pm.

Goodwill

1643 Hilltop Dr. Redding 530-351-7601, Mon-Sat, 9-8pm, Sun 9am-7pm.

Salvation Army Thrift Store

- 4460 Westside Rd, Rdg (Hwy 273 & Breslauer), 530-244-2296, Mon-Sat 9-5pm.
- 76 Lake Blvd, Redding, 530-768-1029, Tue-Sat 10-6pm.

Second Helpings - First Christian Church

2636 Chum Creek Rd. Suite #B, Redding, 530-226-8000.
Tue-Sat, 12:30-4:30pm.

Superior Thrift Store

62 Lake Blvd, Redding, 530-229-0955. Mon-Fri, 10-6pm.

Flyer & Resource Information Provided by United Way of Northern California ©2025 Redding, CA.

Last updated 2/9/2025. Feel free to copy and distribute. Programs are subject to change. Some programs request or require photo ID, proof of address, and income. Programs listed do not require referrals. Most programs that are not located in Redding only serve people living in that community or area.