

**FREE**  
SINCE 1993

**MAY 2025**  
VOLUME 32 NO. 6

# NORTH STATE Parent

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# Adventure Awaits!

2025 ULTIMATE SUMMER CAMP GUIDE

SERVING FAMILIES IN BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES



# Tehama County Mobile Crisis Overview

## What is Mobile Crisis

Mobile Crisis provides 24/7 rapid response and community-based stabilization services to people experiencing a behavioral health crisis. Services are delivered in the setting where the individual is experiencing the crisis such as: home, school, workplace or other community setting.

### Services may include:

- Crisis intervention & assessment, which can involve things like de-escalation, safety planning, identifying needs, etc.
- Referrals for needed services, such as medical appointments, health insurance/Medi-Cal, etc.
- Linkage to ongoing mental health and/or substance use treatment.

## When to call Mobile Crisis Services

Mobile Crisis Services are designed to help people who are:

- experiencing a mental health crisis
- experiencing a substance use crisis
- expressing or threatening suicide **but have not yet acted**

## How to call Mobile Crisis Services

Anyone can call the hotline number, for themselves or someone else, who is in crisis in Tehama County.

**1-800-240-3208**

***Call 911 when there is violence, physical threat, someone actively engaged in a suicide attempt, or a medical emergency.***



# Descripción General de Móvil Crisis del Condado de Tehama

## Que Es El Equipo Móvil de Crisis

El Equipo Móvil de Crisis brinda respuesta rápida y servicios de estabilización basados en la comunidad las 24 horas del día, los 7 días de la semana para personas que experimentan una crisis de salud mental. Los servicios se brindan en el lugar donde el individuo está experimentando la crisis, como: el hogar, la escuela, el lugar de trabajo o en cualquier otro lugar dentro del condado.

### Los servicios pueden incluir:

- Intervención y evaluación de crisis, que puede implicar reducción de tensiones, planificación de seguridad, identificación de necesidades, etc.
- Referencias para servicios necesarios, como citas médicas, seguro médico/Medi-Cal, etc.
- Conectarlo con tratamientos continuos de salud mental y/o uso de sustancias

## Cuándo Llamar A Servicios De Móvil Crisis

Los servicios de Móvil Crisis están diseñados para ayudar a personas que:

- están experimentando una crisis de salud mental
- están experimentando una crisis de uso de sustancias
- están expresando o amenazando suicidio, pero **aún no han actuado**

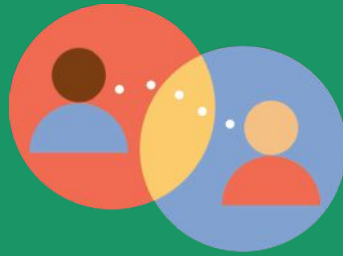
## Cómo Comunicarse Con El Equipo Móvil De Crisis

Cualquiera puede llamar para sí mismo o para otra persona en crisis en el Condado de Tehama.

**1-800-240-3208**

***LLame 911 cuando haya violencia, amenaza física, alguien está intentando suicidarse actualmente, o alguna emergencia medica.***





**BUILDING BRIDGES**  
Dialogue Over Division

# A MOVEMENT FOR CIVIL DIALOGUE IN THE NORTH STATE

A program of



## OUR MISSION

**Building Bridges** is an initiative in **Shasta County** and the **greater North State** to equip our community to engage in healthy dialogue by focusing on what unites us rather than what divides us.

We strive to create a culture of respect, belonging, and civility where people can disagree while still respecting one another as human beings.

Building Bridges is a **non-partisan effort** that offers meaningful opportunities for all caring citizens to get involved – with **FREE** workshops available!

## GET INVOLVED

*Attend a workshop, sign our support statement, or get in touch with us– we'd love to hear from you!*

*Scan the QR code to learn more!*

*Learn  
More*



# Do You Have Concerns About Your Baby's Development?

## Most Babies At...

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

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

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

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

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

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



## Far Northern Regional Center

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



**Call our referral line: (530) 332-1529    [www.farnorthernrc.org](http://www.farnorthernrc.org)**



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**On the Cover:**

What are your children doing this summer?

There are outdoor adventures, sports, art related activities galore in this issue and we'll have more camps in the June/July issue.

Camps fill up quickly so be sure you register early!

Pictured on the cover are members of the play-based R.A.D. Summer Adventure Camp, Bend, Oregon.

**SEE SUMMER CAMPS IN  
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## Dear Readers

In my opinion, May is the best warm season month in the North State. The spring buds are plentiful throughout the communities we serve. The grass is bright green, the air is fresh and the birds are happy.

Our magazine team is busy too! We have prepared a wonderful May magazine with feature stories on Bethany Elliott, a special public library staff member; an enriching Forest School program in the public school system, and much more for your reading enjoyment.

Did you know our Family Calendar offers many educational and family-oriented outings? Our goal is to support you in your parenting journey and to enrich family life.

We, as mothers and grandmothers, send you a bouquet of resources to get you connected and engaged in our communities - farm markets, bike rides, trail walks, parenting classes, rafting adventures, climbing gyms and so much more!

Happy Mother's Day,

*Pamela*



PAMELA



STACEY



KATE



AMBER



MELISSA

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## SERVING FAMILIES IN BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES

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& Pamela Newman  
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CALIFORNIA STATE UNIVERSITY, CHICO

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July 21-24, 2025  
Explore Viking and Hawaiian cultures through the eyes of Toothless the dragon, and Stich the E.T. Discover the plants and animals of their lands and learn how each one finds the courage to belong.


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Visit [csuchico.edu/anthmuseum](http://csuchico.edu/anthmuseum) for more information

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**SIGN UP NOW FOR SUMMER PROGRAMS!**  
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**TEEN SUMMER CAMPS**  
FOR YOUTH AGES 12-18YRS. JULY 14-18, 8-11AM.

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► [reddingrecreation.org](http://reddingrecreation.org) /  ReddingRecreation

**Redding Recreation Summer Camps: Unleash the Adventure!**

Our Summer Adventure camps are a whirlwind of excitement, filled with weekly field trips, swim days, innovative crafts, awesome games, and a dedicated team of highly trained camp staff. Campers aged 5-14 are invited to join us from June to early August for a summer of fun and exploration. Hurry, spots fill up fast!

Our summer swim lessons bring a splash of fun and skill-building to the waters of the Redding Aquatic Center. Camp Bayside is an aquatic-themed camp with five swim days, kayaking, paddle boarding, and fun weekly themes. If your child is more interested in a specialized camp, we have those too! Baseball Camp, Skateboard Camp, Farm Camp, Tennis Camp, and Sailing Camp, to name a few.

Secure your spot for a summer of exploration, growth, and lasting memories. Visit [reddingrecreation.org](http://reddingrecreation.org) today!



**CHICO AREA RECREATION & PARK DISTRICT (CARD)**

545 Vallombrosa Ave. • 530.895.4711  
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**Aquatics:** Beat the heat with CARD's splash-worthy aquatics programs! From toddler swim lessons to teen swim team, lifeguard training to private pool rentals – we've got all kinds of ways to dive into summer fun.

**Events:** Make memories all year long at our free, family-friendly community events! From movies in the park to nature hikes and festivals, there's always something fun happening. Check out what's coming up at [chicorec.gov/events](http://chicorec.gov/events)







be the change **By Jenna Christophersen**

# MYRIAM KALMOGHO

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**THE HONOR OF BEING AN AMBASSADOR OF AFRICA**

When Myriam Kalmogho moved to the United States in 2000 to attend Shasta College, she recognized that many people in her new country would not know much – if anything – about her homeland. She decided, therefore, to make herself “an ambassador for people from Africa.”

While representing an entire continent might seem daunting to some, Myriam sees it as both an honorable duty and a deep delight. “I’m from Burkina Faso, but people will not see that; they will see Africa,” Myriam explains. “For a lot of people, I might be the only African they get to interact with. So I had better be my best! When people hear there is someone from Africa, I want them to say, ‘Oh, yes, I had a good experience interacting with Myriam.’ I want to leave a positive mark and be as part of the community as possible.”

**MAKING A MARK WITH CULTURAL RECIPROCITY**

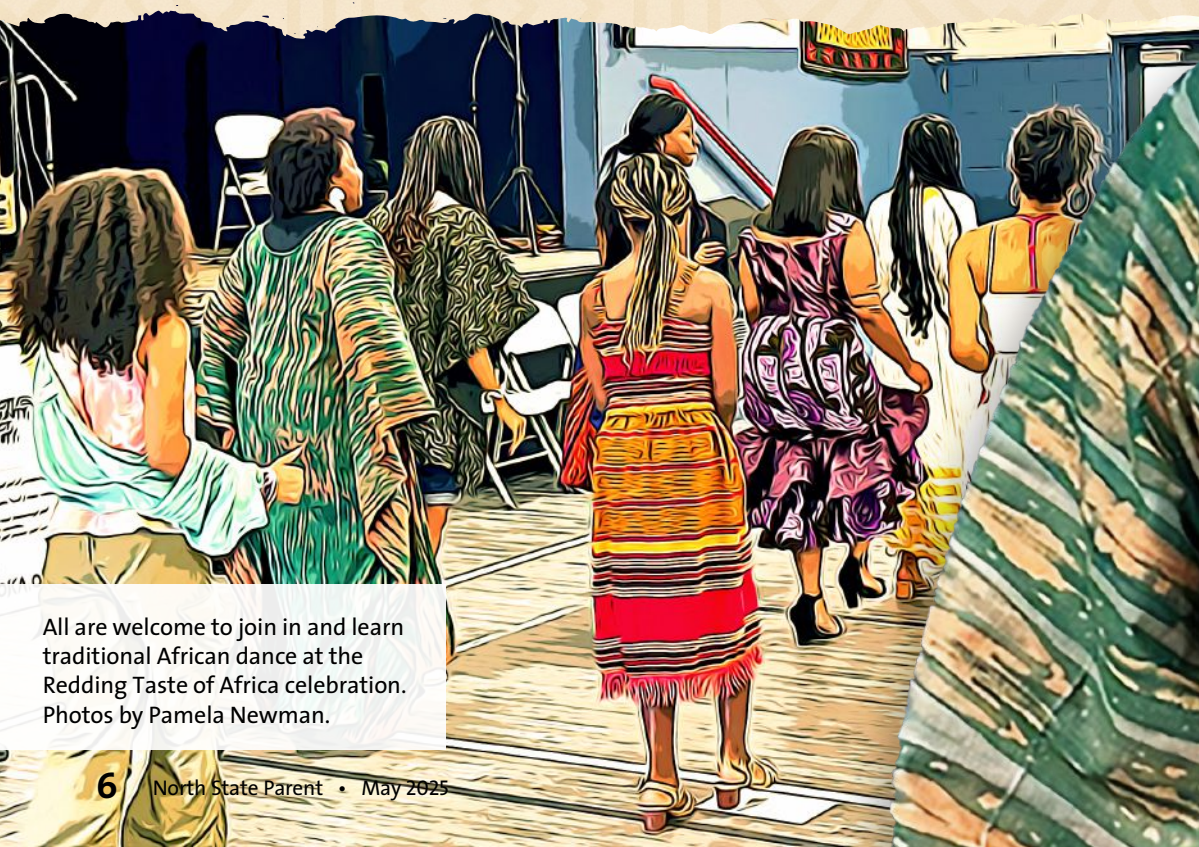
Myriam’s mark on the Redding community, which has been her home since she returned to the North State with her two daughters in 2013, includes founding a nonprofit organization called Reciproka in 2020. Reciproka fosters cultural reciprocity – the exchange of mutual respect and appreciation between cultures. “We’re using cultural reciprocity as a tool for bringing understanding and respect between people, culture and nations,” she says. “You gain from a culture, whether that is conscious or unconscious, intentional or unintentional. At the heart of it, we are all humans and we are really all striving for the same thing.

Our humanity is common to all of us, so how can we really use that and build bridges of understanding, respect and inclusiveness for all of us?”

The ways Myriam’s native and adopted cultures illuminate each other illustrates cultural reciprocity. “I have learned a lot from American culture and it helps me also see the value of my culture and also question some aspects of my culture,” Myriam says. At the same time, she sees how traditions and values she grew up with in Burkina Faso can benefit and enrich the North State. People in her mother country, for example, tend to take life with a little less high-paced intensity than Americans. “I went back home for a visit,” she recalls, “and everyone said, ‘Come on, Myriam, relax!’ Everything is so much nicer and lighter that way.”

**A TASTE OF AFRICA IN THE NORTH STATE**

While she values the slower pace of life, Myriam’s own pace of life remains busy. On top of founding and maintaining Reciproka, she juggles a full-time job at United Way and full-time motherhood of two teenage daughters. Most of her extended family still lives in Burkina Faso, and Myriam deeply enjoys taking her daughters to explore their roots across the world.



All are welcome to join in and learn traditional African dance at the Redding Taste of Africa celebration. Photos by Pamela Newman.



For those who cannot travel across the world with her, however, Myriam works tirelessly to share her experience and learning in the forms of conversation, song, dance, food, stories, art and more. In addition to a number of small events since its inception, in 2024 Reciproka created an annual Taste of Africa event, bringing together an impressive array of people representing the African diaspora. This year's event has expanded from one day to three (May 23-25, 2025), featuring an Afro Occidental fashion show, dance and drumming workshops, a youth empowerment program, a mini-African film festival and, of course, true tastes of Africa through a variety of food vendors.

‘At the heart of it,  
we are all humans  
and we are really  
all striving for  
the same thing.’

— Myriam Kalmogho

Just in time for Taste of Africa, Reciproka is also opening the doors of its first building – 550 Cypress Avenue in Redding. This physical space will allow Reciproka to host more regular African and multicultural events and experiences, a community closet and youth activities.

Abu Bakr Salahuddin, the imam for the Muslim community in Redding, has known Myriam since her days as a student at Shasta college. Abu applauds Myriam for making this cultural center happen: “She works very hard raising children and doing the work through Reciproka – everything she does works to make the community better. If I were to give a reward for life, it would be to her.”

THE REWARDS OF CONNECTION AND COMMUNITY

For Myriam, the work itself is her reward for life. “Life is really exciting – it’s not boring!” she says with a laugh. “It’s fulfilling. I do things that fill my cup.”

As she fills her own cup, Myriam fills the cups of others with connection and community. Her work reflects her passion for people and her generous heart, eager to share the best of both of her worlds. Through cultural reciprocity, Myriam highlights for the North State the brightness of diversity and the beauty of being human. ■

Ready to sample some cultural reciprocity? Sign up for the Taste of Africa Pre-Festival Gala fundraiser gala ([givebutter.com/PQG4vG](https://givebutter.com/PQG4vG)), plan a family outing to other Taste of Africa events this Memorial Day weekend, May 23-25 or check out Reciproka’s other upcoming events by visiting [reciproka.org/event](https://reciproka.org/event).



Jenna Christophersen is a Chico native who fell in love with writing as she wrote her first words as a student at McManus Elementary School.

👍 Please say you saw it in North State Parent magazine. This helps us grow!

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# Learn About Local Preschools

West Redding Preschool. Photo by Tracey Hedge

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## BUTTE COUNTY

### CHICO

#### Chico Montessori Children's House

**Open House: May 10, 2025 from 9:30-11:30am**

814 Glenn St. • (530) 342-5518

[chicomontessori.com](http://chicomontessori.com)

ⓓⓈⓂ Ages: 2yrs and 6 months-5 yrs • Times: M-F, 8:30am-4pm or 5:30pm

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## SHASTA COUNTY

### ANDERSON

#### Meadow Lane Preschool

2770 Balls Ferry Rd. • (530) 378-7030 • [www.cuesd.com](http://www.cuesd.com)

ⓓⓈⓂ Ages: 2-5 yrs • Times: M-F 7:45-11:30am.

Afternoon care available until 5:30pm.

At the Meadow Lane Preschool, we believe that every child deserves a nurturing and engaging environment to learn and grow. Our play-based curriculum encourages curiosity, creativity, and social development laying a foundation for future success. With experienced teachers and a stimulating atmosphere, we ensure that every child receives the personalized attention and care they need. Your child will thrive with us! Enroll today and give your little one the best start! Enroll here: [www.cuesd.com/enroll](http://www.cuesd.com/enroll) Lic# 455402120

## PALO CEDRO

#### Redding Christian Preschool and Pre-Kindergarten

21945 Old 44 Dr. • (530) 547-5600 • [reddingchristian.com](http://reddingchristian.com)

Ages: 3-5 yrs • Times: M-F, 7:30am-5:30pm

mid-August through May

Located just east of Redding in Palo Cedro, our private Christian preschool and pre-kindergarten programs offer a variety of hands-on learning, sensory/motor integration and academic skill building that focus on spiritual, academic, social and physical development. Our comprehensive pre-kindergarten curriculum challenges students in language arts, number sense, science and social studies, all while instilling a Biblical world view and a life-long love of learning. Lic# 455406244

## REDDING

#### Columbia's Lion Cubs Preschool

10142 Old Oregon Trail • (530) 223-4070 x315

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#### Shasta Head Start Child Development, Inc

375 Lake Blvd. • (530) 241-1036 • [shastaheadstart.org](http://shastaheadstart.org)

ⓓⓈⓂ Ages: 0-5 yrs • Times: M-F, 8am - 4:30pm

Shasta Head Start is a private, non-profit corporation which was formed in 1965 to provide high quality childcare and social services to low-income children and their families in Shasta, Siskiyou and Trinity Counties. Lic# 455406084

#### Trinity Lutheran Early Learning Center

2440 Hilltop Dr. • (530) 221-6686

[www.reddingtlc.org](http://www.reddingtlc.org) [crystal@reddingtlc.org](mailto:crystal@reddingtlc.org)

ⓓⓈⓂ Ages: 0-5 yrs

Times: M-F, 7:30am - 5:30pm

Trinity Lutheran Early Learning Center offers a meaningful Christian education with caring and experienced teachers who teach about the love of Christ. We teach Zoophonics, Second Step, and curriculum to help ensure each child is ready for Kindergarten and beyond. We love because God first loved us. We accept SCOE. Lic# 451373105

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3490 Placer St. • (530) 241-2225

[westreddingpreschool.net](http://westreddingpreschool.net)

ⓓⓈⓂ Ages: 6 wks-12 yrs • Times: M-F, 7am-5:30pm

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## SHASTA LAKE

#### Kids Interconnections Preschool & TK

4672 Loch Pl. • (530) 227-9191

[kidsinterconnectionspreschool.com](http://kidsinterconnectionspreschool.com)

Ⓜ Ages: 3-6 yrs • Times: PT & FT Spots 9am-2:30pm.

Accept SCOE Families/Alternative Payment

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Our premier private preschool offers exceptional education to children ages 3-6. Education of our teacher has received both a BA and Associate degrees in Early Childhood Education and over 20 years of experience. We feature small class sizes for maximum 1-on-1 learning, fun hands-on activities to make learning fun, and a "whole child" curriculum that helps develop your child's social, emotional, physical, language, and cognitive skills. The National Association for the Education of Young Children (NAEYC) creates the standards for high-quality preschool programs. We're proud to say our preschool meets all of NAEYC's 10 Standards for High-Quality Preschool Programs. Lic# 455408509

## SISKIYOU COUNTY

#### Shasta Head Start Child Development, Inc

375 Lake Blvd. • (530) 241-1036 • [shastaheadstart.org](http://shastaheadstart.org)

ⓓⓈⓂ Ages: 0-5 yrs • Times: M-F, 8am - 4:30pm

Shasta Head Start is a private, non-profit corporation which was formed in 1965 to provide high quality childcare and social services to low-income children and their families. Siskiyou County Center Locations: Mt. Shasta, Weed and Yreka. Lic# 455406084

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Summer camps are an excellent opportunity for kids of all ages to explore their passions, foster their creativity, learn new skills and make new friends. There are camp and class options that will fit a wide range of schedules and budgets. Register now as classes fill quickly!

**MORE CAMPS TO COME IN THE JUNE MAGAZINE!**

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STATE PARENT  
WEBSITE







### Azad's Martial Arts Summer Camps

#### DAY CAMPS

azadsmartialarts.com/classes/summer-camp

(530)892-2923

313 Walnut St #150, Chico

**Ages:** 3-17

**Costs:** \$255/week (May 1-May 20)

Last Minute Enrollment: \$275/week (May 21-July 20)

**Nerf Camp** | June 2 & 23 & July 21 | 8am-12pm

**Ninja Camp** | June 9 & July 7 | 8am-12pm

**Gladiator Camp** | June 16 & July 14 | 8am-12pm

Your child will enjoy high-quality martial arts and personal training for all ages and experience levels and a wide range of games and activities each day, both indoor and outdoor. While the entire week is packed with fun activities, lessons and team-building exercises developed by Grandmaster Azad, each day brings a series of specialized focus activities on areas such as personal safety, self-defense, mental sharpness, emotional health, physical health, teamwork and celebration in what we accomplish.



### Forebay Aquatic Summer Camp

#### DAY CAMPS

forebayaquaticcenter.com

(530)774-7934

North Forebay State Recreation Area, 930 Garden Drive, Oroville.

**Ages:** 7-14.

**Sessions:** June 9 - August 8.

**Cost:** \$185 Half day / \$285 Full Day

Learn to master kayaking, orienteering and stand-up paddle boarding in a safe and exciting environment. Play games to learn about local wildlife, learn lifelong skills and work on team-building activities. A new guest each week, like the local fire department, state park rangers, bird or fish experts and more, teach campers in-depth specific subject knowledge.



### CARD Camps

#### DAY CAMPS

chicorec.gov

(530)895-4711

**Cost:** Varies

**Sessions:** July-Aug. Check website for dates and times.

**CARD Sports Camp** | Ages 3-15 | This is the perfect opportunity for your player to better their skills and try something new. Experience skill-building each week in the morning and a variety of activities in the afternoon. Inclusive environment encourages each participant to make new friends.

**Camp Chico Creek** | Ages 5-11 | Provides outdoor exploration, builds friendships and promotes a love for nature. Enjoy hands-on natural science labs, up-close animal visits, nature walks, arts and crafts, building tree forts, swimming in Big Chico Creek and camp BBQ's every Friday. Includes guest speakers and afternoon stations with options such as yoga, talent shows, dance parties and water games.

**Camp Chi-Da-Ca** | Ages 4-11 | Introduce your child to the great outdoors. Kids can't help but have fun, get dirty and come home worn out from all the activity that takes place in Hooker Oak Park by upper Bidwell Park. Sing camp songs, go on nature hikes, play games and cool off in the water.

**Summertime Delight** | Ages 5-11 | Predominantly indoor camp with activities ranging from games, swimming, kids' clubs, sports, crafts and weekly movies and Field Trips



### Chico Creek Dance

#### DAY CAMPS

chicocreekdance.com

(530)961-3509

1144 W 1st Street, Chico

**Art in Nature** | Ages 7-11 | June 30-July 3 | 9am-1pm | \$175

This unique camp combines the beauty of nature with the magic of art, offering kids the chance to create stunning works of art inspired by the world around them.

**Disney-Pixar Art Camp** | Ages 5-11 | July 7-11 | 9am-1pm | \$175

Campers dive deep into the magical world of Disney and Pixar to develop their own unique artistic skills while exploring the process behind these amazing films.

**"Leap" Ballet Dance Camp** | Ages 5-11 | June 16-20 | 9am-1pm | \$175

Embark on a magical journey of creativity, determination and grace, all while learning the fundamentals of ballet and building the skills needed to become a wonderful dancer.

**Studio Ghibli Art Camp** | Ages 8-13 | June 23-27 | 9am-1pm | \$175

Explore the magic of animation, storytelling and illustration, inspired by the breathtaking art and rich imagination of Studio Ghibli films.

**Wicked "Defying Gravity" Dance Camp** | Ages 4-11 | June 9-13 | 9am-1pm | \$175

Move and groove to the soundtrack of Wicked! Kids will learn a mix of styles from jazz to contemporary and even a little bit of street dance.

### Youth Camp at Chico Racquet Club

#### DAY CAMPS

chicoracquetclub.com/summer-camps

(530)895-1881

Chico Racquet Club, 1629 Manzanita Ave, Chico

**Ages:** 4-16

**Sessions:** Mon-Fri, June 9-Aug 15, 10:30am-3pm

**Cost:** Varies

We offer daily, weekly and monthly Pickleball/Tennis Summer Camps with pro instructors. Mornings will include stroke technique lessons, on-court instruction and games. Campers may bring their own lunches or purchase food in the Pro Shop and then enjoy the pool mid-day. Finish the day with more on-court instruction and games!





### Dance & Gymnastic Camps at Kinetics Academy of Dance & Gymnastics

#### DAY CAMPS

kineticsacademyofdance.com/summer-camps-classes  
(530)345-2505

627 Broadway Street, Suite 100, Chico  
office@KineticsAcademyofDance.com

Whether Your child wants to dance like a pop star, cheer and tumble, work on their gymnastic skills or be a fairytale princess, there is something for them at Kinetics. From open gyms to accelerated ballet classes - toddlers to teens - choose from a variety of camps for your child to enjoy a musical and active summer.

**TikTok Time (Hip Hop) Dance Camp** | Ages 6-12 | June 16-19 | 12:15-2:45pm | \$165

**Unicorn Fairy Ballet** | Ages 4-8 | Aug. 11-14 | 12:15-2:45pm | \$165

**A Wickedly Good Time Dance Camp** | Ages 5-12 | July 21-24 | 12:15-2:45pm | \$165

**Ballet Accelerated Intensive Training Camp** | Ages 7-16 | July 7-10 | 12:15-2:45pm | \$165

**Princess Ball & Tea Party** | Ages 4-9 | June 23-26 | 12:15-2:45pm | \$165

**Summer Dance Pass** | Ages 3.5-5, 5-7 & 8-16 | Check website for times and session details | \$188  
Session: June 16 - August 16. Check website for times and session details.

**Dance Team Preview** - | Ages 6-15

Session 1: July 14-17 | 12:15-2:45pm, focus - ballet, lyrical and jazz . Session 2: Aug. 4-7 | 12:15-2:45pm, focus - hip hop, tap and musical theater | \$150 per session

**Dance & Gymnastics Camp** | Ages 4 - 12 | July 28-31 | 12-2:30pm | \$165

**Hand Sewing & Flow Arts Camp** | Ages 7-15 | July 28-31 | 12:15-2:45pm | \$165 + \$20 supply fee.

**Aerial Arts & Circus Camp** | Ages 6-16 | June 20 or July 11 | 12:30-3pm | \$55. Aug. 11-14 | 12-2:30pm | \$175

**Tumble Warriors** | June 21 - Aug. 16 | Ages 4-7, 2:30-2:30pm | Ages 7-10, 12:30-3:30pm | \$160.

**Gymnastics Camp** | Ages 5-12 | June 23-26 & July 7-10 | 12-2:30pm | \$170 per session.

**Ninja Fun Camp** | Ages 4-8 | June 23 - July 3 | 12-2:30pm | \$165 per session

**Cheer Camp** | Ages 6-15 | June 16 - 19 & July 14 - 17 | 12-2:30pm | \$170 per session

**Stunts & Jumps Clinic** | Ages 6-15 | June 27 & Aug. 8 | 12:30-3pm | \$49 per session.

**Back Handspring Clinic** | Ages 6-16 | July 18 & July 25 | 12:30-2:30pm \$45 per session.

**Gymnastics Level 2 (Beyond Basics) Camp** | Ages 6-15 | July 21-24 | 12-2:30pm | \$170

**Gymnastics OPEN GYM** | June 16, July 21 & Aug. 18 | Toddlers 9am - 10:30am, Ages 6-12 10:30am - 12pm | \$15 per day.



### Artist's Playground

#### DAY CAMPS

tennant.lori@gmail.com for information and registration  
(530) 521-6786

Paradise Art Center, 5564 Almond St., Paradise.

**Ages:** 7-14.

**Sessions:** Tuesday-Friday 9:00-1:00pm

July 1-4 Drawing & Composition Studio

July 8-11 Ceramics Studio #1

July 15-18 Mosaic & Collage Studio

July 21-25 Ceramics Studio #2

July 29-August 1 Print Making & Graphics Studio

August 5-8 Painting Studio

**Cost:** \$180 per week

Each week will introduce a different artistic medium and students will be free to find their own unique learning process and expression as well as have structured project and instruction. All materials will be provided.



### Museum Summer Camp

#### DAY CAMPS

csuchico.edu/anthmuseum/family/family-programming.shtml

(530)898-5397

Valene L. Smith Museum of Anthropology, Chico State University

anthromuseum@csuchico.edu

**Ages:** 5-11

**Sessions:** July 14- 24, 8:30-12:30

**Cost:** \$150 per week

**Out of this World- Our Solar System and Beyond** | July 14 -17

Travel within and beyond our solar system to investigate planets, moons, asteroids and constellations.

**Toothless and Stich: Misfit Heroes Who Bring Us Together** | July 21- 24

Explore Viking and Hawaiian cultures through the eyes of Toothless the dragon and Stich the E.T. Discover the plants and animals of their lands and learn how each one finds the courage to belong.



### North State Ballet

#### DAY CAMPS

northstateballet.com

(530) 774-2364

2400 Notre Dame Blvd. , Chico

**Tutus, Tendus & Twirls**

Ages: ages 3-5

Session: June 30-July 2, 9:30-11:30am

Cost: \$125

Three days of dance fun for our tiniest friends, designed to give students a chance to dance and express themselves in a positive and developmentally appropriate environment. Ballet, tap and acrobatic dance. Must be 3 years of age by Oct. 1, 2024.

**Dance Playground** | Ages: 4-8 | June 9-11, June 30-July 2 & July 21-23 | 10:30am-1:00pm | \$150

An all-styles dance camp designed to expose the young student to the joy of dance. Classes in ballet, jazz, lyrical, tap, hip hop and acrobatic dance. Age is determined by Oct. 1, 2024.

**Trainee Readiness Camp** | Ages: 7+ | June 30-July 2, 12:30-3:00pm | \$200

A week of teaching, mentorship and classes to prepare and/or further your dancer's readiness for our highest level training program at North State Ballet. Ballet, lyrical, jazz and acrobatic dance as well as strength and flexibility classes specific to dancers.

**Junior & Intermediate Technique Intensive** | Ages: 9+ | June 30-July 3, 3:30-6:30pm | \$275/week, \$80/day  
Intensive for the junior - intermediate dance student to further develop and push their technical and artistic aspirations in a positive, high level environment. Ballet, contemporary, flexibility and strength, pointe, jazz, acrobatic dance and more!

**Ballet & Contemporary Intensive**

Ages: 8+ | July 28-August 1 | full day advanced/pre-professional program, half day junior/intermediate program | Inquire for specific cost

Elevate your technical and artistic aspirations! With esteemed NSB faculty as well as internationally acclaimed guest master faculty, students will have the opportunity to grow and learn in a positive, high-level environment. Ballet, contemporary, pointe, variations, strength and flexibility, choreography, improvisation, seminar classes and more!

**Acrobatic Dance Intensive Series**

Ages 7+ | Fridays, June 13, 20 & 27 | Advanced: 10:00am-12:00pm, Intermediate: 11:30am-1:30pm, Beginning: 1:00-3:00pm | Cost varies per level

Dancers in each level will focus on developing acrobatic skills starting from a strong foundation moving through more advanced skill level as the student is ready.







## SonForce Kids

### DAY CAMPS

CCChico.com/sdc

(530)487-0446

Calvary Chapel Chico, 1888 Springfield Drive

**Ages:** 4-12.

**Sessions:** July 14-18 & July 28-Aug. 1

**Cost:** \$90 pre session.

Calling ALL Special Agents! The SonForce Kids agents gather on a satellite orbiting high above the Earth to prepare for their daily missions and learn the catchy SonForce songs! Explore all five rooms: Teaching, Game, Craft, Application and Memory. Registration includes a T-shirt, daily lunches, snacks and crafts.



## Terrain Park Climbing Center Youth Summer Camp

### DAY CAMP

terrainparkclimbingcenter.com/youth-programs-chico

(530)809-0796

Terrain Park Climbing Center, 931 W 5th Street, Chico.

**Ages:** 8-13.

**Sessions:** June 9 – Aug. 14, Mon-Thurs, 9am-12pm

**Cost:** \$250, \$215 each if siblings sign up together

Our youth summer camp is geared towards providing young climbers an environment where they can have fun and grow as a climber. The youth summer camp is a great way for young climbers to connect with other young climbers on a weekly basis.



## Redding Recreation

### DAY CAMPS

secure.rec1.com/CA/redding-recreation/catalog

(530) 225-4095

**Camp Bayside** | Ages 8-12 | 8am to 5:30pm | \$123-\$205

Caldwell Recreation Center, 56 Quartz Hill Rd, Redding.

Everyday Heroes: June 11-13

Pirates of the Caribbean: June 16-20

Rainforest Adventures: June 23 – 27

Creative Campers: June 30-July 3 | Water Olympics: July 7-11

Raiders of the Lost Artifact: July 14-18 | Wind and Sea: July 21-25

Survivor: July 28 – Aug. 1 | Treasure Hunters: Aug 4 – 6

Offers an aquatic-focused camp, provides daily swim time at the Redding Aquatic Center. Learn to kayak and paddleboard. Under lifeguard supervision, includes weekly field trips to Whiskeytown where campers go sailing, kayaking and paddle boarding.

**Camp Quest** | Ages 9-13 | 8am to 5:30pm | \$123-\$205

Caldwell Recreation Center, 56 Quartz Hill Rd, Redding.

Fear Factor: June 11 - 13 | Harry Potter: June 16 – 20

Mission Impossible: June 23- 27 | Survivor: June 30- July 3

All Ball: July 7 - 11 | Mad Science: July 14 - 18

Everyday Heroes: July 21- 24 | Extreme Sports: July 28-Aug 1

Amazing Race: Aug. 4 – 6

Geared towards older youth who enjoy high octane activities, self-challenges, exploration and imagination in weekly themed-based activities. Each week includes two swim days at the Aquatic Center and local weekly field trips.

### Camp Eureka

Caldwell Recreation Center, 56 Quartz Hill Rd, Redding.

Ages 10-12 | 8am to 5:30pm | \$123-\$205

STEM: June 11 - 13 | Harry Potter: June 16 – 20

Atlantis: June 23 - 27 | Natural Wonders: June 30 – July 3

Water World: July 7 -11 | Everyday Heroes: July 14 – 18

Inventor's Workshop: July 21- 24 | Nailed It: July 28 – Aug 1

End of Summer Splash: Aug. 4 – 6

If you enjoy S.T.E.M., innovation, art and have an inquisitive mind this camp is for you! Explore the world through hands-on activities, learning from career professionals, games and more! Local weekly field trips around Redding and two weekly swim days at the Aquatic Center.

### Camp Shasta Lake

Camp Shasta Lake, 4620 Vallecito Street, Shasta Lake.

Ages 6-12 | 7:30am to 5:30pm | \$155

Sports Extravaganza: July 7 -11 | Makers Week: July 14-18

Kids Who Game: July 21- 25

Under the Big Top - Carnival Week: July 28 – Aug. 1

Offers a fun, well-rounded experience where our campers get to do some of everything.

### Summer of Fun Preschool Camp

Enterprise Community Room, 4000 Victor Ave , Redding.

Ages 3-5 | 8am to 12pm

Everyday Heroes: June 16 – 19 | All About Me: June 23- 26

Weather All Around: June 30-July 3 | Little Picasso: July 7 -10

Dynamite Dinosaurs: July 14 – 17

Summer preschool camps designed for fun and learning. Teachers are Redding Recreation staff, trained in child development and dedicated to helping children enjoy the discovery of play, learning and social interaction in a safe, positive environment.



## Camp Curiosity

### DAY CAMP

actonredding.com/camp-curiosity • (530)377-3302

Acton Academy Redding, 2960 Hartnell Avenue

**Ages:** 6-12.

**Session:** June 16 – July 11, 8:30am - 1pm.

**Cost:** \$40 – \$595

Provides a variety of activities for learners to choose from, including theatre, coding & robotics, arts & crafts, outdoor play, gym sports, engineering challenges, 3D printing, stop-motion animation, group games and so much more. New challenges are introduced each week. They'll choose what they want to do and for how long. Our role is to step aside, cheer them on in tackling new challenges and taking creative risks, celebrate 'failure' and provide just enough guidance to keep everyone safe and happy. Each day begins and ends with Socratic discussions and team games, while built-in incentives keep learners engaged.



## Serene Ranch Horse Camp

### DAY CAMP

(530) 440-1808

Serene Ranch, 3871 Rancho Estates Road, Cottonwood.

**Ages:** 4-18

**Sessions:** Running all summer long. Day camps and week camps available.

**Cost:** \$60-\$400

Kids learn horse care, horsemanship and riding, while building confidence, communication and teamwork. Our lessons foster life skills, self-esteem and lasting friendships—all in a safe, supportive and fun-filled ranch environment. Check us out on Facebook.





### Dance Depot 3-Day Camps & Ballet Intensive

#### DAY CAMP

dancedepotfamily.com

(530)275-9618

2225 Larkspur Lane, Redding.

Ages 18 months (Mommy or Daddy & ME) - Adult.

#### Sessions:

3 Day Camps, July 8-10, 15-17 & 22-24

3 Week Ballet Intensive (Tues & Thurs mornings) July 8-24 Intermediate/Advanced Levels.

Check website in June for times.

**Cost:** \$60 - \$130 - BIG discounts for additional classes.

Classes offer a variety of dance styles including ballet, lyrical jazz, acrobatics, tap, hip-hop and more, along with Mommy or Daddy and ME classes. Students will be able to jump in and dance with us for just 3 days or for 1-3 weeks. Don't miss out on this unforgettable summer experience for your child! Register online starting in June or give us a call.



### Turtle Bay Discovery Camps

#### DAY CAMPS

turtlebay.org/camps

(530)242-3108

Turtle Bay Exploration Park, 844 Sundial Bridge Drive, Redding

Ages 7-12

**Sessions:** Mon-Fri, June 16-Aug 1, 9am-4pm

**Cost:** \$225 for members and \$250 for nonmembers. Participate in various science activities, crafts, games and more. We encourage interactive and hands-on learning that builds on prior knowledge. Try new and different activities and experiments. Sequential days will build off the previous day's work as we explore science, arts and the surrounding natural world. Campers will have opportunities to attend Turtle Bay programs, visit the Parrot Playhouse, enjoy the playgrounds and explore our exhibitions, gardens and more.



### Library Summer Reading Program

shastalibraries.org/summer-reading

**Ages:** All ages

**Cost:** Free

Sign-ups online and in-person begin May 15 at any Shasta Public Libraries location in Anderson, Burney or Redding. A great way to keep the mind active during the summer break while having fun with friends and family at the library. Designed to encourage children, teens and adults to read during the summer months, the program aims to foster a love for reading, improve literacy skills and provide a fun way to engage with books and stories. Participants set individual reading goals. Rewards such as bookmarks, certificates, or small prizes for reaching reading milestones. Events and activities include storytimes, crafts and themed programs.



### Redding Ballet Theatre's Summer Dance Academy

#### DAY CAMP

thereddingartsproject.com

(530)245-1019

The Redding Arts Project, 1726 Market Street, Redding

**Ages:** 4 - Adult.

**Session:** June 16 - July 25.

**Cost:** \$75-\$550

Join Redding Ballet Theatre for our exciting Summer Dance Academy at The Redding Arts Project, where dancers of all ages and skill levels are immersed in a dynamic and enriching training experience. Our program offers a diverse range of classes, including ballet, jazz, lyrical, contemporary, acrobatics, Pilates and choreography, along with the opportunity to learn classical ballet variations. With an experienced lineup of guest teachers and instructors, dancers will refine their technique, explore new styles and grow in a fun, supportive environment. Sessions range from one-week camps to a full six-week experience.



### Summer Theatre Academy - High School Musical

#### DAY CAMPS

thereddingartsproject.com

(530)245-1019

The Redding Arts Project, 1726 Market Street, Redding

**Ages:** 10-21.

**Session:** June 16 - July 25, M-Th, 9 am -1pm.

**Cost:** \$500-\$550

The Redding Arts Project and Redding Theatre Company's Summer Theatre Academy is dedicated to training youth and young adults in the performing arts, fostering creativity, confidence and teamwork in a fun and supportive environment. Through engaging workshops and hands-on experience, students develop their skills in acting, singing and dancing while building lasting friendships and unforgettable memories. The program culminates in an exciting full-scale production of High School Musical, where participants showcase their talents on stage for the community to enjoy. Tuition includes six-week camp, T-shirt and recording of the show.



### Shasta Rock Club Summer Camps

#### DAY CAMP

shastarockclub.com • (530)691-4505

Youth Climbing Camp, 2325 Athens Avenue, Redding.

**Ages:** 6-18.

**Sessions:** Youth Climbing Camp | Ages 6-12 | June 9 - 13, June 23 - 27 & July 7 - 11

Teen Climbing Camp | Ages 12-18 | July 14 - 18.

**Cost:** \$275 first child | \$225 additional child

Offers a fun and challenging climbing experience where kids build confidence, problem-solving skills and teamwork. Learn climbing techniques, play engaging games and tackle exciting challenges in a supportive environment. No experience needed—just a sense of adventure and a desire to climb!







## Horse Powered Reading® - Powerful Readers Summer Camp

### DAY CAMPS

[majorsplace.org/horse-powered-reading](http://majorsplace.org/horse-powered-reading)

(530)853-1028

Willow Creek Ranch, 30022 Willow Creek Ranch Rd, McCloud.

**Ages:** 5-14.

**Session:** June 23-26, 9am-12pm. Snack provided.

**Cost:** \$350 - Scholarships available to cover 100% of cost, contact us for more information

The program helps children increase confidence, promote self-efficacy, foster connections, learn valuable reading skills and carry new skills into the regular classroom. Interacting with horses, children engage in activities and games that help promote phonemic awareness, decoding, vocabulary, fluency and comprehension, integrating social-emotional learning with academics, allowing students to see and experience reading with their entire mind, body and emotions. There is NO RIDING in this program. Students interact with horses from the ground, while using toys and props to identify obstacles and learn five critical reading skills, all while engaging in activities to make learning fun!



## Whitewater Summer Camp

### RESIDENTIAL CAMP

[riverdancers.com/trip/whitewater-camp-for-teenagers](http://riverdancers.com/trip/whitewater-camp-for-teenagers)

(530)918-8610

**Ages:** 13-17

**Sessions:** July 17-20

**Cost:** \$750

River Dancers teams up with CoCreative Coaching to provide 3 nights and 3 days of adventure on the Lower Klamath River for teenagers from 13-17. A fully immersive experience. Learn about indigenous cultures, river ecology and geology and environmental issues relating to rivers with special focus on the Klamath region. Swim rapids, learn to guide a whitewater raft and kayak and help with cooking and camp life. Some Class III rapids with plenty of time in between to frolic in the river. Camp alongside the shore each night, hang out, tell stories and sleep under endless starry nights.



## Kidder Creek Camps

### RESIDENTIAL CAMP

[www.kiddercreek.org](http://www.kiddercreek.org)

2700 S Kidder Creek Rd., Etna

(480)748-8585

**Ages:** 7-18

**Sessions:** June 8-13, June 15-20, June 22-27, June 29-July 4, July 6-11, July 13-18, July 20-25, July 27-Aug 1, Aug 3-8

**Cost:** \$649-\$1,359

We offer a wide variety of overnight Christian adventure camps all summer long, including Mountain Bike Camp, White-Water Rafting Camp, Ranch Camp, Wilderness Camps, Family Adventure Camp, and more. Join us for the best week of your summer, where you will grow closer to God, make new friends, and create memories that last a lifetime.



## Regenerative Arts Day Camp (RAD Camp)

### DAY CAMPS

[radlearningcenter.org](http://radlearningcenter.org)

(207)458-8247

**Ages:** 3-12

**Sessions:** June 17-Aug 15, Tues – Fri, 9:30am-2:30pm

**Cost:** \$50-\$65 a day

Children will take part in natural and recycled arts & crafts and spend each day learning and tending to their own kids' garden. Mornings start with music and movement, organic cooking, nature studies, interactive games and many forms of earth friendly arts and crafts. With a 6 to 1 child to instructor ratio, children will feel independent and safely have freedom to create. Email [ilanna\\_d@yahoo.com](mailto:ilanna_d@yahoo.com) or sign up on the website to enroll



## Kelly Martial Arts Camps

### DAY CAMPS

[kellys-martialarts.net](http://kellys-martialarts.net)

(530)410-2263

Kelly's Martial Arts, 20633 Gas Point Rd Suite H, Cottonwood.

### Battle and Combat Class

Ages 11-14 | July 14-July 18 | 10am-12pm | \$200

Offers an immersive experience where you will craft four of your own weapons, hone your weapon skills and train in individual and small group tactics and strategies.

### Martial Arts for Sports Class

Ages 14-18 | June 23-27 | 10 am to 12pm | \$200

(Camp \$150, Individual first aid kit \$50)

Experience the dynamic world of Martial Arts for Sports. Focus on enhancing athletic performance through specialized training in footwork, hand fighting, body positioning and structural stability. Explore how to safely navigate falls and collisions. Integrates principles of sports medicine to treat injuries and prevent injuries. Participants will take home an Individual first aid kit.

### Self Defense for High School - Females only

Ages 14-18 | July 28-Aug.1 | 10am-12pm | \$100

Our Self Defense for High School program equips young women with essential skills to handle conflict confidently. Learn effective practical techniques in verbal defense, striking, grappling and escapes.



## Dance & Acrobatics Classes with Flare!

### DAY CAMPS

[igniteyourflare.com/contact-us](http://igniteyourflare.com/contact-us)

(530) 255-4180

446 Walnut St, Red Bluff.

**Ages:** 3+

**Sessions:** Mon-Wed, June 9-25 - 4:15-8:15pm.

**Cost:** \$63-\$487

Acro, ballet, Broadway musical theatre, hip-hop, jazz and tap. Build strength and confidence and have a blast in a supportive, high-energy environment. All levels welcome!





## Six Rivers Rafting Company Junior Guide Camp & River Safety Training

### RESIDENTIAL CAMP

[SixRiversRafting.com/guide-trainings](http://SixRiversRafting.com/guide-trainings)

(707)599-4221

[sixriversrafting@gmail.com](mailto:sixriversrafting@gmail.com)

Willow Creek and Junction City

**Ages:** 11-17

**Session:** June 27-30

**Cost:** \$600

Hands-on training. No experience necessary. Free camping. All equipment provided. Tweens and teenagers looking to have fun and learn the basics of guiding a raft and river rescue/safety techniques. Training will include, but isn't limited to: steering a raft with a paddle, using your crew maneuver a raft, reading the river, lines for rapids, eddies, getting unstuck, flipping a raft, hand signals, rescue rope bags.



## R.A.D. Camps

### DAY CAMPS

[www.radcamps.com](http://www.radcamps.com)

(541) 204-0440

USFS Land

**Ages:** 4-17

**Sessions:** June - August

**Cost:** \$89-\$99

Central Oregon's R.A.D. Camps turn rivers, lava flows, and alpine forests into classrooms where kids 4-17 thrive through guided free-play adventures. Daily excursions build resilience, teamwork, and environmental stewardship, embedding "Leave No Trace" values alongside unforgettable memories under the high-desert sun.

# BENEFITS OF SUMMER CAMPS FOR KIDS

## FRIENDSHIP



## INDEPENDENCE



## RESPONSIBILITY



## SKILLS



## CONFIDENCE



# THIS IS TEHAMA



The ancient word “Tehama” once meant a place where rivers could be crossed. With our county’s rich currents of history, happenings and hope, this is our crossing place today — where we meet to celebrate our beautiful Tehama County.

## RAISING PECANS, PRUNES AND LIBRARY PATRONS

*with Darla Lawrence*

CLICK  
HERE FOR  
ENLARGED  
ARTICLE

**D**arla Lawrence can relate to children who feel like their environment is out of control. Raised with a tumultuous home-life, Darla didn’t start to find order and balance until she met her husband, Seth, at Willits High School.

“Seth gradually introduced me to Tehama County, his family farm and a more stable lifestyle and, with those elements combined, it all

began to feel like ‘home.’” After 32 years together, Seth and Darla have built a legacy that extends beyond their own three sons.

### Community work provides stability

“To bring stability, something I didn’t have, to other kids has been such an honor,” Darla shared and then laughed, “I think at one time I was listed as the emergency contact for around 30 kids.” Darla says her first role was a stay-at-home mom, “But I also wore the hats of Cub Scout leader, Boy Scout leader, Little League and soccer coach—team mom

for many teams—and as the Tehama County Child Abuse Prevention Council Coordinator for five years. Without having planned it out beforehand, it is as if my steps were mapped out for me and I just continued, one step at a time.”

### Historic Tehama County property includes pecan and prune “farm to bakers” service

As Seth and Darla’s three boys, Trace, Colton and Gage, shot up into adulthood, Darla started cultivating a life for herself. The Lawrence family had already settled on the 17▶



Wearing an astronaut themed jumpsuit, Darla Lawrence inspires students to reach new heights on her Learning is Out of This World themed literacy night. Photos by Kate Hiller.

Three generations of the Lawrence family work together to keep an historic Tehama County farm and orchard alive and profitable.



property adjacent to the family's prune orchard where they would eventually establish 30 acres of pecans. Their "new" home, not far from the Jellys Ferry Bridge, is the oldest still-inhabitable home in Tehama County—what Darla calls the Jelly's House. "There is a rumor that Kit Carson stayed here when the house was a stage stop. It also served as the post office for a time. We are still making discoveries here and, just recently, we uncovered a door jamb where the parents recorded their children's heights in the 1800s."

In 2019, Darla decided to put her own mark on things by starting Golden State Pecans. Direct sales were Darla's dream to get the "tastiest, freshest pecans directly into the hands of bakers and confectioners." Darla says, "Things have gone really well except for in 2022 when the temperature dropped to 24 degrees and we lost both our prune and pecan crops. But, as always, my steps were already mapped out for me. Nancy Veatch, who was the Bend Elementary School principal at the time, called and asked if I would like to help revamp the Bend School library."

**Bend school library provides calm environment where children can relax and self-regulate**

This was the perfect fit for Darla who had been making the drive to the Bend School since 2006—all three boys had attended and graduated at "the Bend." "This was very tricky when the Jellys Ferry Bridge was out," Darla says. "The seven-minute drive turned into 30 minutes each way. And whenever we have flooding, we have to canoe across first." Darla was happy to have a reason to keep making the drive to the Bend and to give back to children what had been given to her.

"Libraries were my safe place growing up," Darla says. "There were several librarians who were there for me as a child. I am neurodivergent and not everyone knew what to do with me growing up, so libraries offered a place for me to self-regulate my nervous system. This is the kind of environment that I like to offer to the kids at Bend Elementary. The library is a calm, non-threatening environment where children can come to regulate their thoughts and emotions. Not every kid wants to run wild during break time—some appreciate a quieter atmosphere."

Darla serves in her role as librarian on Tuesdays, Wednesdays and Thursdays and she cultivates a quiet yet educational environment by having art supplies

on hand and offering a comic book club, a science club and a chess club. Students can use the library on their breaks and during their designated class times.

**Library 'literacy nights' can inspire children to pursue their dreams**

"I am having the time of my life!" The joy in Darla's voice is obvious as she says, "I put together two to three large literacy nights a year—recently we had a night with the theme 'Learning is out of this world.' The children presented what they had learned about the solar system, we viewed the stars through the telescope and had s'mores. Learning adventures like these stay with the children for a lifetime. Our current principal, Jessica Gantenbein, is so gracious to support these big events."

"Seth has also been a big inspiration behind what I do at the school," Darla says. "Even though he was farming and working full time as an engineer, he would write stories and design very elaborate, hands-on learning adventures for our sons. Just like a strong foundation in literacy inspired our sons to pursue their dreams in college, I hope the Bend School children will also feel confident to pursue theirs." ■



Kate Hiller has great admiration for librarians and has enjoyed learning more about the historical packhorse librarians of the 1930s. Kate has no doubt that would have been Darla if she had been born in that time.



Darla shares her joy of reading with children at the Bend School through specially themed-literacy nights, after-school activities and clubs.



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# MENTAL HEALTH AWARENESS MONTH

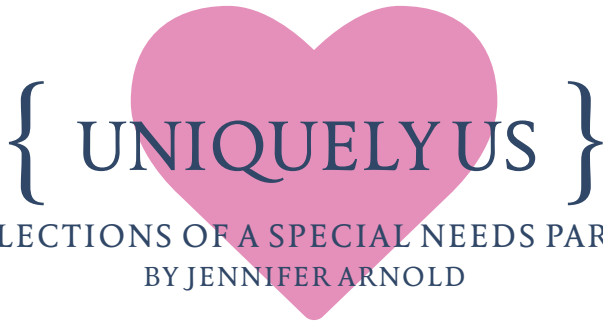
Supporting  
Kids with  
Invisible  
Disabilities



*The truth  
is, not all  
disabilities  
are visible.*



Compassion and understanding can go a long way to help children with invisible disabilities thrive.



REFLECTIONS OF A SPECIAL NEEDS PARENT  
BY JENNIFER ARNOLD

This month is Mental Health Awareness Month and it’s the perfect time to gain a better understanding of invisible disabilities and how to best support the children who live with them. When we think of disabilities, we often picture things we can see—like a child using a wheelchair, someone walking with a cane or wearing a hearing aid. But the truth is, not all disabilities are visible.

According to the Americans with Disabilities Act (ADA), a disability is “a physical or mental impairment that substantially limits one or more major life activities.” That means children with mental health and behavioral health conditions like ADHD, autism, dyslexia or anxiety—to name a few—are living with real challenges, even if you can’t always see them.

WHAT ARE INVISIBLE DISABILITIES?

Invisible disabilities are conditions that can seriously affect a child’s ability to learn, interact with others and get through daily life. The problem is that because these challenges aren’t obvious, people often misunderstand them. Some of the most common mental health-related disabilities in children are:

- Anxiety disorders
- Depression
- Obsessive compulsive disorder
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Autism
- Post-Traumatic Stress Disorder (PTSD)
- Sensory Processing Disorder (SPD)
- Eating disorders

Learning disabilities like dyslexia and dyscalculia (a learning disorder that affects a person’s ability to understand number-based information and math) can also lead to mental health issues like anxiety and low self-esteem. 19 ►



Parents hear comments all the time like, “But they don’t look sick,” or “They’re just being dramatic,” or even, “They just need to try harder.” I can’t tell you how many times I’ve heard “She doesn’t look autistic” about my daughter.

Statements like that can be frustrating because they downplay the very real struggles these children and their families face every day. Invisible doesn’t mean imaginary; the more we talk about these mental health conditions, the more understanding and support we can build for these kids and their families.

**HOW MENTAL HEALTH CHALLENGES CAN IMPACT KIDS DAILY**

Invisible disabilities show up in different ways, and when it comes to mental health, the impact on a child’s daily life can be huge. Conditions like anxiety, depression and OCD can affect how a child feels, thinks and functions from day to day. They might seem withdrawn, overly worried or have trouble concentrating, which can lead to many misunderstandings.

People might assume they’re being lazy, dramatic or defiant when they’re really dealing with internal struggles that take a serious toll. Unlike a broken arm or a physical illness, mental health challenges aren’t always obvious—but that doesn’t make them any less real. And because these struggles are so easy to overlook, many children don’t get the support they need.

**THE CHALLENGES OF LIVING WITH AN INVISIBLE DISABILITY**

Kids with invisible disabilities deal with way more than just their symptoms. In the classroom, they might have a hard time keeping up because of focus issues, fatigue or how their brain processes information. Getting accommodations like extra time on tests or breaks when things get overwhelming can sometimes be tough, depending on the school a child attends.

Social situations can be tricky, too. Some children miss social cues and end up in awkward situations, while others avoid hanging out with peers altogether because it feels too overwhelming. Bullying and exclusion are common occurrences for children with disabilities. Many children with invisible disabilities “mask” (try to act “normal”) while at school or out in the community and this can be very mentally draining. Over time, all that pressure can lead to burnout, anxiety or depression—especially when they don’t feel seen or understood.

**HOW TO SUPPORT KIDS WITH INVISIBLE DISABILITIES**

Supporting a child with an invisible disability starts with being their biggest advocate. At school that might mean working with teachers to set up an IEP or 504 Plan to ensure your child gets the support they need. It’s also a great idea to help your child learn to speak up for themselves. Teaching them to recognize what they need and how to ask for it builds confidence and independence.

At home, having a consistent routine can make a big difference. Predictability helps ease anxiety and makes things feel a little more manageable. Even small changes—like visual schedules, quiet spaces to recharge or gentle reminders—can go a long way. Most importantly, always listen. Let your child know their feelings are valid and remind them they’re never alone. With the right support at school and at home, they really can thrive. ■



Shasta County author Jennifer Arnold is the mom of four, two of whom have been diagnosed with multiple special needs. She hopes to raise awareness of many issues that parents of special needs children face on a regular basis.

Children with invisible disabilities might have a hard time keeping up in class because of focus issues, fatigue or how their brain processes information. Getting accommodations like extra time on tests or breaks when things get overwhelming can help them succeed. Photo by Katerina Holmes.





# HOW *Wildflower* OPEN CLASSROOM FOREST SCHOOL IS TRANSFORMING

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## FREE PUBLIC EDUCATION IN CALIFORNIA

Education is evolving and at Wildflower Open Classroom, a free public TK-8 charter school in Chico, the latest addition to its innovative curriculum embraces one of the most time-honored classrooms—nature itself. This year, Wildflower Open Classroom has introduced Forest School, a program designed to immerse students in outdoor learning experiences that foster curiosity, resilience and a deep connection to the natural world.

Bethany Slattery, Wildflower School Forest program coordinator, says the Forest School brings, “incredible laughter, spirited play, imagination and creation in action.” Bethany is uniquely prepared to administer the Wildflower Forest School Program. She has a master’s in biology, has facilitated multiple weeklong backpacking/rafting trips for Youth for Change and is a certified Forest Therapy Guide and Forest School Teacher.

### TK-8TH GRADE NATURE-BASED EDUCATION DEVELOPS SOCIAL/EMOTIONAL SKILLS

Aligned with the school’s open classroom philosophy, which emphasizes integrated thematic learning in a flexible, student-centered environment, the Forest School model offers hands-on experiences in an outdoor setting. The program consists of two key components: a full-time Forest Transitional Kindergarten (Forest TK) and Forest Days for TK-8th grade students. The Forest TK class meets five days a week at Bidwell Park’s Five-Mile area, providing young learners with a nature-based foundation for their academic journey. The Forest Days program offers students across all grades the opportunity to step outside the conventional classroom and engage in learning experiences in a natural environment.

“By introducing Forest Schooling in early childhood, we are teaching these young people a way of being in relationship with nature and one another that positively influences how these children show up in community and who they become as they grow into adolescence and adulthood,” Beth-

any says. “They are exposed to song and circle, healthy risks and conflict resolution. They grow self-confidence early on that is not centered around intelligence or academic ability. They develop a healthy understanding of risk-taking and come to know their body’s abilities very well. Their senses are far more developed, their vocabulary is greater and they experience increased physical health. Children who intimately experience changes in nature that occur throughout the year have a different relationship with ‘change’ in general, understanding its natural role in life, and are commonly better adapted to struggle and change in other areas of life.”

### FOREST SCHOOL BUILDS PHYSICAL CONFIDENCE, PROMOTES EARLY LITERACY

Forest School curriculum is rooted in direct experience with nature, fostering a sense of belonging among children, families and the land. With small class sizes and a high adult-to-child ratio, students receive personalized attention while developing skills such as plant identification, animal tracking and pat- 21▶

Forest School students learn physical confidence and emotional resilience through direct experience with nature. Photos provided by Wildflower Open Classroom.



tern recognition. Bethany notes that through activities like painting, crafting, storytelling and poetry, children strengthen their memory, vocabulary and imagination—all critical components of early literacy. These experiences help students cultivate physical confidence, emotional resilience and a deep respect for the environment.

RESTORATIVE, HEALING, WHOLISTIC EDUCATION

“For the older kids that haven’t experienced this kind of schooling or haven’t experienced nature as much, the benefits act almost as medicine,” Bethany says. “They help relieve some of the negative effects of sedentary, screen-focused, indoor learning and living. I see each day outside as a dose of medicine, an antidote to stress, anxiety, boredom, ADHD, low self-esteem. For the older kids, the more time outside they get, the more they reconnect to nature, bond with one another in unique ways, reopen and expand all their senses, restore their attention, curiosity and joy and experience awe.”

By integrating Forest School into its curriculum, Wildflower Open Classroom is giving children the opportunity to learn in nature, while fostering a holistic educational experience that is also free. Bethany mentioned that as far as she knows this may be the only free forest school program in California.

“My favorite aspect of Forest School is the ease and uniqueness by which nature touches each child,” Bethany says. “It’s watching the natural world pull in each kid individually, watching children’s curiosities carry them away into playland and just standing there as the adult, doing very little, enjoying the breeze, sunshine, beautiful sky, flowers, water and dirt. I quite enjoy seeing the gratitude in parents’ smiles when they pick up their dirty and happy child from school. And all along, I say to myself, Nature is the teacher, I am just the guide, opening the doors.”

To find out more about the Wildflower Open Classroom Forest School, visit [wildflowerschool.com](http://wildflowerschool.com). For more information on Forest School in early childhood, Bethany recommends visiting [The Natural Start Alliance](http://TheNaturalStartAlliance.com) website and reading books such as *Last Child in the Woods* by Richard Louv, *The Nature Fix* by Florence Williams or any books on the subject by David Sobel. ■



Sarah Kirby is an author and educator based in Mount Shasta. She believes nature is one of our greatest teachers and spends as much time as she can outdoors, exploring the natural world alongside her daughter.



Exploring the natural world on Forest School days helps relieve some of the negative effects of sedentary, screen-focused, indoor learning and living.



Through play in nature, children strengthen critical components of early literacy - memory, vocabulary and imagination.



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# SISKIYOU COUNTY NEWS

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## From Garden Parties to Summer Reading Programs

### Siskiyou County Library Keeps Kids on the Literacy Path During the School Break

Research spanning 100 years has proven that students lose ground academically when they are out of school for the summer, according to Attendance Works, an organization dedicated to improving school attendance and academic retention. Why does it matter? Lost time in the summer slows students' progress toward reading proficiency, often setting them back before they enter the next grade in the new school year. Moreover, many studies show that enrichment programs or reading at home lead children to make slight gains in literacy over the summer. Eventually, whether students fall behind, catch up or increase literacy over the summer influences whether students graduate from high school and go on to college.

#### LIBRARIES STEP IN TO KEEP CHILDREN'S LITERACY SKILLS SHARP

According to the California Library Association, public library summer reading programs help children and teens retain and enhance their reading skills during the summer, help adults model reading activity for youth and provide a haven and a community for readers. These reading programs are spearheaded by dedicated library staff like Bethany Elliott, Children's Program coordinator for the Yreka branch of the Siskiyou County Library. Through Bethany's efforts, busy parents can make sure their children keep their reading skills sharp during those long dog days of summer.

#### TRIUMPH OVER CHALLENGES BRINGS THE BEST TO LIBRARY SERVICES

Bethany has cerebral palsy which prevents her from being able to walk and presents a challenge to speaking and moving her arms and hands. But these challenges have not slowed her down in her work to inspire children to read and learn. "I love kids!" Bethany says when asked why she works so hard to promote and raise funds for children's programs at the library. She is busy all year long fundraising, planning and executing holiday parties, drawing contests and garden-themed activities as well as the annual summer reading program.

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Bethany Elliott and Gemma work together to keep the Yreka Library Children's Program vibrant.





Children participating in the summer reading program at the Siskiyou County Library in Yreka complete a reading log, bring it to the library and choose prizes. Bethany works hard all year raising funds to support the summer reading program as well as other children's activities at the library. "She is an incredible fundraiser and deftly coordinates the children's program," says Siskiyou County librarian Teresa Johnson. "We wouldn't have a successful summer reading program or all the other wonderful children's activities we offer without her hard work and dedication."

When it comes to the summer reading program, "my prizes are better than any library in the county!" Bethany says. She is proud to say she makes donation dollars stretch by finding new toys at deep discounts at after Christmas sales and by asking for discounts from local retailers.

Bethany has an AA in Early Childhood Education from College of the Siskiyous, which she says she "uses every single day in my work" and is assisted by Gemma, her beautiful, loving guide dog. Gemma can pick up items Bethany drops, help her take off her coat and open doors for her. (The library doors have ropes on them for Gemma to use to pull open the doors and Gemma can also press the automatic door panels to allow Bethany to easily enter and exit buildings.)

#### SUPPORT FOR VITAL LIBRARY SERVICES

Ever the fundraiser, Bethany reminds us that she is always taking monetary donations for the children's program.

To donate to the children's program, call the library, (530)841-4175, and leave a message for Bethany. She will return your call with information about how best to make your donation.

Thanks to dedicated, hardworking, caring staff members like Bethany Elliott, our precious local libraries are a tremendously valuable resource for families and a quiet refuge for readers of all ages.


Check the North State Parent community calendar online for upcoming fundraisers and library events. The large, well-organized and attractive children's area at the Yreka branch, 719 4th Street, is a great place to spend a few hours or the day bonding with your children over a wealth of excellent children's books, fun and unusual board games and other activities. While you're there, pick up flyers and find out more information about children's events and all the library has to offer. ■



Loving canine companion Gemma assists Bethany with many daily tasks.



As a single parent of two boys, Stacey found the resources provided by local nonprofit agencies vital for her and her family to thrive under very challenging circumstances.




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4-7pm DUNSMUIR 2ND SATURDAY ART WALK, SHASTA STORIES NEW FILMS SCREENING

**May 11th**

12pm MOTHER'S DAY POTLUCK, BOTANICAL GARDENS

**Find Out More:**





# Celebrate Mother's Day BY LETTING GO OF Motherhood Myths

By Rebecca Hastings

Motherhood is full of beautiful, messy, unforgettable moments. But along the way, many moms pick up beliefs—myths, really—that make their journey harder than it needs to be. This Mother's Day, let's release these unhelpful expectations and replace them with truths that bring freedom, grace and joy.

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## Myth #1: Good moms don't need breaks.

**Why We Need to Let It Go:** There's a cultural expectation that moms should be available 24/7, putting everyone else's needs ahead of their own. But running on empty helps no one. Burnout isn't a badge of honor; it's a warning sign.

**Truth to Hold Onto:** Rest isn't a luxury—it's a necessity. Taking time for yourself doesn't make you less of a mother; it makes you a healthier, more present one. Whether it's five minutes with a cup of tea or a weekend away, you deserve to recharge, not only for yourself but to be the mom you long to be.

## Myth #2: Asking for help is a sign of weakness.

**Why We Need to Let It Go:** So many moms carry the weight of motherhood alone, believing they should be able to handle everything themselves. But no one was meant to parent in isolation.

**Truth to Hold Onto:** Asking for help isn't a weakness—it's wisdom. Whether it's calling a friend, delegating chores or seeking professional support, reaching out makes you a stronger, healthier mom.

## Myth #3: I should be able to do it all.

**Why We Need to Let It Go:** Moms are often expected to juggle everything—work, home, relationships, self-care—without missing a beat. But the truth is, no one can do everything perfectly all the time.

**Truth to Hold Onto:** You don't have to do it all. It's okay to set priorities, let go of certain tasks and accept that some days will be messy. You're doing enough, exactly as you are.

## Myth #4: Motherhood should come naturally.

**Why We Need to Let It Go:** No one is born knowing exactly how to parent. It's learned through experience, trial and error and a lot of love. The idea that good moms just instinctively know what to do leaves many feeling like they're failing when things feel hard.

**Truth to Hold Onto:** It's okay to ask questions, make mistakes and learn as you go. Parenting is a skill that develops over time. You don't have to have all the answers—you just have to show up with love and a willingness to grow. Just like your kids are learning and growing, so are you!

## Myth #5: My kids' happiness depends on me.

**Why We Need to Let It Go:** Moms often feel responsible for making sure their kids are always happy. But trying to shield them from every disappointment or struggle isn't realistic—or helpful.

**Truth to Hold Onto:** Your job isn't to make your kids happy all the time; it's to love them, guide them and equip them to handle life's ups and downs. Letting them experience challenges builds resilience and confidence. It can be hard to watch them struggle - but love them through it and you'll both be stronger.

## Myth #6: A messy house means I'm failing.

**Why We Need to Let It Go:** Somewhere along the way, a spotless home became a measure of good parenting. But real life with kids is full of crumbs, laundry piles and sticky fingerprints. Trying to keep everything perfect all the time is exhausting and unrealistic.

**Truth to Hold Onto:** A messy home is a lived-in home. Your worth isn't measured by how tidy your house is. Prioritize connection over perfection—your kids will remember the love, not the clutter. And the responsibility of the home doesn't fall only on you. Every member of your household is part of creating the home you want.

## Myth #5: Moms should always bake or be crafty.

**Why We Need to Let It Go:** Not every mom enjoys baking or crafting—and that's okay! The idea that all moms should excel in certain "mom things" is outdated and unnecessary.

**Truth to Hold Onto:** You don't have to fit a mold to be a great mom. Your strengths and interests are enough. If you'd rather read a book with your kids than make homemade cupcakes, that's wonderful. Lean into the things you love and your kids will, too.

## A Mother's Day Gift to Yourself

This Mother's Day, let's give ourselves the gift of grace. Let's release these myths and embrace the truth:

**You are already enough. And you deserve joy, rest and love—not just on Mother's Day, but every day.**



# Celebrate Mother's Day Your Way

That one day a year set aside to honor moms seems simple enough, but it can get complicated. Some moms look forward to whatever surprises the family may plan. Other mothers may feel their family isn't tuned to what they would really like. Mother's Day can look different for a mom of toddlers than it does for a mom of teens or grown children. What if complicated feelings about moms come up to smack you in the face every year on Mother's Day?

Knowing that experienced moms have wisdom to share, I asked our North State Parent Magazine team moms to share their favorite Mother's Day experiences and some helpful tips, and shared my own experience. The first thing we all agreed on is that to have the kind of Mother's Day you would most enjoy, you need to make your fondest desires for Mother's Day known to your family.



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Some of our North State Parent team share memories and tips for a happy Mother's Day no matter your situation.

## LET YOUR FAMILY KNOW WHAT MAKES YOU HAPPY

North State Parent publisher Pamela Newman's family knows that her garden is her happy place. Pamela says, "When the boys were young, they helped, but their play also dismantled a lot of what I had put together in the garden. Their funny antics, though, captivated me." But when her boys got older, they came to understand how much the garden meant to their mother. "My favorite Mother's Day was when, as adults, my four sons gathered to help me put in the summer vegetable garden for the season," Pamela says. "One early spring day, one of my sons came up with a midday picnic for us all to enjoy after we were hot and dusty from raking and planting. He served iced tea from our own mint and homemade little tacos. Memories of these happy days continue to feed my soul."

## THE SIMPLE JOY OF GIVING CAN BE THE GREATEST GIFT

Sometimes kids (and dads, who often are the driving force behind Mother's Day festivities) struggle to find "just the right gift." But often, just seeing your children's joy in giving is gift enough. "I feel the most blessed and loved on Mother's Day when I watch my girls' faces as they unveil surprises and gifts," our social media

coordinator and calendar editor, Amber Murray, says. Her favorite Mother's Day gift was when her husband John gave the girls a white apron and some paints and stencils and left them to decorate. "One of the letters ended up backward and nobody noticed right away — it just makes it that much more special!" Amber says. She appreciates how important it was to them to show their love to her. "It is worth so much more to me than the actual gifts themselves."

## MAKE A TODDLER MOTHER'S SPECIAL DAY EASY

For moms of infants and toddlers, the best Mother's Day can be a getting a few hours' break from 24/7 baby care. Dads or mom's siblings, parents or friends, could offer to take the kids for a few hours or the day and perhaps give mom a ticket to a play or other event to enjoy. For Sarah Kirby, one of our local writers and mom of 3-year-old Fern, Mother's Day can just be spending the day having fun with her daughter. But when it comes to a special Mother's Day meal, she says it is definitely NOT fun wrangling a toddler in a restaurant setting. "I love a day in the park with picnic takeout from a local restaurant, where Fern can run free instead of being confined in a highchair in a noisy restaurant."

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*"Memories of these happy days continue to feed my soul." — Pamela Newman*



**SINGLE MOMS CAN SET THE AGENDA AND A GOOD EXAMPLE FOR MOTHER'S DAY**

Single moms can sometimes find celebrating Mother's Day in a special way challenging. As a single mom of two active boys, for me Mother's Day was not a big celebration when my children were little. The first Mother's Day after separation from my husband and their father, I was sad and spent the day feeling sorry for myself. After that, I determined to find something fun for all of us to do on Mother's Day. It was up to me to make it a great day. This was a good example to my sons, who now, as adults, always remember Mother's Day with very thoughtful gifts.

**THE GIFT OF GATHERING AS FAMILY**

Sometimes, as Marilyne Shamansky, our office assistant says, just getting together is gift enough. "I have two sons and four grandsons. I want us altogether," she says. "Me and six boys!" North State Parent marketing rep and writer, Kate Hiller, also enjoys getting together with her adult children. "These days, the greatest gift is to have all three of our adult children in one place and I was blessed with that last Mother's Day. Our youngest son flew in that afternoon so he could join in on an off-

road adventure. I tried to enjoy every moment—star filled skies, a car filled with laughter on long dirt roads—knowing that time with them is rare and makes for the best Mother's Day gift ever."

**CREATING HAPPY MOTHER'S DAY MEMORIES AGAINST THE ODDS**

For some moms, Mother's Day comes with unhappy baggage. One of our educational writers, Catherine Vincent Paine, has some good advice for when the dynamics of families of origin threaten to mar or negate a celebratory day. "Mother's Day brings up many emotions for me, as the meaning of the day has changed over the years," Catherine says. "I was blessed with a nurturing mother who provided me with a beautiful example of motherhood. She and I remain close and visit or call each other once a week. My husband, however, lost his mom at age 13 and Mother's Day wasn't a holiday he enjoyed. We have two wonderful (now adult) children. While I am ever thankful to their preschool and elementary school teachers who thoughtfully assisted them in creating something special to give me for Mother's Day, once the two children were in high school, this assistance disappeared and so did their awareness of the holiday."

That was when Catherine decided to own Mother's Day and mother herself. "I purchased a scarf and every time I wear it, I am reminded of the nurturing I did for myself," she says. "I also let it remind me to use the same care and concern toward other moms. Mothers should be honored for their positive contributions to their families and society. On this one day of the year, I make sure to reach out to my mom and to other mothers with a card or phone call." She also makes sure to do something nurturing for herself on that special day.

Whether you're a mom of small ones, your children are grown or you are part of a chosen family, you can celebrate your nurturing role in a way that brings joy to you and those you love by making your wishes clear to yourself and others, taking care of yourself, whether that's gathering close or taking some time off - building memories to cherish and feed your soul. ■



The proud mother of two boys who have grown to be wonderful fathers, Stacey has many fond memories of Mother's Days celebrated with them over the years.

*"These days, the greatest gift is to have all three of our adult children in one place." — Kate Hiller*



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