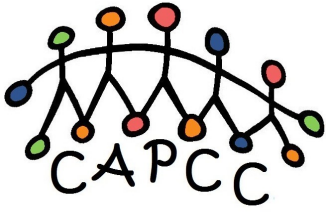


Winter 2019

Volume 18



An Ounce of Prevention

Child Abuse Prevention Coordinating Council of Humboldt County

P.O. Box 854, Eureka, CA 95502 www.capcchumboldt.org

SIMPLIFY THE SEASON

The Child Abuse Prevention Coordinating Council is moving our focus to Primary Prevention. We will continue our efforts to education the community, as well as ourselves, on how this essential service can ultimately reduce child abuse. Our winter newsletter, which is part of our Simplify the Season campaign, provides parents and caregivers with many free holiday activities that are occurring throughout the county. We encourage all parents and caregivers to “keep the focus on family, friends and fun.”

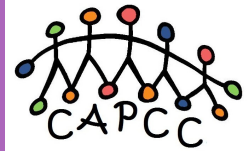


This newsletter also highlights a program to reduce financial stress during the holiday season. Your children will remember the things

that you did together far more than they will remember what you put under the tree.



Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: www.capcchumboldt.org.



December Activities for Children and Families

Humboldt County Libraries:

Check this link for more information on events happening at your local library:

<http://humboldt.gov.org/library>

Return to Oz

A Dell'Arte production, harnessing their trademark physical-comic performance style, this Holiday Show will play – for free – from Thanksgiving to Christmas. This is family theatre at its best.

For more information go to: <https://dellarte.com/shows-and-events/mad-river-festival-2/>



More Information

<https://www.visitferndale.com/events-list>

<http://eurekamainstreet.org/calendar/>

<https://www.visitredwoods.com/events/holiday-and-seasonal/>

More Local Events

Humboldt Ice Rink in Ferndale – Humboldt County Fairgrounds

Nov 27- Jan 5

<https://humboldtcountyfair.org/humboldt-ice-rink>

Humboldt Artisans Craft and Music Festival – Redwood Acres Fairgrounds

December 6th, 7th, & 8th

<https://www.visitredwoods.com/event/humboldt-artisans-crafts-%26-music-festival/7708/>

20th Annual Holiday Craft Market – Arcata Community Center

December 14th & 15th

<https://www.cityofarcata.org/368/Holiday-Craft-Market>

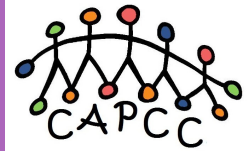
2019 Holiday Craft Fair – Loleta Fireman's Pavilion

December 14th & 15th

<https://www.visitredwoods.com/event/loleta-holiday-craft-fair/7854/>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Ferndale Portuguese Lincuca Dinner 4:00-7:00pm</p> <p>Ferndale Christmas Tree Lighting 5:30pm</p> 	<p>2</p>	<p>3 Fortuna Library Grandparent Storytime 3:00pm</p>	<p>4 Arcata Library Storytime 11:00am Garberville Library Storytime 2:00pm Fortuna Library Lego Club 3:00pm Rio Dell Library Storytime 5:00pm Blue Lake Library Kids Create Workshop 3:00pm Eureka Library Family Fun Night 6:00pm</p>	<p>5 Trinidad Library Toddler Storytime 10:00am McKinleyville Christmas Tree Lighting 5:30pm</p>	<p>6 Eureka Library Preschool Storytime 10:30am Fortuna Library Preschool Storytime 10:30am Arcata Holiday Open House & Santa Arrival 5:00-9:00pm Ferndale Hospitality Night Open House and Pictures with Santa 5:00-9:00pm Garberville Annual Lighted Truck Parade 6:00-7:30pm</p> 	<p>7 Fortuna Theater family movie 9:45am Rio Dell Library Storytime 11:00am Santa in Ferndale 10:30-11:30am McKinleyville Library Storytime 11:30am Willow Creek Library Storytime 12:30pm Tuba Christmas Eureka Rescue Mission 1:00pm Garberville Small Town Christmas 3:00-6:00pm Arts Alive Eureka 6:00-9:00pm Return to Oz Eureka Theater 7:30pm</p>
<p>8 Holiday music Fortuna River Lodge 12:30pm Holiday Concert Azalea Hall McKinleyville 3:00pm</p> <p>Humboldt Artisans Craft and Music Festival</p>	<p>9 Return to Oz Crescent Elk Auditorium 7:30pm</p>	<p>10 Fortuna Library Grandparent Storytime 3:00pm</p> 	<p>11 Arcata Library Storytime 11:00am Garberville Library Storytime 2:00pm Fortuna Library Lego Club 3:00pm Rio Dell Library Storytime 5:00pm Return to Oz Orick School 5:00pm</p>	<p>12 Trinidad Library Toddler Storytime 10:00am</p> <p>Ferndale Library Storytime 10:30am</p>	<p>13 Eureka Library Preschool Storytime 10:30am Fortuna Library Preschool Storytime 10:30am Arts! Arcata 6:00pm Ferndale Victorian Holidays 5:00-9:00pm Fortuna Electric Lighted Trucker Parade 5:30pm</p>	<p>14 Fortuna Theater family movie 9:45am Rio Dell Library Storytime 11:00am Arcata Library Family Yoga Storytime 11:00am Eureka Library Kids Create Workshop 12:00pm Return to Oz Trinidad Elementary 7:00pm McKinleyville Library Storytime 11:30am Eureka Trucker's Christmas Parade 6:00-8:00pm</p>
<p>15 Holiday Concert Arcata Playhouse 3:00pm Return to Oz Yurok Tribal Headquarters 3:00pm Ferndale Christmas Lighted Tractor Parade 5:00pm</p>	<p>16 Return to Oz Van Duzen Theater HSU Arcata 7:30pm</p>	<p>17 Fortuna Library Grandparent Storytime 3:00pm</p>	<p>18 Arcata Library Storytime 11:00am Garberville Library Storytime 2:00pm Fortuna Library Lego Club 3:00pm Rio Dell Library Storytime 5:00pm</p>	<p>19 Trinidad Library Toddler Storytime 10:00am</p> 	<p>20 Eureka Library Preschool Storytime 10:30am Fortuna Library Preschool Storytime 10:30am Ferndale Victorian Holidays 5:00-9:00pm</p>	<p>21 Rio Dell Library Storytime 11:00am Arcata Library Fun with Music 11:00am McKinleyville Library Storytime 11:30am Arcata Winter Solstice Celebration 3:00-6:00pm</p> 
<p>22</p> 	<p>23 Holiday Concert Trinidad Community Center 3:00pm</p>	<p>24</p>	<p>25</p> 	<p>26 Trinidad Library Toddler Storytime 10:00am Ferndale Library Storytime 10:30am</p>	<p>27 Eureka Library Preschool Storytime 10:30am Fortuna Library Preschool Storytime 10:30am</p>	<p>28 Rio Dell Library Storytime 11:00am McKinleyville Library Storytime 11:30am</p>
<p>29</p>	<p>30</p>	<p>31</p>				



Dealing with Financial Stress During the Holidays

Holiday time is upon us once again, and with a little preparation, it doesn't need to overwhelm us financially. My name is Chris Driscoll, and I run the financial literacy program at Redwood Community Action Agency in Eureka, CA.

Thinking about money or your finances during the holidays, with gift buying, entertaining and travel, can be stressful. I've put together some of my favorite holiday tips to help lessen the stress that comes with this time of the year. I hope that some of them will help make this holiday very special.

Focus on the can not the cannot.

Becoming stressed by social and materialistic expectations takes away the holiday spirit and can make you dread this time of year. Focus on what you can do, not on what you can't. You do not have to be perfect.



Recognize how you deal with stress.

With holiday parties and celebrations, it's easy to overindulge. Do you engage in unhealthy behaviors such as smoking, drinking or eating poorly to cope with your stress? Do you lose patience with your children, spouse or coworkers when you feel overwhelmed? Understand how you respond in stressful situations.

Don't spend more money on Christmas than you can afford.

December 25 comes every year. It's not a surprise, so plan for it. If you don't have cash for that special gift, it's tempting to pull out a credit card and defer payment until after the first of the year. But January comes every year too, and the months that follow will be filled with financial worry and strain if you don't control holiday spending. So shop wisely and learn to exercise restraint.



Remember what's important. Commercialism can overshadow the true sentiment of the holiday season. When your holiday expense list outstrips your monthly budget, it's time to scale back. Remind yourself that family, friends and relationships matter more than material objects. Thoughtful handmade items are often the most cherished and remembered gifts. Look on the internet for great ideas for fun crafts that the whole family can enjoy making. The memories are priceless.



Build memories. This is the cheapest recommendation of all. If you have kids, look for opportunities to spend meaningful time together during the weeks leading up to Christmas. In the process you'll be doing more than stockpiling family memories – you'll be building a legacy for generations to come. Look for free and low cost events that you can do with family and friends. Many communities offer special activities at this time.



Do something meaningful for someone else. With a little thought, you can find ways to give presents of lasting value that don't cost anything at all. Make a family project of doing a good deed for a neighbor, a shut-in, or a relative. It could be something as simple as fixing a meal, raking leaves, or cleaning out the gutters. Put together "service coupon books" that the recipients fill in themselves and redeem whenever they want to.

Give something of lasting value. If you have small children, it's easy to buy something you think they'll enjoy only to find it forgotten and cast aside by the end of Christmas Day.

Talk with your kids about this issue *before* the Christmas season gets rolling. Try to reinforce a long-range perspective. If necessary, explain that there are certain kinds of gifts you would never consider giving them, and let them know that you would rather pay the same amount of money for something they will enjoy for a longer period of time.



Ask for support. Research shows that having a support system can help you reach your goals. Surround yourself with people you trust who will support your financial goals and want to help you succeed.





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Newsletter Edited by:
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For feedback or questions contact Christine Driscoll at cdriscoll@rcaa.org.

The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.

What is Primary Prevention?

Primary prevention is **defined** as both the **prevention** of disease before it occurs and the reduction of its incidence. In the context of **child abuse, primary prevention is defined** as any intervention designed for the purpose of **preventing child abuse** before it occurs.



Check out our website:

<http://capcchumboldt.org/>

or on Facebook: <http://www.facebook.com/CAPCCHumboldt>

These interventions, within Humboldt County, could be programs; that improve financial stability in a family, that provide food and nutrition, that promote reading and play, or that support housing security, to name a few. Play groups are a perfect example of primary prevention. What all of these programs do is strengthen families through stress-reduction. Stress can be a major contributor to abuse.



These types of programs also provide opportunities for families to connect with other families to form friendships that can support them in times of stress.