

Helping Children Grow



**River to
Coast
Children's
Services**

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

River Child Care was started in 1976. Those of us who were around in the 1970's know that it was a time of change. It was when a lot of us realized that our actions could change the world. It was a time of the women's movement, civil rights, the Stonewall uprising and appreciation of other cultures. That was when a small group of people in Guerneville saw a need and decided to do something about it.

With the help of board and community members, RCCS opened a very small office in one of the cabins at Riverlane Resort in Guerneville. It wasn't until two years later that RCC rented the old house on the corner of 1st and Church Street, across the street from Riverlane. RCC was now funded by contracts from the Department of Education to help parents find child care in the river area. Hundreds of women were going into the work force and needed child care. RCCS worked with a dozen providers who opened up their homes to take in children - Family Child Care was born. RCCS stills receives state funding to help new providers start their small businesses, improve their quality, and get training.

In the 90's, Board members saw the real estate market exploding and realized the agency needed a permanent place, negotiating to buy the 100 year old house and fundraise for needed renovation. Brian Plaughter, the Board Chair at the time, formed an auxiliary Board , Friends of RCCS, and over 6 years worked towards funding the purchase and renovation of the building. Staff moved from office space in closets and back porches, to the very professional and comfortable space we have today. We want to thank Brian for his foresight and tenacity to see this project through so successfully. In June, Friends of RCCS signed over the deed to River to Coast and we now own the building outright, retiring the mortgage in July 2011.

Over the years, the board and staff realized the need to open a child care center, to start a kindergym program for isolated families and fund a play therapist. They received a contract to subsidize the cost of child care for low income families. That vital work continues today, as the cost of care for infants is almost equal to a month's rent. The staff and board recognized that just supplying child care for families was not going to be enough. River to Coast Children's Services mission is improve every family's situation: Can't find a job? Use our community computer services. Need food or Diapers - come to our food pantry. Get a free helmet at the bike rodeo, learn how to install your free car seat, get free books to improve literacy. Need counseling, tax assistance? We have all of that and so much more - all needs identified in the community and provided by RCCS.



provided locally. As parents learn to raise money they become empowered, becoming advocates for their children, they can change the world!

RCCS IS CELEBRATING IT'S 35TH YEAR OF SERVING FAMILIES this month and, with community support, will continue through 35 more years because, as Ted Kennedy said:

**THE WORK GOES ON
THE CAUSE ENDURES
THE HOPE STILL LIVES ON AND**

AUGUST©2011© AGOSTO



**Celebrating 35 years of
service to children & families.**

Mission Statement: Our mission is to nurture the healthy development of children and parents in our community. We offer resources, referrals and support to families and child care providers in western Sonoma County.

July is Purposeful Parenting Month.

Purposeful parenting is being an active, engaged parent. It's about giving your children the best life possible. Purposeful parenting is also about building strong, positive, functional families with children of any age, and recognizing the importance of meaningful relationships between parents and children.

Purposeful parenting should be a life long effort. You can use the following tools to become a purpose driven parent. It's something that takes time and effort, but the rewards you'll see are worth it.

1. **Set Nutrition Goals.** Maybe the kids love fast food more than their veggies, but it's up to their parents to make sure they're getting what they need. Whether it's a simple diet change, or more meals cooked at home, or even getting some nutrition education to help you make better choices, what your children eat is important. Responsible parenting means taking charge of your children's nutrition and helping them form healthy habits for life.
2. **Engage With Your Children.** Your children need your attention, plain and simple. Make time in your schedule to play with them, help them with homework, and stimulate their minds. Even simple changes, like dinner around the kitchen table instead of the TV, can create the loving, nurturing environment they need.
3. **Create A Safe Environment.** As a parent, you also need to create a safe environment for children to grow up in. This might mean identifying and removing the influence of drugs and alcohol (something our Nurse-Family Partnership does while working with at risk families), or simply teaching safe behavior around strangers. A safe child is a happy child!

Excerpt from: <http://blog.mfhs.org/2010/07/its-purposeful-parenting-month/>

Julio es el Mes para padres con propósito

Crianza de los hijos propósito es ser un padre activo, comprometido. Se trata de dar a sus hijos la mejor vida posible. Crianza de los hijos propósito es también sobre la construcción de fuertes, familias positivas y funcionales, con niños de cualquier edad, y reconociendo la importancia de las relaciones significativas entre padres e hijos.

Crianza de los hijos propósito debe ser un esfuerzo de larga duración. Puede utilizar las siguientes herramientas para convertirse en uno de los padres con propósito. Es algo que toma tiempo y esfuerzo, pero la recompensa será valen la pena.

1. **Haga un plan de nutrición.** Tal vez los niños les encanta la comida rápida más de sus vegetales, sino que depende de sus padres para asegurarse de que está recibiendo lo que necesitan. Si se trata de un cambio de dieta simple, o más comidas cocinadas en casa, o incluso conseguir algún tipo de educación nutricional para ayudarle a tomar mejores

decisiones, lo que sus hijos comen es importante. Paternidad responsable significa hacerse cargo de su nutrición de los niños y ayudarles a formar hábitos saludables de por vida.

2. **Participar con sus hijos.** Sus hijos necesitan su atención, así de simple. Tómese un tiempo en su horario para jugar con ellos, ayudarles con los deberes y estimular sus mentes. Incluso cambios simples, como la cena alrededor de la mesa de la cocina en lugar de la TV, puede crear el ambiente de amor y nutrición que necesitan.

3. **Crear un ambiente seguro.** Como padre, usted también necesita crear un ambiente seguro para los niños a crecer. Esto podría significar la identificación y eliminación de la influencia de drogas y alcohol (algo que nuestros Nurse-Family Partnership hace mientras se trabaja con familias en riesgo), o simplemente la enseñanza de comportamiento seguro en presencia de desconocidos. Un niño seguro es un niño feliz!

English to Spanish translation by Google Translate!

Julio es el Mes para padres con propósito. Extracto de: <http://blog.mfhs.org/2010/07/its-purposeful-parenting-month/>

Every three years RCCS goes through a detailed contracts audit by the California Department of Education. At the end of this year's contract monitoring review, our State Consultant had this praise in her findings report:

"The review of River to Coast Children's Services reflects the well coordinated efforts of a very dedicated team who are affecting children and families everyday. The "river-to-coast" community is fortunate to have such an established agency available to access resources to support the well-being of children and their families.

All items reviewed in the Child Development Instrument are in compliance. It has been a pleasure to learn more about the people behind the scenes and as a consequence, now absolutely understand why full compliance is achieved. The passion, partnered with the knowledge about child and family development reflects in thoughtful practices and a true commitment to excellence. Thank you for your work in the variety of roles you all fulfill to be such a solid anchor in Guerneville and its surrounding community."

This program's assessment sums up River to Coast Children's Services perfectly! AND, by supporting our work, donors are an important part of the RCCS team. Thank You.

A Parent's Guide to Preparing Your Child for School

This guide was developed to provide parents with information they can use to prepare their child to enter school.

NATIONAL EDUCATION ASSOCIATION

What is school readiness?

It is never too early to start providing the kinds of experiences that will help your child enter school ready to succeed. "School readiness" refers to the academic knowledge, independence, communication, and social skills children need to do well in school. Getting your child ready for school requires you to spend time reading, talking, and playing with your child.

Academic readiness

Before entering kindergarten, children should have basic knowledge of themselves, their families, and the world around them. Through play and interactions with caring adults, children can come to school with many skills that teachers can build upon. To get your child academically ready for school, you should:

- Read to your child daily and talk about what you've read.
- Visit the library. Check out books and attend story times.
- Sing rhyming songs and do finger plays.
- Put your child's name on their clothing and toys to help him or her recognize their name in print.
- Encourage your child to write his or her name.
- Help your child learn basic colors by pointing and naming objects like "green trees," "red apples," or "blue coats."
- Give your child puzzles and games that require counting and problem solving.
- Let your child scribble, draw, write, and cut and paste.
- Sing the alphabet song with your child and provide letter magnets or other toys that will help him/her begin to recognize the letters of the alphabet.
- Take your child to the zoo, park, grocery store, post office, and pet shop. Talk about the sights and sounds of your day.
- Make time for your child to sing, dance, climb, jump, run, and ride tricycles or bikes.
- Choose child care that promotes learning with well planned, fun, and interesting activities.

Social readiness

Social readiness is as important as academic readiness. Being able to get along with other children, follow directions, take turns, and say "good-bye" to parents are skills that kindergarten teachers hope to see from incoming children. To get your child socially ready for school, you should:

- Set rules and give consequences for breaking them.
- Have regular routines for mealtime and bedtime.

- Encourage your child to play with and talk to other children.
- Encourage your child to take turns and share with other children.
- Encourage your child to finish difficult or frustrating tasks once they have begun them.
- Encourage your child to consider the feelings of others.
- Model and discuss positive ways for your child to express his or her feelings.
- Discourage hitting, biting, screaming, and other negative behaviors.
- Kiss and hug your child several times a day.

Independence

When children complete basic self-help tasks such as zipping their coats or tying their shoes, they feel a great sense of pride. Independence builds confidence and self-esteem. In school, children will be expected to do many things on their own. To make sure your child is independent in school, you should:

- Buy shoes and clothing that are easy for children to buckle, zip, and fasten on their own.
- Let your child get dressed and put on shoes by him or herself.
- Let your child do simple chores like setting the table at mealtimes or cleaning up toys after playing.
- Encourage independent toileting and hand washing.
- Let your child work independently on activities such as completing puzzles.

Communication skills

Listening and speaking are the first steps to reading and writing in the preschool years. Through conversations with parents, teachers, and friends, children learn about the people, places, and objects that they will later read and write about. It is through speaking that young children tell us what they know and understand about the world. To make sure that your child can communicate his or her thoughts and feelings in school, you should:

- Have regular conversations with your child.
- Encourage your child to listen and respond to others when they speak.
- Answer your child's questions, even if the answer is "no."
- Help your child learn and use new words.
- Explore language through singing, rhyming, songs, and chants.
- Model the language you want your child to use.
- Write notes to your child.
- Help your child dictate letters to family and friends.

For additional Parent's Guides, visit
www.nea.org/parents/



¿Que es la “preparación escolar”?

Nunca es muy pronto para empezar a proveer las experiencias que ayudaran a sus niños a comenzar la escuela preparados a tener éxito. “La preparación escolar” se refiere al conocimientos académicos, la independencia, la comunicación y las habilidades sociales que necesitan los niños para que les vaya bien en la escuela. Para preparar a sus hijos a estar listos para la escuela requiere que usted le dedique tiempo a leer, conversar, y jugar con su hijo/a.

Preparación Académica

Antes de entrar al kindergarten, los niños deberán tener el conocimiento básico sobre ellos mismos, sus familias, y el mundo que les rodea. Con el juego e interacción con adultos amables, los niños irán a la escuela con habilidades básicas que los maestros podrán mejorar. Para preparar a su niño de una forma académica, usted deberá de:

- Leerle a su hija/o diariamente y hablar sobre lo que se leyó.
- Visitar la biblioteca. Obtenga libros y atienda eventos de lectura.
- Cantar canciones que rimen y haga juegos con las manos.
- Poner el nombre de su niño en su ropa y juguetes para ayudarlo a reconocer su nombre escrito.
- Animar a su hijo a escribir su propio nombre.
- Ayudar a su hijo a aprender los colores básicos apuntando y nombrando objetos como “árboles verdes”, “manzanas rojas”, o “abrigos azules”.
- Darle a su hijo rompecabezas y juegos que requieran contar y resolver problemas.
- Dejar que su hijo haga garabatos, dibujos y que pegue y corte papel.

Cantar la canción del alfabeto con su niño y proporcionar letras magnéticas u otros juguetes para ayudar a reconocer las letras del alfabeto.

Llevar a su niño al parque zoológico, mercado, correo postal, y tienda de mascotas. Hable sobre los sitios y sonidos que escuchen durante el día.

- Ofrecer momentos para que su hija/o cante, baile, suba, salte, corra, y que monte en triciclo o bicicleta.
- Escoger cuidado infantil que promueva el aprendizaje con actividades bien planeadas que sean divertidas e interesantes.

Preparación Social

La preparación social es tan importante como la preparación académica. El poder llevarse bien con los otros niños, seguir instrucciones, tomar turnos, y despedirse de los padres son habilidades que los maestros de Kindergarten esperan de los niños. Para preparar socialmente a su hijo, usted deberá de:

- Establecer reglas que tienen consecuencias si no se cumplen.
- Tener horas habituales para comer y dormir.
- Animar a su hijo a jugar y platicar con otros niños.

- Animar a su hijo a terminar tareas difíciles o frustrantes una vez que la empieza.

Animar a su hijo a pensar en los sentimientos de los demás.

- Demostrar y hablar sobre maneras positivas a través las cuales su hijo puede expresar sus sentimientos.

Desaconsejar las mordidas, los golpes, los gritos y otros comportamientos negativos.

- Besar y abrazar a su hijo varias veces al día.

Independencia

Cuando los niños completan tareas básicas de ayuda propia como abrocharse el abrigo o los zapatos sienten un gran orgullo. La independencia crea confianza y autoestima. Las escuelas esperan que los niños hagan muchas cosas por sí mismos. Para asegurar que su hijo actúe independientemente en la escuela, usted deberá de:

- Comprar zapatos y ropa que sean fáciles de abrochar, atar o apretar por su cuenta propia.
- Dejar que su hijo se vista y se ponga sus zapatos solo.
- Dejar que su hijo haga tareas simples como preparar la mesa para la comida o recoger los juguetes después de jugar.
- Animar a su hijo a ir al baño y lavarse las manos independientemente.
- Dejar que su hijo independientemente complete actividades tales como rompecabezas.

Habilidades de Comunicación

Oír y hablar son los primeros pasos para leer y escribir en los años pre-escolares. A través de las conversaciones con los padres, maestros y amigos los niños aprenden sobre la gente, lugares, y objetos sobre los cuales escribirán y hablarán después. Los niños nos cuentan sobre lo que saben y aprenden del mundo por medio de conversación. Para asegurarse de que su hijo pueda comunicar sus pensamientos y sentimientos en la escuela, usted deberá de:

- Tener conversaciones habituales con su hijo.
- Animar a su hijo a escuchar y responder cuando hablen los demás.
- Contestar las preguntas de su hija/o aunque la respuesta sea “no”.
- Ayudar a su hijo a aprender y usar palabras nuevas.
- Explorar el lenguaje por medio de cantos y rimas.
- Modelar el lenguaje que desea que su hijo use.
- Escribir notas a su hijo.
- Ayudar a su hijo a dictar cartas a sus familiares y amigos.

For additional Parent’s Guides, visit
www.nea.org/parents/



Parents: important information about “dis-enrollment” from subsidized care.

THE REASON for the dis-enrollments: the contract amounts received by RCCS from CDE have been cut by 15-20% overall. So: we have to dis-enroll families in the following priority order:

First: Families with the highest monthly income adjusted for family size (note: when 2 or more families have the same income ranking: the family with exceptional needs children will be dis-enrolled after all other families in the same income ranking have been dis-enrolled.)

If there are no families with exceptional needs children, families will be dis-enrolled in enrollment date order, last in, first out.

Families with children that are receiving child protective services (CPS), or have been identified as being at-risk of abuse, neglect or exploitation, will be disenrolled last.

We will be beginning the disenrollment process some time in mid July, for an effective date of 19 days later

MOTIVO DE TERMINACIÓN de servicios: Las cantidades de los contratos recibidos de CDE fueron reducidas en un 15-20% en general

Por lo tanto: tenemos que terminar las familias en el siguiente orden de prioridad:

Primero: Las familias con mas altos ingresos mensuales de acuerdo al los miembros de la familia (Nota: Cuando dos o más familias tengan la misma clasificación por ingresos: las familias que tengan niños con necesidades especiales serán terminadas después de que todas las otras familias en la misma clasificación por ingresos hayan sido terminadas.)

Si no hay familias con niños con necesidades excepcionales, las familias serán terminadas en orden por fecha de comienzo, el último en entrar será el primero en salir.

Familias con niños que reciben servicios de protección infantil (CPS), o han sido identificadas como en riesgo de abuso, negligencia o explotación, serán las ultimas en ser terminadas.

Vamos a comenzar el proceso de terminación de servicios como a mediados de mes de julio, y la fecha en que será efectivo es 19 días después

NEW! FRESH! FREE!
An ever-changing variety of Fresh Produce available for West County children and their families...

Come in to River to Coast Children's Services office Monday through Friday, 9 am to 5 pm



to receive your vegies and fruits. Selection varies & changes often!



Helping Children Grow



River to Coast Children's Services

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

16300 1st Street
(corner of 1st and Church St)
in downtown Guerneville
707.869.3613
www.rccservices.org



Help River to Coast Children's Services celebrate their 35th anniversary and keep support programs alive for children and families in west Sonoma County. Add a candle, personalized with your name (or that of a friend, family member, business, beloved object) to our online cake and join the party.

You can donate online using PayPal. Visit our website at <http://www.rccservices.org> and click on any DONATE button on any page. Suggested donation is \$35, but all donations help keep the RCCS light alive in West County.

Addendum to Handbook: Our Service Delivery Area

RCCS' service area includes the West Sonoma County Union High School district, the Sonoma County portion of Shoreline Unified School District and the Kashia Reservation School District.

For AP funding: For families in the Alternative Payment Programs, either the care must be used OR the family must live in the service area described above.

For CFCC Funding: For families in the Family Child Care (CFCC) programs, child care must be provided by our contracted providers in the RCCS Family Child Care Network

Your case manager will share network providers with you.

HELP A CHILD LEARN TO READ! VOLUNTEER TODAY FOR SCHOOLS OF HOPE

In Sonoma County, over 50% of third grade students are reading below grade level. Nearly 80% of third grade students, who are also English Language Learners, are reading below grade level. Research shows that a student who is not at least a moderately skilled reader by third grade is unlikely to graduate from high school.

The Schools of Hope program is an early intervention model for children who are struggling with reading. The United Way of the Wine Country, in partnership with NBLC and other organizations, is providing this program in Sonoma County. The core components of the program include one-to-one literacy tutoring, volunteer recruitment and training, parent

engagement, and rigorous program evaluation. Currently 46% of third graders are reading at grade level. Our goal is to increase that percentage to 75% by 2015.

Become a tutor, and in as little as 1 hour a week, make a difference in a child's life.

Register for an orientation session today! Contact Barbara Fisher at the Volunteer Center at 707.573.3399 or bfisher@volunteernow.org. For more information about Schools of Hope, visit:

www.unitedwaywinecountry.org.

River to Coast Children's Services

Staff and their phone number extensions.
(707) 869-3613 / from the Sonoma Coast
1-800-994-3613



- Donna Roper (Executive Director) 111
- Kellie Nunez (Operations Manager) 105
- Andy Hilldale (Bookkeeper) 106
- Soledad Cardona (Family Case Manager) 107
- Tess Lowe (Family Case Manager) 114
- Rosie Hernandez (Family Case Manager) 110
- Mendy Behrens (Child Development Resource Specialist) 117
- Cara Colombo (Child Development Resource Specialist) 112
- Olga King (Child Development Resource Specialist) 103
- Elaina Boyce (Community Resources Coordinator, Newsletter Editor) 104
- Vesta Griffith (Office/Reception) Front Desk Staff 101

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UNITED STATES SENATE Senator Barbara Boxer 1700 Montgomery Street, Ste 240 San Francisco, CA 94111 Phone: (415) 403-0100 Fax: (415) 956-6701 Email: senator@boxer.senate.gov	CONGRESSIONAL REPRESENTATIVES Representative Mike Thompson 240 Main Street, Ste 101 Napa, CA 94959 Phone: (707) 226-9898 Fax: (707) 251-9800 Email: M.Thompson@mail.house.gov	STATE SENATE State Senator Mark Leno 455 Golden Gate Avenue, Ste 14800 San Francisco, CA 94102 Phone: (415) 557-1300 Fax: (415) 557-1252 Email: senator.leno@sen.ca.gov	Assemblyman Michael Allen 50 D Street, Suite 301 Santa Rosa, CA 95404 Phone: (707) 546-4500 Fax: (707) 546-9031 Click here to contact via email.
Senator Diane Feinstein One Post Street, Suite 2450 San Francisco, CA 94104	Representative Lynn Woolsey 1101 College Avenue, Ste 400 Santa Rosa, CA 95404 Phone: (707) 542-7182 Fax: (707) 542-2745	State Senator Noreen Evans 50 D Street, Suite 120 A Santa Rosa, CA 95404 Phone: (707) 576-2771 Fax: (707) 576-2773 Email: senator.evans@sen.ca.gov	Assemblyman Jared Huffman 3501 Civic Center Drive, Room 412 San Rafael, CA 94903 Phone: (707) 938-8157 Fax: (415) 479-2123 Email: jared.huffman@asm.ca.gov

Government Officials Government Officials Government Officials Government Officials

ALGUNOS PUNTOS DE NUESTRA POLIZA DE REFERENCIAS

La poliza de referencias de RIVER TO COAST CHILDREN'S SERVICES respeta la preferencia de los padres. La responsabilidad de escoger el cuidado de niños es de los padres. Asistimos a los padres a encontrar la variedad más amplia de cuidado de niños que se ofrece y ofrecemos información para evaluar el cuidado de niños. Una recomendación de RCCS no significa una garantía de calidad. Les pedimos a los padres que hagan una entrevista cuidadosa y que examinen las recomendaciones antes de que dejen un niño al cuidado de otra persona.

Padres que están buscando información acerca de quejas previas de una casa o centro con licencia para cuidar niños, pueden llamar a Community Care Licensing tel. 588-5026.

OUR REFERRAL POLICY

RIVER TO COAST CHILDREN'S SERVICES' referral policy is based on respecting parental choice. Responsibility for selecting child care rests with each parent. RCCS assists parents in finding the widest range of available child care and offers information to help families evaluate available child care options. A RIVER TO COAST CHILDREN'S SERVICES' referral is not a recommendation or a guarantee of quality care. Parents should carefully interview and check references of potential child care providers before leaving a child in their care.

For Information on all licensed family child care homes and centers call Community Care Licensing at 707.588.5026

River to Coast Children's Services. 707.869-3613. info@rccservices.org <http://www.rccservices.org>



August Calendar 2011 Calendario Agosto

- ◆ 8/1 & 2: Kindergym in Guerneville
- ◆ 8/3: Kindergym in Forestville
- ◆ 8/5: Attendance sheets due in RCCS by 5 PM / Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 8/8 & 9: Kindergym in Guerneville
- ◆ 8/9: Parent, Provider and Program (PPP) Committee meets at 6:00 PM at RCCS. Call Soledad at 869.3613 x 107 ✦ El Comité de Padres, Proveedores y Programas (PPP) se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107
- ◆ 8/10: NO KINDERGYM in Forestville
- ◆ 8/15 & 16: Kindergym in Guerneville
- ◆ 8/17: Kindergym in Forestville
- ◆ 8/18: Provider Payday / Día de pago de los proveedores
- ◆ 8/18: Providers and Parents Workshop, Taller de proveedores y padres, 6:15 to 8:15 PM at/en RCCS, RSVP Mendy or Olga at 869-3613
- ◆ 8/22& 23: Kindergym in Guerneville
- ◆ 8/24: Kindergym in Forestville
- ◆ 8/24: Outreach Committee meeting 5:30 PM at RCCS / El comité de publicidad de RCCS se reúne de 5:30 PM en RCCS
- ◆ 8/24: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:30 at RCCS
- ◆ 8/25: Forestville Expo
- ◆ 8/29 & 30: Kindregym in Guerneville
- ◆ 8/31: Kindergym in Forestville

Follow me to Kindergym ! ¡ Sigueme a Kindergym !



Call 869.3613 for more information
Llame al 869.3613 para obtener más información



River to Coast Children's Services now offers Kindergym in Forestville! Starting Wednesday, Feb 2, 2011

When: Wednesdays from 9:30 AM to Noon
Where: The United Methodist Church, 6550 Covey Road (near the intersection of Hwy 116 and Covey Road in downtown Forestville)
Who: Designed for children ages 0 to 5 years, child must be accompanied by their parent/guardian/adult childcare provider
Why: To have FUN while developing friendships, connecting with community resources, learning parenting skills, and the latest about Child Development, Health, Nutrition and Safety. **FREE! But donations are gladly accepted!**

River to Coast Children's Services ofrece ahora Kindergym en Forestville!

A partir Miércoles, 02 de febrero 2011

Cuándo: Los Miércoles 9:30 AM hasta el mediodía
Dónde: En la Iglesia Metodista Unida, 6550 Covey Road (cerca de la intersección de la carretera 116 y calle Covey en el centro de Forestville)
Quién: Diseñado para niños de 0 a 5 años, el niño debe estar acompañado por sus padres, tutores o adulto proveedor de cuidado de niños
Por qué: Para divertirse al mismo tiempo que desarrollo amistades, conectándose con recursos de la comunidad, aprendiendo técnicas de crianza, y lo última sobre el Desarrollo del Niño, Salud, Nutrición y Seguridad.
¡GRATIS! Pero las donaciones son aceptadas con gusto.



Follow me to Kindergym ! ¡ Sigueme a Kindergym !



Call 869.3613 for more information
Llame al 869.3613 para obtener más información



River to Coast Children's Services offers Kindergym in Guerneville

When: Monday and Tuesday from 9:45 AM to 12:20 PM
Where: The Guerneville Veterans' Hall , corner of 1st and Church Street in downtown Guerneville.
Who: Designed for children ages 0 to 5 years, child must be accompanied by their parent/guardian/adult childcare provider
Why: To have FUN while developing friendships, connecting with community resources, learning parenting skills, and the latest about Child Development, Health, Nutrition and Safety. **FREE! But donations gladly accepted**

River to Coast Children's Services ofrece Kindergym en Guerneville!

Cuándo: Lunes y martes empezando a las 9:45 AM hasta 12:00 PM
Dónde: En el Guerneville Veterans' Hall, en la esquina de 1st y Calle Church.
Quién: Diseñado para niños de 0 a 5 años, el niño debe estar acompañado por sus padres, tutores o adulto proveedor de cuidado de niños
Por qué: Para divertirse al mismo tiempo que desarrollo amistades, conectándose con recursos de la comunidad, aprendiendo técnicas de crianza, y lo última sobre el Desarrollo del Niño, Salud, Nutrición y Seguridad.
GRATIS, pero las donaciones son aceptada con gusto.



LEARN TO SWIM!

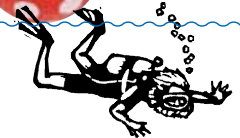
SESSION 1 August 1-5 at Rio Nido Roadhouse Pool
SESSION 2: August 8-12 at Rio Nido Roadhouse Pool
Ages: 3 years old to adult welcomed to participate!
Choose 1/2 hour classes starting at: 9:00 AM, 9:30: 10:00 AM and 10:30 AM.
Cost \$2.00/lesson or \$8.00 per entire session
sign up early for a preferred time because SPACE IS LIMITED

APRENDE A NADAR!

RCCS tendrán clases de natación disponibles la alberca Roadhouse de Rio Nido
SESIÓN 1 del 1-5 de agosto
SESIÓN 2 del 8 - 12 de agosto
Edades: ¡de 3 años para arriba, hasta adultos pueden participar!
Escoja clases de media hora empezando de:9:00 AM, 9:30AM, 10:00AM, y 10:30AM,
Costo: \$8.00 por una sesión entera
Inscríbese pronto para poder obtener el tiempo de su preferencia porque el espacio es limitado:

Call/Llame a RCCS al 707.869.3613

or email / O mandenos un mensaje por correo electrónico a info@rccservices.org





Resources, Referrals & Support ❖ Recursos, Referencias y Apoyo
 P.O. Box 16
 Guerneville, CA 95446

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 GUERNEVILLE, CA 95446
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RETURN SERVICE REQUESTED

Help River to Coast Children's Services celebrate our 35th anniversary and help keep support programs alive for children and families in west Sonoma County. Add a candle, personalized with your name (or that of a friend, family member, business, beloved object) to our online cake and join the party.

You can donate online using PayPal. Visit our website at <http://www.rccservices.org> and click on any DONATE button on any page. OR call RCCS at 707.869.3616 OR email your request to info@rccservices.org. Suggested donation is \$35, but all donations help keep the RCCS light alive in West County.



Thanks for your support
 Your Name Here!

Celebrating 35 years of service to children & families.



River to Coast Children's Services
 P.O.Box 16/16300 1st St.
 Guerneville, Ca 95446
 (707)869-3613
 Fax(707) 869-2616
 email: info@rccservices.org
<http://www.rccservices.org>
 River to Coast Children's Services
 Sirviendo el Oeste del Condado de Sonoma con:
 Referencias para el Cuidado de Niños
 Recursos para los Niños y sus Familias
 Apoyo para los Proveedores del Cuidado de Niños
 Ayuda Monetaria para el Cuidado de Niños
 Programa de suministros de Emergencia
 Gimnasio para Niños en Guerneville
 Programa de Asientos de Seguridad
 Programa de Conserjería

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 River to Coast Children's Services
 Serving west Sonoma County with:
 Help paying for child care
 Referrals for child care
 Resources for children and their families
 Support for child care providers
 Emergency Resources Program
 Kindergym and Infantgym in Guerneville
 Car Safety Seat Program
 Counseling Program for children and their families