

PLAYTIME

FAMILY & COMMUNITY EVENTS:

- **Give Kids a Smile Day:** Free dental screenings and services for children without dental coverage the 1st Saturday in February..... 527-6824
- **Easter Egg Hunt** at Jackson Heights Elementary in Red Bluff (Sponsored by Red Bluff Kiwanis Club) – in April prior to Easter – watch local listings for dates and times
- **Red Bluff Rodeo Parade:** Downtown starting on Walnut St. and continuing south on Main St., starts at 10 a.m. on 3rd Saturday in April 527-6220
- **Children’s Fair:** Children’s activities and resources. Tehama District Fairground, Red Bluff usually the 4th Saturday in April -10 a.m. to 3 p.m. 527-5811
- **Cinco De Mayo Celebration/Feria de Salud (Family Health Fair):** Fun activities, food and music for everyone! Tehama County Fairgrounds, Red Bluff 11 a.m. to 5 p.m. on the first Saturday in May..... 527-5631
- **Los Molinos Fourth of July Parade and Picnic:** Parade starts at 10 a.m. on Sherwood Blvd. going north and looping around to 99 E. Join the community at Mill Creek Park for a picnic and games after the parade..... 384-2251
- **Red Bluff 4th of July & Heritage Days Celebration:** Fun, Food and Fireworks! Tehama District Fairgrounds..... 527-6220
- **Corning Youth Fair:** Children’s activities and resources. North Side Park (Pool Park) in Corning starting at 10 a.m. on 2nd Saturday in August 824-7670
- **Corning Olive Festival:** Parade, children’s activities, entertainment and more - Downtown Corning on the 4th Friday & Saturday in August..... 824-5550
- **Recovery Happens Celebration:** Celebration of treatment and recovery from substance abuse. Red Bluff River Park on the 3rd Saturday in September 11 a.m. – 1:30 p.m. (P.A.T.H. Walk is the same day – contact Pam Klein at Poor and the Homeless Reps 527-6439) 527-7893
- **Tehama District Fair:** Tehama District Fairground, Red Bluff on the 4th Thurs. – Sun. in September 527-5920
- **St. Elizabeth’s Health Spree & Sacred Heart’s Calico Faire:** Family health fair and kids’ carnival. Tehama District Fairground, Red Bluff on the 2nd Saturday in October 527-6727 & 529-8038
- **Red Ribbon Week:** County Wide Drug Awareness Campaign is the last week of October..... 528-7244
- **Corning Hometown Christmas:** Pancake Breakfast at 7 a.m. at the Veterans’ Hall followed by activities downtown, culminating with a Parade of Lights at 5:30 p.m. on Saturday before Thanksgiving 824-5550
- **Red Bluff Christmas Parade:** Downtown Main Street, Red Bluff. See local listings for details. 527-6220
- **Children’s Christmas Festival:** Red Bluff Community Center, 1500 S. Jackson St., Red Bluff in December – call for dates times..... 527-8177

PLAYGROUPS:

- **Family Resource Centers:** Call for schedules and locations throughout Tehama County..... Los Molinos 384-7833 – Red Bluff 528-9351 or 1(888) 797-7233

HEALTH SERVICES:

- **California Smoker’s Help lines:** Smokers (English) 1-800-NO-BUTTS; Smokers (Spanish) 1-800-45-NO-FUME; Chewers 1-800-844-CHEW
- **California Children’s Services (CCS):** Tehama County Health Services Agency – Program assists with access to medical care and provides financial assistance for seriously ill, injured or handicapped children. 1860 Walnut St., Red Bluff 527-6824 or 1 (800) 655-6854
- **Child Health and Disability Prevention Program (CHDP):** Tehama County Health Services Agency. Offers free health and dental screenings and immunizations to eligible children. 1860 Walnut St., Red Bluff 527-6824
- **Frontier Village Family Health Clinic:** Antelope Blvd. #24, Red Bluff 528-7650
- **Greenville Rancheria Tribal Health Clinic:** 1425 Montgomery Rd. Red Bluff..... 528-8600
- **Poison Control Center** 1(800) 876-4766
- **Rolling Hills Clinic:**
 - 2540 Sister Mary Columba Drive, Red Bluff 690-2778
 - 740 Solano St., Corning 690-2827
- **St. Elizabeth Community Hospital:** 2550 Sister Mary Columba Dr., Red Bluff..... 529-8000
- **Tehama County Health Services - Public Health Division:** 1850 Walnut Street, Red Bluff..... 527-6824
- **Women, Infants and Children’s Program (WIC) - TCHSA:** Nutrition information, breast-feeding support, food coupons for pregnant or nursing mothers and infants. 1850 Walnut St., Red Bluff or 145 Solano St., Corning 527-8791 or 1(800) 698-4942

- **Tehama Women’s Health Specialists:** 2490 Sister Mary Columba Dr., Red Bluff..... 529-2966
- **Tehama County Health Clinic (TCHSA):** 1850 Walnut Street, Red Bluff 527-0350

SUBSTANCE ABUSE:

- **Alcoholics Anonymous:** Call for meeting times/places or check local listings.
 - Red Bluff Area: 785 Musick St., Red Bluff 529-0301
 - Redding Area: 1050 State St., Redding 225-8955
- **Alcohol/Drug Hotline:** Crisis hotline, referrals, Spanish translators 1(800) 252-6465
- **Narcotic Anonymous:** 24 hr. hotline 1(877) 669-1669
- **Tehama County Health Services Agency – Drug/Alcohol Division:** Drug and alcohol education, prevention and treatment services are available for all ages. Fees for services are assessed according to income and are based on a sliding fee scale and the client’s ability to pay. Drug and Alcohol Staff are committed to the alleviation of problems caused by drug and alcohol abuse:
 - Corning Area: 1600 Solano St., Suite D, Corning 824-4890
 - Red Bluff Area: 1850 Walnut St., Red Bluff 527-7893

Research shows that parents are often their children’s most important role model. Children who see parents living a health life are more likely to do the same.

EARLY CARE & EDUCATION AND SPECIAL NEEDS

- **Child Care Referral and Education** 645 Antelope Suite #34, Red Bluff 529-3131
- **California School Age Families Education (Cal-SAFE-RBUHS):**
1050 Kimball Road, Red Bluff 529-8760
- **Head Start - Northern California Child Development, Inc.:** Preschool and infant/toddler services throughout Tehama County – Main Office located at 220 Sycamore St. Suite 200 Red Bluff..... 529-1500
- **Migrant Head Start:** 2205 Elm St., Chico 895-3629
- **Migrant Education:** 1135 Lincoln St., Red Bluff..... 528-7339
- **School Readiness Program & First Steps Family Resource Center:**
Offers “Parents as Teachers” home visitation program, parent education & KinderCamp. 7700 Stanford Ave., Los Molinos 384-7833
- **State Preschools-Department of Education:** 1135 Lincoln St., Red Bluff 528-7325



CHILD CARE REFERRAL AND BACKGROUND SERVICES:

- **Child Care Referral and Education** 645 Antelope Suite #34, Red Bluff 529-3131
- **Community Care Licensing:** Search engine for licensed facility..... https://secure.dss.cahwnet.gov/cclid/securenet/cclid_search/cclid_search.aspx
- **TrustLine:** Background check for in-home providers 1(800) 822-8490

FREE KIT FOR NEW & EXPECTANT PARENTS contains all the parenting information, advice and useful tips new and first-time parents need to best prepare for the joys and challenges that lie ahead. Includes a celebrity hosted DVD, board book, “What to do When Your Child Gets Sick” reference book, a board book for baby and much more! Contact First 5 Tehama today for your FREE Kit - 528-1395.

- **Corning Family Resource Center:** Parent education, citizenship and immigration integration program, life skills classes, resource and referral and support for families - 1488 South St., Corning..... 824-7670
- **Rape Crisis Intervention:** Variety of services to survivors of sexual assault and child molestation and their families. 723 Pine St., Red Bluff 529-3980 or 24-hour Crisis Line 342-RAPE (7273)
- **Red Bluff Family Resource Center:** Playgroups on Tues. 9:30-11 a.m. 220 Sycamore St., Suite 101, Red Bluff..... 528-9351 or 1(888) 797-7233
- **Self-Help Assistance and Referral Program (SHARP):** Provides assistance at no cost in most areas of family law, unlawful detainers and small claims. 345 Pine St., Red Bluff 527-8649

FOOD ASSISTANCE:

- Corning Christian Assist: Mon & Fri 10-1 710 4th St., Corning..... 824-3866
- Dorcas Community Center 824-4707
- Family Resource Centers: Red Bluff 528-9351 or Corning 824-7670
- Salvation Army 527-8530
- Tehama County Gleaners 529-2264
- Tehama County Department of Social Services 527-1911
- Vineyard Church: Feed M-7 @ Noon - 738 Walnut St., Red Bluff..... 527-2449
- Women, Infants and Children’s Program (WIC) 527-8791

Nurture a child's self-confidence during early childhood. Studies show that boosting self-confidence plays a key role in fostering healthy social and emotional development and helps kids succeed in school and in life.

PRENATAL AND POSTNATAL SUPPORT:

- **CareNet Pregnancy Center:** Pregnancy testing, prenatal and parenting education and nutrition education and support. Spanish speaking advocates available 810 Main St., Red Bluff 528-8102
- **La Leche League:** Breastfeeding support and education – offered the 2nd Thursday of the month at 11 a.m. – 956 Jackson St., Red Bluff 527-6818
- **St. Elizabeth Community Hospital Perinatal Education Program:** 2550 Sister Mary Columba Drive, Red Bluff 529-8377
- **Women, Infants and Children’s Program (WIC):** Breastfeeding support and education, nutrition and health education and food vouchers. 1850 Walnut St., Red Bluff or 145 Solano St., Corning 527-8791 or 1(800) 698-4942

CLOTHING ASSISTANCE: *Free or low cost.*

- Catholic Women’s Guild..... 527-1351
- Community Clothes Closet 528-2925
- Dandy Lions..... 528-1698
- Dorcas Community Center 824-4707
- Hope Chest..... 527-0270
- Hospice Thrift Store 528-9430
- Salvation Army Thrift Store..... 529-1590

TRANSPORTATION:

- **TRAX** (Tehama Rural Area Express)..... 385-2877
- **PARA TRAX** (TRAX for disabled clients)..... 529-3099
- **METS** (Medical Emergency Transportation Service) 385-2200

FAMILY SUPPORT & OTHER RESOURCES

ADULT LEARNING & STORYTIME

BASIC & CONTINUING EDUCATION:

- **CPR Classes:**
 - **St. Elizabeth Community Hospital:** call for schedule
2550 Sister Mary Columba Drive, Columba Room, Red Bluff 529-8031
 - **Albertson Training Center:** call for schedule
80 Gurnsey Avenue, Red Bluff 527-4997
- **Corning Adult School:** Daytime & evening hours - 250 E Fig Lane, Corning 824-7414
- **E-Scholar Academy:** Online basic education instruction (3rd grade to adult) and GED preparation - 715 Jackson St., Suite B, Red Bluff 527-0188
- **Job Training Center:** Computer classes, resume assistance, job search skills - 718 Main St., Red Bluff 529-7000
- **Red Bluff Adult Education:** Computer classes and courses of study leading to a high school diploma. 1295 Red Bud Ave., Red Bluff 529-8757
- **Shasta College - Tehama Campus:** 770 Diamond Ave, Red Bluff 529-8980
- **Tehama County Department of Education:** Adult Education (GED, Diploma), ESL/EL and Citizenship classes at locations in Red Bluff and Corning. *Enriched childcare provided in some locations.*
1135 Lincoln St., Red Bluff 528-7346

STORY TIME:

TEHAMA COUNTY LIBRARY: *Call for details about the Summer Reading Programs*

- 740 3rd Street, Corning 824-7050
- 7881 Hwy. 99E, Los Molinos 384-2772
- 645 Madison Street, Red Bluff - Call for details about the Preschool Storytime 527-0604
- 3427 Main Street, Cottonwood - Call for details about the Preschool Storytime 347-4818

As a parent, you are a child's first teacher. Did you know teaching starts on day one? Ninety percent of brain development occurs before age 5. Studies show that a child who is rarely spoken to or read to in the early years may have difficulty mastering language skills later in life.

PARENTING EDUCATION OPPORTUNITIES:

- **Breastfeeding:**
 - **La Leche League:** Breastfeeding support and education – offered the 2nd Thursday of the month at 11 a.m. – 956 Jackson St., Red Bluff ... 527-6818
 - **St. Elizabeth Hospital Perinatal Education Program:**
2550 Sister Mary Columba Drive, Red Bluff 529-8377
 - **Women, Infants and Children's Program (WIC):** 1850 Walnut St., Red Bluff or 145 Solano St., Corning 527-8791 or 1(800) 698-4942
- **Childbirth Classes:** St. Elizabeth Hospital Perinatal Education Program, call for schedule – 2550 Sister Mary Columba Dr., Red Bluff 529-8377
- **Child Safety Seat Classes:** Free classes. Low-cost car seats. Tehama Women's Health Specialist – call for schedule 529-2966
- **Discipline that Works! Drop-in Discipline Class:** Provided by Northern California Child Development, Inc. (Head Start). Classes offered in Red Bluff and Corning – call for dates, times and locations 529-1500
- **Foster and Kinship Care – Educational Opportunities:** Classes offered through Shasta College are FREE to the community and the focus is foster and kinship care; however, info is relevant to parents as well as caregivers call for topics, dates, times and location 242-2382
- **Parenting 101:** Offering specific answers for some of those difficult moments in child rearing. Based on the Love and Logic Institute. Call Red Bluff High School at 529-8724 or Jackson Heights Elementary School at 527-7150 for times and dates.
- **Parents in Control:** Teaches techniques to bring a loving atmosphere back to the home. Classes offered in Red Bluff, drop-ins welcome, call for meeting dates, times and locations 527-3699
- **Reflections Counseling and Family Services:** Positive Parenting Program services in individual or group settings 226-5100

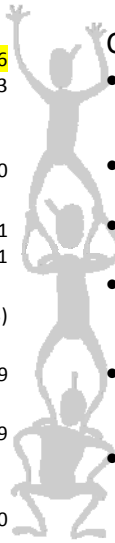
The following organizations offer parenting workshops as well as classes on a variety of topics at different times throughout the year. Call for times and locations.

- **Child Care Referral and Education (CCRE):**
645 Antelope Blvd., Red Bluff 529-3131
- **Head Start-Northern California Child Development, Inc.:**
220 Sycamore St., Suite 200, Red Bluff 529-1500
- **Family Resource Center Network:**
 - 220 Sycamore St. Suite 101, Red Bluff 528-9351 or 1(888) 797-7233
 - 1488 South St., Corning 824-7670
 - 7700 Stanford Ave., Los Molinos 384-7833

ADULT LEARNING & STORY TIME

FAMILY SUPPORT & OTHER RESOURCES

- **Alternatives to Violence:** Crisis intervention, emergency assistance or shelter, counseling, court support, aid for restraining orders 528-0226
717 Pine St., Red Bluff & 800 West St., Corning 1(800) 324-6473
- **California School Age Families Education (CAL-SAFE):** Offering support to teen parents, including transportation, childcare and parent education. 1050 Kimball Road, Red Bluff 529-8760
- **Child Protective Services (CPS):** Protective services for battered, molested or neglected children. 310 South Main St., Red Bluff 527-1911
Hotline Number 1(800) 323-7711
- **Family Resource Centers:** Offering resources and referrals throughout Tehama County Corning (824-7670) - Los Molinos/Gerber (384-7833)
- **Poor and the Homeless(P.A.T.H.):** Provides temporary housing and emergency shelter, counseling, job training and referrals 529-6439
- **Plumas County Housing Authority:** Information and applications for Section 8 housing assistance. 183 West Main St., Quincy 1(800) 993-5399
- **Reflections:** Supervised Visitation providing a safe opportunity for non-custodial parents to parent their children. Daytime, evening and weekend appointments available (there is a cost for this service) 226-5100



COUNSELING AND MENTAL HEALTH SERVICES:

- **Children First Counseling Center:** Provides psychological testing, individual psychotherapy for adults and children and family and couples counseling. 525 Rio St., Red Bluff 529-9454
- **Family Service Agency:** Offers marriage, family, child and individual counseling - 1347 Grant St., Red Bluff..... 527-6702
- **Life Light Pregnancy Help Center:** Free pregnancy tests, counseling and education - 2919 Bechelli Ln., Redding 222-5200
- **Mental Health Division of Tehama County Health Services Agency:** Emergency services/outpatient services including crisis intervention.
 - 1860 Walnut St., Red Bluff Office/Clinic 527-5631 ... Crisis Unit 527-5637
- **Planned Parenthood:** Services include birth control, pregnancy testing and counseling, vasectomies, testing and treatment for STD's, HIV testing and education services - 556 Vallombrosa Ave., Chico 342-8367
- **Reflections Counseling and Family Services:** Individual, family, and couples counseling and trauma treatment. Evening and weekend appointments available(sliding scale fees)..... 226-5100

The Building Blocks to Strong Communities Healthy children and families are the building blocks to strong communities. Research shows that when children and their parents are connected to the right supports, communities benefit: children do better at home and at school, are less likely to engage in risky behaviors and are better prepared to transition to adulthood. Parents in turn can better manage their awesome responsibility —raising a child — when they are equipped with the knowledge and skills to promote healthy development. Helping youth avoid risky sexual behaviors, linking them to supportive mentoring relationships and parent education are tested strategies to strengthen families.

SERVICES FOR CHILDREN WITH SPECIAL NEEDS:

- **California Children's Services (CCS):** Provides specialized medical care and rehabilitation for children with physically handicapping conditions. Tehama County Health Services Agency, Public Health Division. 1860 Walnut St., Suite C, Red Bluff 527-6824 or 1(800) 655-6854
- **Far Northern Regional Center:** Provides services and support for persons with developmental disabilities, infant through adulthood. 1900 Churn Creek Road, Suite #319, Redding 222-4791 or 1377 East Lassen Ave., Chico 895-8633
- **Rowell Family Empowerment of Northern California (RFENC):** Provides support, information, advocacy services and resource referrals to families of children with special needs - 962 Maraglia St., Redding 226-5129 or 1(877) 227-3471
- **Shasta-Tehama Early Intervention Program:** Serving infants and toddlers with handicaps in a family-based program. Shasta County Office of Education. Excel Academy, 3711 Oasis Road, Redding. 225-0303
- **Tehama County Department of Education:** Provides special education programs and services for special needs students - 1135 Lincoln St., Red Bluff 527-5811

Quality Child Care Counts Selecting a child care provider is among the most important decisions you may have to make during your child's early years. After all, your child may spend a considerable amount of his or her time in their care. Before making a decision, it is important to find out as much as possible about all the different child care options available to you.

For tips and info on selecting quality child care, refer to the "Kit for New Parents" or you can visit the First 5 California website at www.cffc.ca.gov/Help/tqcc.asp or contact the First 5 Tehama office at 528-1395.

EARLY CARE & EDUCATION AND SPECIAL NEEDS

HEALTH

DENTAL SERVICES: *The following facilities accept Healthy Families and/or Medi-Cal. If your children do not have dental insurance, you may contact the CHDP at the Health Services Agency at 527-6824 or 1(800) 655-6584 to see if you qualify for any County services.*

- **Access Dental:**
 - 1010 Mangrove Ave., Chico 342-7500
 - 2147 Court St., Redding 246-4100
 - 1667 E. Hilltop Dr., Redding 223-5500
- **Chico Family Dentistry:** 680 Cohasset Rd., Chico 342-6065
- **Greenville Rancheria Tribal Health:** 1425 Montgomery St., Red Bluff 528-8600
- **Rolling Hills Clinic:**
 - 2540 Sister Mary Columba Drive, Red Bluff 690-2778
 - 740 Solano St., Corning 690-2827
- **Mobile Dental Clinic:** Call First 5 Tehama for appointment..... 528-1395
- **Northern Valley Indian Health Clinic:** 343 Oak St., Red Bluff... 529-2567
- **Orland Family Dentistry:** 1211 Cortina Dr., Orland 865-5561
- **Western Dental:**
 - 1350 Churn Creek Road, Suite F1, Redding 224-9700
 - 1016 Skyway Rd., Chico 781-1270

IMMUNIZATIONS:

- **Tehama County Health Services Agency, Public Health Division:**
 - 1860 Walnut St., Red Bluff – Wednesday 9-11 a.m. & 5-6 p.m.... 527-6824
..... 1(800) 655-6854
 - 1600 Solano St., Corning – Tues. 4-6 p.m..... 824-4890

PARKS & RECREATION:

- **Lake Red Bluff Recreation Area:** Fishing, salmon viewing, campgrounds and picnic areas. Also site of the Sacramento River Discovery Center, offering guided tours and educational programs. 527-1196
- **Red Bluff Parks & Recreation Department:** Diamond Park, Dog Island Park, Forward Park, McGlynn Pool/City Pool, Red Bluff River Park and Trainor Park 527-8177
- **State Parks:** William B. Ide Adobe State Park 529-8599 Woodson Bridge State Recreation Area 839-2112
- **Tehama County Parks:** Camp Tehama, Cone Grove Park, Gerber Park, Mill Creek Park, Ridgeway Park, Tehama River Park at Woodson Bridge and Simpson Finnell Park 528-1111

OTHER AREA ATTRACTIONS:

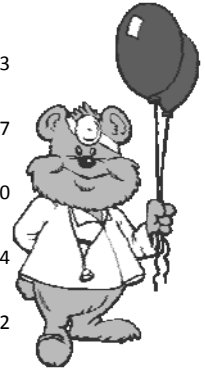
- **Turtle Bay Museum & Arboretum on the River:** Paul Bunyan’s Forest Camp, Carter House Natural Science Museum and Redding Museum of Art & History. Field trip schedule & fee break available. 800 Auditorium Drive, Redding..... 243-8850
- **Kids Kingdom:** Located in Enterprise Community Park in Redding. Playground with water feature (Fantasy Fountain). Redding Parks & Recreation 225-4095

INSURANCE:

- **Access for Infants & Mothers (AIM):** Low-cost coverage for pregnant women ineligible for Medi-Cal & babies up to two years of age 1(800) 433-2611
- **Healthy Families*:** Low-cost & free health care coverage for children. 1(800) 880-5305
**Application assistance available at all local Family Resource Centers: Corning (824-7670) - Red Bluff (528-9351) - Los Molinos/Gerber (384-7833)*
- **Medi-Cal:** Tehama County Department of Social Services. 310 S. Main St., Red Bluff..... 527-9416

MEDICAL FACILITIES: *Providing comprehensive, full family services accepting Healthy Families and/or Medi-Cal eligible families.*

- **Corning Medical Associates:** 155 Solano St., Corning 824-4663
- **Cottonwood Medical Group:** 20633 Gas Point Rd., Cottonwood 347-4867
- **Greenville Rancheria Tribal Health Clinic:** 1425 Montgomery Rd., Red Bluff..... 528-8600
- **Lassen Medical:** 2450 Sister Mary Columba Dr., Red Bluff 527-0414
- **Los Molinos Family Health Center:** 7883 Hwy. 99E, Los Molinos 384-2372
- **Rolling Hills Clinic:** 2540 Sister Mary Columba Drive, Red Bluff 690-2778
740 Solano St., Corning 690-2827



PLAYTIME