



Tehama County Parenting Education Opportunities or the month of July 2010



Check us out on the web at www.tehamaschools.org/department/school-readiness

Car Seat Class
Thursday July 22nd
English: 1:00-2:00pm Spanish 2:00-3:00pm
 Tehama Women's Health Specialist
 2490 Sister Mary Columba Dr. Red Bluff
 Learn how to properly and safely install your child's car seat.
 This is a FREE class, but registration is required. Medi-Cal patients may qualify to receive a car seat for only \$20.00! For more information please call 529-2966

Family Resource Center Network of Tehama County

- ♥ Parenting Classes and Resources
- ♥ ESL Classes
- ♥ Home Visiting Programs
- ♥ Playgroups

North County (Red Bluff/Cottonwood) 528-8066
 Central County (Los Molinos/Gerber) 384-7833
 South County (Corning/Rancho Tehama) 824-7670

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Corning Family Resource Center Summer Fun Activity Week

Stop by the Corning Family Resource Center from July 19th to July 22nd to enjoy fun summer activities with your family!
 Monday through Thursday from 10:00am to 12:00pm.

Tuesday the Corning Family Resource Center will be having a special Jewelry Making class!
 For more information please call 834-7670



Wednesday July 14th and 28th 4:30pm to 6:00pm
 Nurturing Parenting-Establishing Nurturing
 Parenting Routines & Schedules
 220 Sycamore St. #101 Red Bluff, CA
 Come and learn the basic philosophies and practices to raising healthy, caring children in this monthly workshop. For more information, please call 528-8066 or 528-7974

Friday July 16th 10:00am to 11:15am
 School Readiness Playdate in the Park
 Gerber Park in Gerber, CA
 All ages are welcome! Bring the kids to the park for hands-on activities, games, arts and crafts and fun with other children.
 Please RSVP to 384-7833
 Please bring water, sunscreen and a hat!



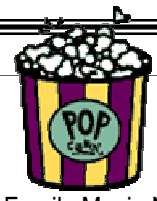
By appointment and at your service...
 Family Service Agency
 1347 Grant St. Red Bluff, CA
 Offers professional counseling for the entire family with fees based on a sliding scale. Provide counseling in a range of areas from children, teens & families, Marriage/Couples therapy, Anger Management and Anxiety & Depression. Please call 527-6702 for more information

Enjoy your Summer Vacation!
 Things to remember about Sun & Heat Exposure
 *Use Sunscreen SPF 45 (or greater) for protection
 * Wear a hat
 * Drink plenty of water when playing outside
 *Heat exhaustion can occur suddenly after exercise, or when your child has not been drinking enough water during the day
So please be safe and enjoy your summer!



Thursday July 29th 3:00pm to 5:00pm *Movie Matinee*

Corning Family Resource Center
 1480 South Street Corning, CA



The Corning Family Resource Center will be hosting you and your family for a Family Movie Night!
 Bring the whole family and enjoy the viewing a family favorite! For more information please call 824-7670



If you have an event or program you would like included in this publication please call Jacki Roach at 384-7833 or email information to jroach@tehamaed.org.

