



***It is the mission of the Child Abuse  
Prevention Coordinating Council of  
Shasta County to:***

*Promote a local culture that values all  
children and families.*

***Our vision is:***

*A community where all children are  
valued, nurtured, protected and,  
therefore, will reach their full potential.*

To add or remove a class and for more information call...

The Child Abuse Prevention Coordinating Council  
Of Shasta County  
2280 Benton Dr. Bldg C, Ste B  
Redding, CA 96003  
Phone 530-241-5816  
[www.shastacapc.org](http://www.shastacapc.org)

<http://www.topjuveniledefender.com>

<http://www.pcat.org>

**Baby Web Sites**

<http://www.urbanbaby.com>

<http://www.daycare.com>

<http://www.parenting.ivillage.com>

<http://babyparenting.about.com>

<http://www.parents-talk.com>

<http://www.family.com>

<http://www.kidsource.com>

<http://www.familyfun.com>

<http://www.ed.gov>

<http://www.first5shasta.org>

***Your local school may organize parenting  
classes if you let them know the need is  
there. Contact your Healthy Start  
Representative at your local school for  
more information.***

## Shasta College's Foster & Kinship Care Education Program (FKCE)

(530) 247-3318

Provides free educational services for Foster Parents, Kinship Care Providers (relatives caring for children) and other interested community members in Shasta, Tehama and Trinity Counties. Topics range from Parenting Skills to Kinship Care Issues, Working with the System, Foster PRIDE Pre-Service training, Adoptions Through Foster Care, OPTIONS training (ages 0-5 substance exposure), Special Needs Issues and more. A Lending Library of books, videos, and audiotapes/CD's are also available to borrow, free of charge. To receive the monthly listing of classes, to register or get more information, call (530) 247-3318 or visit the website at [www.fkce.com](http://www.fkce.com)

**Administered Locally by Northern Valley Catholic Social Service**

*\*\*\*THIS BOOKLET IS UPDATED EVERY 3-4 MONTHS.  
LAST UPDATED AUGUST 08\*\*\**

## Helpful Web Sites for Parents

<http://shastacapc.org>

<http://www.keepkidshealthy.com>

<http://www.positiveparenting.com>

<http://www.search-institute.org>

<http://www.counselingreferrals.com>

<http://www.shastalink.k12.ca.us>

## Northern Valley Catholic Social Service (N.V.C.S.S.)

2400 Washington Avenue  
Redding, CA 96001

### Teenage Pregnancy and Parenting Program

Provides teens with information, support, and advocacy to assist them in making decisions about their personal and their children's futures. It is available to women 18 years old and under and males 20 years old and under. It is free and voluntary. For more information, call

**Shasta County:** (530) 241-0552.

**Butte County:** (530) 345-1600.

**Toll Free:** (800) 846-1451.

## Northstate Independence H.S. Cal – S.A.F.E. Program

590 Mary Street, Bldg. 50  
Redding, CA 96001  
(530) 245-2666

### High School Parenting Classes and Assistance

S.U.H.S.D. offers parenting classes to students who are 18 and under, expecting and/or parenting, male or female, who are working towards their diploma, and live within Shasta County.

For more information call Janet Collier- Program Facilitator (530) 245-2666.

## **American Red Cross Daycare Licensing Classes**

(530) 244-8000

**1. Community CPR – Adult, Infant & Child**  
Meets EMSA Standards 4 hours for Certificate.

**2. California Childcare Pediatric First Aid**  
4 hours

**3. Preventive Health and Safety Practices**  
7 hours

*All 3 required for California Daycare Licensing*

## **Parenting (for the Developmentally Disabled)**

(530) 244-2305

Individualized parenting instructions, funded by Far Northern Regional Center.

### **Parent Education Group (P.E.G.)**

Facilitated group of Developmentally Disabled parents who meet weekly to share support and information. Funded through Far Northern Regional Center contract. Must call ahead to refer. For more information contact Redding ILS Transition, (530) 244-2305.

## **Early Childhood Services**

2400 Washington Avenue, Suite 100  
Redding, CA 96001

**Resource and Referral:** Provided to families needing licensed child care. Provides child development workshops, technical assistance to those interested in offering child care services, an early care and education training calendar and the Connections newsletter. It has a lending library open to the public filled with books, toys, DVD's and materials, and children's story-times.

**Alternative Payment:** Certificate Programs: Various subsidized programs are available to eligible families to assist in child care expenses while they are working, in training, or attending school.

**Centralized Eligibility List (CEL):** The CEL is designed as a "one stop" for families to be placed on the eligibility list for subsidized child care and development programs in Shasta County.

**Local Child Care Planning Council (LCCPC):** the LCCPC is actively involved in advocating for the early care and education needs within Shasta County.

**Child and Adult Care Food Program (CACFP):** CACFP offers qualified child care providers reimbursement at a flat rate for the meals served to children in their care along with health, nutrition and physical activity education.

*\*\*Full-Day Programs, Children Centers, State Preschools, and After School Programs are offered through Early Childhood Services.*

**Bridges to Success:** Provides integrated comprehensive services targeting all levels of the child's system (community, agencies, family and child). Support and consultation for young children (prenatal to Kindergarten).

## Downtown Redding Center Breastfeeding Support

1220 Sacramento Street  
Redding, CA 96001

### Breastfeeding Basics

A basic breastfeeding class for new parents taught by lactation consultants. This class is FREE. To inquire about dates and times, call (530) 245-6466.

### Mommies Meeting Mommies

Parents and their children meet Tuesday's and Friday's from 10am-11:30am for support, interaction and play. Open to the public at no cost.

### Parents of Twins or Multiples!

A place to meet with parents of twins and multiples for friendship and support. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month from 9:30am-11am. For more information, call (530) 245-6466.

### Getting to Know Your Baby

Taught by Susan Thompson, MSW of NVCSS. Every Tuesday from 10am to 11:30am. Training for parents of 0-3 yrs olds.

### Parenting With a Smile

Through TAPP at NVCSS. Every Thursday from 11am-12pm, alternating locations. Call (530) 247-3336 for more information.

## Breastfeeding Support Cont'd

### Childbirth Education Classes

Learn about healthy choices for the third trimester, processes of labor and birth, role of the support person, tips and techniques for relaxation for childbirth and more. Call (530) 245-6466 to register. Classes offered at no cost.

**Did you know babies can still be healthy and normal even if they cry five hours a day?**

**There are ways to soothe a crying baby and possibly reduce crying by about 50%, but soothing won't work every time.**

**If your baby won't stop crying, have a plan to manage frustration.**

Visit the SCCAPCC office to find out information on the Period of Purple Crying and other infant care and take action steps when your baby cries.

(530) 241-5816



## The Family Center

1640 West Street  
Redding, CA 96003

An enjoyable way to get a handle on your kids, yourself, and your life! Learn positive techniques for communication, discipline, stress management, handling divorce, cooperative parenting and remembering how to have fun! Fulfills court requirements as well.

Call (530) 242-1855 to register; various times throughout the week.



## Acorn Community Enterprises

P.O Box 188  
Montgomery Creek, CA 96065

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Cedar Creek School  
29774 Terry Mill Road  
Round Mountain, CA 96084

Acorn offers various weekly events for families with children 0-5 that includes parent education, as well as parent/ child activities. Some activities are *Tiny Toons* and *Raising a Reader*. For more information call (530) 337-6736.

## Mayers Memorial Hospital

P.O. Box 459  
Fall River Mills, CA 96028

### Bright Futures

Community-based program designed to meet the needs of families with young children, serving all families with children under 5 years old, living in rural communities of eastern Shasta County. It provides fun activities for children and their parents, gives health and nutrition information, provides resource and referral services and much more. There is also a breastfeeding support group. Call (530) 336-5511 for more information.

### Directing Vision Daily

933 College View Drive  
Redding, CA 96003

Love and Logic Workshops that build strong, healthy relationships and good communication in families. They take families that are hurt and broken and turn them around to make them whole. An itinerary is posted at [ibethel.org](http://ibethel.org) under "Pastors," "Danny Silk". Or call Connie at (530) 246-6000, ext. 1329 for more information.

### Anderson Partnership for Healthy Children

2041 Howard Drive  
Anderson, CA 96007

Parent to Parent. Contact (530) 378-6060 for schedule. More classes available upon request.

## Shasta County Chemical People

P.O. Box 493777  
Redding, CA 96049

### Shasta Parent to Parent

This class' ultimate objective is to have direct impact on behavior and performance of children at home and at school through proven prevention and intervention techniques. It's a video-based workshop run by trained parents. Parents learn techniques that help them motivate their children to make healthy life choices. It is open in Redding. For more information, call (530) 241-5958.

## Forever Families and Shasta County Foster Parent Association

**Adoptive Parent Support Group-** 1<sup>st</sup> Tuesday of each month 6:00-7:30pm. Call Lilliput Children's Services (530) 722-2223.

**Coffee & Conversation-** Adoptive Parent Support Group 3<sup>rd</sup> Thursday 10:00-11:30am. Call Mickey Harris at Lilliput Children's Services (530) 722-2223.

**Fost-Adopt Parent Support Group-** 1<sup>st</sup> Tuesday of each month 6:00-7:30. Call Mickey Harris at (530) 225-3726 (meets on same night as adoptive parent support group).

**Foster Parent Association Meeting-** Last Monday of the month 9:00-10:00am. Call Mickey Harris at (530) 225-3726.

**Foster Parent Support Group-**Last Monday of the month 10:30am-12pm. Call Mickey Harris at (530). 225-3726.

## Young Men As Fathers

Online

Positive Parenting for teen fathers in Court and Community Schools. An Online Curriculum Project made possible by the California Youth Authority. Brought to you by the Shasta County Office of Education.YMAF Home. Family issues, human growth and development, family activities and photos.  
<http://www.shastacoe.org/ymaf/default.htm>

## Rowell Family Empowerment

3830 Rancho Road  
Redding, CA 96002

Brings together families of children with special needs. Programs include support to families of infants and toddlers with special needs (for Butte, Glenn, Tehama, Shasta, Siskiyou and Trinity counties); scholarships for trainings available to better understand the nature of child's disabilities; activities; and many more programs. Call (530) 226-5129 for more information.

### Caregiver Support Group

For any caregivers. Coffee and tea provided. Call (530) 226-5129 or (530) 245-7704. Childcare is available if you call by the first Monday of the month. 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month.



## Redding Moms

Online

This is a place where moms of all ages can come for support, resources, and just an ear. A diverse group; all ethnic and religious backgrounds are welcome. All moms: single, stay-at-home, working, married, etc. Provides an environment where moms can connect and socialize safely. Meet for playgroups and family activities and some “mom-only” activities. If you would like more information and some new friends, please email the list owner at <http://groups.yahoo.com/group/ReddingMoms>

## Shasta Family YMCA PlusONE

1155 N. Court Street  
Redding, CA 96001

### Traditional Mentoring

Matches youth aged 5 to 18 with volunteer mentors who are willing to spend a minimum of 1 hour per week for 1 year with a child. Through the mentoring relationship, mentors help address risk factors including: school performance and grades, pregnancy, self-esteem, crime, violence, suicide, anger, and domestic violence. Call (530) 224-7114.

### Mentoring Moms

Helps pregnant and parenting teenage girls age 12 to 19 years old by providing qualified mentors. Contact Megan McAuliffe at (530) 224-7114.

### Mentoring Children of Prisoners

Matches youth ages 4 to 18 whose family members are incarcerated with a mentor.

## Co-Parenting Education

Kids' Turn Shasta-Cascade

Northern California Center for Family Awareness  
PO Box 991473  
Redding, CA 96099-1473

Kids' Turn offers whole family education for families impacted by parental separation or divorce. They provide two separate parenting groups and allow parents and children both to work in developmentally appropriate (very separate group) situations. They serve parents and children (ages 4-18).

Parent and Children's group Topics include: *Communication skill building, conflict resolution, and blending family issues.* Parent groups work on: *co-parenting skills and tools to assist the developmental needs of children through the divorce process.*

All groups are co-lead by master level therapists combined with credentialed teachers. Six week workshops, week nights from 6:00 – 7:30. Four to five workshops annually.

*Sessions count as 9 hours Co-parenting education*

Supplemental parent-only sessions: (Cooperating as Separated Parents and Blending Families) provide up to six hours additional co-parenting education. All sessions provide a certificate at completion.

*(Sliding scale fee \$20.00 to 100.00 total cost for all six weeks).* Call (530) 244-5749 to register.

## Shasta Women's Refuge

244-0117

### Insight Support Group

A support group for women who have been, or are currently in an abusive relationship. The group provides a safe supportive setting where women can gain strength and knowledge. Must be at least 18 years old. Mondays from 6:15-7:45pm. Call the Shasta Women's Refuge at 244-0117 to find out more information.

## Redding DMV/ S.C. Public Health

2135 Civic Center Drive  
Redding, CA 96001

### Free Child Safety Seat Classes

Learn how to place a child in a seat correctly, the safest location for the seat in a car, proper seat installation, and the latest car seat laws. New, low-cost car seats are available for those who qualify. Call to pre-register: (530) 245-6357.

### Child Safety Seat Fitting Station

Did you know that 4 out of 5 child safety seats are used incorrectly? Find out if yours is one of them. Every Thursday from 10am to 2pm have your child's safety seat checked by a certified technician for correct selection, harnessing, and installation. For more information, call (530) 245-6858. Check out the website at:

<http://www.co.shasta.ca.us/Departments/PublicHealth/services/for%20families/safety%20seats/carseats.shtml>

Free car seats may be available through website.

## Pit River Health Services

P.O. Box 2720  
Burney, CA 96013

### Car Seat Program

For Native American clients; members of the clinic. A two-hour class with a video, handouts, general education, and a hands-on demonstration. Call (530) 335-4004 ext.104 for more information.



## MOPS-Mothers of Preschoolers

Redding Christian Fellowship  
2157 Victor Avenue  
Redding, CA 96002

Join other mothers of preschoolers and receive support and ideas for the care of your child. This is a great time for fellowship and a great place for resources. Call Redding Christian Fellowship at (530) 222-3425 for more information.

## Tri County Community Network, Inc.

37477 Main Street  
Burney, CA 96013

Parental nutrition education and family support. Community meetings as well such as Narcotics Anonymous, Overeaters Anonymous and community projects. Call (530) 335-4600 for more information.



## CAPCC Parent Partners Program

2280 Benton Drive  
Building C, Suite A  
Redding, CA 96003

A Parent Partner is someone who has personal knowledge and experience with Shasta County agencies and resources, someone who can assist you in finding help in the community when you need it, and someone to talk to in confidentiality. For parents of children under the age of 3 who would like information on infant brain development, help with special needs children, or help with a substance abuse problem. Call (530) 242-2020 for more information.

## Supervised Visitation Providers

There are two types of supervised visitation providers. A non-professional provider doesn't charge any fee for service and is typically a family member or friend. A professional provider usually charges a fee for services and agrees to follow the Standards of Practice for Providers of Supervised Visitation.

If you would like to review the qualifications and guidelines that all professional providers must follow, the provider will give you a copy of the Uniform Standards of Practice. It is recommended that you also check the provider's current proof of insurance covering their service.

Call 242-0772 for a list of providers or pick up a copy of providers at the court house through the Family Law Facilitator.

## Carenet Pregnancy Center

2460 Athens Avenue  
Redding, CA 96001  
(530) 246-7075

## Dad to Dads Program

In Redding and Red Bluff. Contact (530) 246-7075 for more information.

## Incentive Program

Offers baby clothes, baby items and furniture, car seat program, housing referrals, 24-hour hotline, one on one parenting.

# Internet Dangers and Internet Safety

## Be Aware

The Internet can be a fun and convenient place to connect with friends, buy items online, and find helpful information.

However, did you know that **one in five children** who use computer chatrooms have been approached over the internet by pedophiles? Or that only **one in four youth** who've received a sexual solicitation reported the incident? That **29% of children** freely give out their home address to strangers online? Or that with just 3 pieces of personal information, a predator can locate almost anyone in the world? (Information provided by Children's Educational Network).

It is important to be aware of your and your children's activities online. Here are some questions and tips for review:

\*Is the internet that your child uses at home in an open environment where you are able to view his/her activities?

\*Have you educated your child on not talking to strangers on the internet and why this is important?

\*Have you educated your child on withholding personal information such as his/her address, email address, city of residence, phone number or other detailed information on any website or chatroom?

\*Do you know what your child's activities are online such as social networks and is your child open to sharing these with you?

## 40 Developmental Assets

*Search Institute* has identified the following building blocks of healthy development that help young children grow up caring and responsible.

♥ **Support** (i.e. family support, positive communication, parent involvement in education).

♥ **Empowerment** (i.e. value of young children, safety, service to others).

♥ **Boundaries/ Expectations** (i.e. family provides consistent boundaries, adult role models, parents provide positive expectations).

♥ **Constructive use of time** (i.e. family activities that help child allow self-expression, physical activity, and interaction with others, spiritual community).

♥ **Commitment to learning** (i.e. school engagement, reading for pleasure).

♥ **Positive values** (i.e. integrating honesty, responsibility, restraint of sexual activity, drugs, etc., care for others).

♥ **Social Competencies** (i.e. help in age-appropriate decision making, peaceful conflict resolution).

♥ **Positive identity** (i.e. self esteem, sense of purpose).

## Life Light

2919 Bechelli Lane  
Redding, CA 96001

## Parenting Program

Lessons include: bonding with your baby, crying, colic and sleep, self esteem, discipline and love. Baby items available as well. Call (530) 222-5200.

## Parents in Control

PO Box 1148  
Red Bluff, CA 96080

Putting the “parent” back into parenting. Classes help parents learn techniques to bring a loving, caring atmosphere back into the home. Subjects covered include: communication skills, avoiding power struggles, setting boundaries, decision-making, and consequences vs. punishment. Parents are encouraged to bring children 8 years and older. Classes are held at: Redding First Church of the Nazarene, The Shasta Treatment Center, and locations in Anderson and Red Bluff.

The program is designed to fulfill court ordered parenting class attendance requirements. Open registration, classes are ongoing. For more information call (530) 527-3699 or toll-free 1-877-787-5806.



## A Place of Our Own Talk Show

T.V. Talk Show  
KIXE/ Channel 9

Weekday talk show for parents. Info. ranges from how children grow to tackling common childcare problems. Interviews with doctors, teachers and experienced caregivers. Great everyday activities to liven up the day with your children. Monday-Friday 1pm on KIXE.



## About Shasta County CAPCC

Shasta County Child Abuse Prevention Coordinating  
Council  
(530) 241-5816

Here at Shasta CAPC, we strive to build assets within families and to provide powerful resources to help them grow. This Parenting Class guide is one way of helping the community find support. Some other activities that CAPC is involved in are:

\*Children First Parent Partners and Community Parent Partners: Parent Mentors that provide assistance for housing, food, clothing, parenting skills and other needs of parents.

\*AmeriCorps: Volunteers work in schools and other agencies to provide positive environments and work towards the prevention of child abuse in Shasta County.

\*Blue Ribbon: This year long campaign holds activities and distributes materials to remind the community of our need to fight child abuse. The month of April is especially significant for our CAPC because April is Child Abuse Prevention Awareness Month. Blue ribbon materials and volunteer activities are available by calling us.

\*Anderson Partnership for Healthy Children: This includes the Anderson Teen Center and many events held in Anderson that bring about fun and educational activities for children and teens, with a focus of healthy eating.

We also have a library of resources that may be checked out. If you are interested, please call our office today!