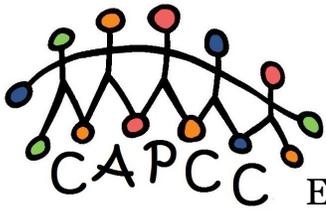


Caring for Yourself and Your Children



Get to Know Evolve Youth Services



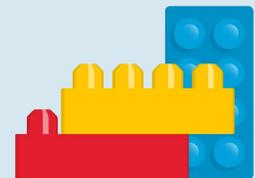
Evolve Youth Services is a nonprofit organization dedicated to improving the lives of children and families in foster and adoptive care. We assist struggling youth and their families as they heal from trauma, improve relationships, and evolve into the best versions of themselves. Each and every one of us has extraordinary potential and a variety of abilities that must be nurtured in order to grow. Our intention is to help individuals and their families tap into that potential and plant the seeds for success.

With this goal in mind, our organization offers holistic and therapeutic programs individually tailored to the unique needs of each family. Services include, but are not limited to, access to counseling, equine assisted growth and learning, respite care, assigned parent partners, case management, physical and relaxation training, martial arts and tutoring. We meet families where they are at; offering our services in the home, community, or at our local office in Arcata. Led by Executive Director, Alicia Worth, who has 15+ years of experience working with adopted and fostered youth in a variety of capacities, our team is composed of experienced counselors, child family specialists and parent partners. Committed to a mind-body-spirit approach, we all work together to nurture each client's development and the overall wellbeing of the family. Aiding in the reduction of family conflicts, mitigating the effects of trauma, and addressing attachment issues, we support a specialized one-of-a-kind plan for each client. Our organization is unparalleled in terms of our philosophy and the variety of services we provide.

Child Abuse Prevention Coordinating Council of Humboldt County
www.capcchumboldt.org
P.O. Box 854, Eureka, CA 95502



Clients made paper mâché lanterns during our President's Week Group.





Caring for Yourself & Your Children

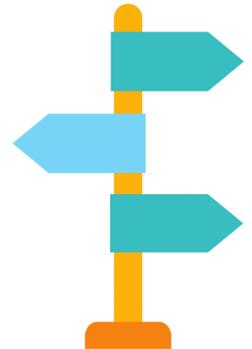
Spring 2023

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We are excited to share that despite the challenges the past few years have presented, our organization has experienced much growth. Evolve Youth Services welcomes a new Outreach Coordinator, abby hamburg, who has been attending community meetings and local events, sharing resources and advocating for Humboldt County's youth. Please reach out to abby if you have any upcoming events or tabling opportunities: o3eysteam@gmail.com



We would love to get more involved with our community partners!

We have also been able to bring back group activities during school breaks. During this past President's Week, we organized four days of events for local youth that consisted of cooking, crafts, competitions, and a variety of other pro-social activities! If you are interested in learning more about our Wraparound services, please reach out to us at evolveyouthservices@gmail.com.



Our Child Family Specialist Scott and Clients play in the creek and find rocks to paint.

Check out our website and social media for updates about our open house event next month!



Evolve Youth Services

Address

685 F Street
Arcata CA 95521
(P) 707-825-1173
(F) 707-825-1163

Hours

Monday—Friday:
8:30am—5:00pm
and by appointment

<http://www.evolveyouthservices.org/>

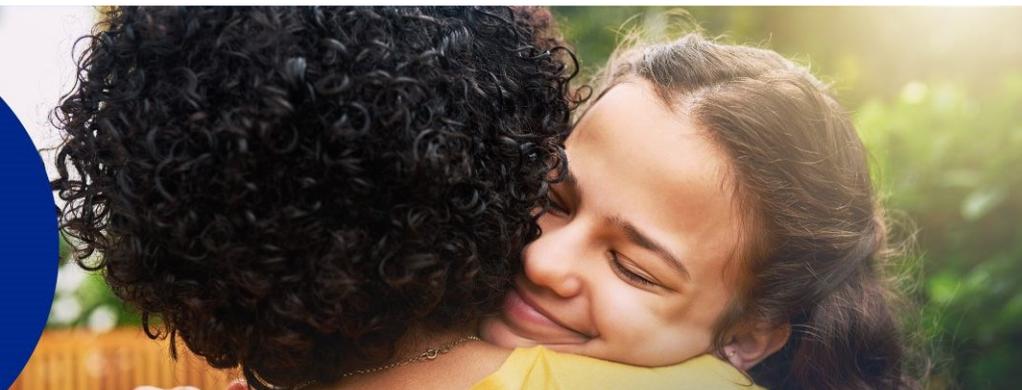
[@evolveyouthservices](https://www.instagram.com/evolveyouthservices)





APRIL IS

National Child Abuse Prevention Month



Mindfulness for Kids

When we teach mindfulness to kids, we equip them with tools to build self-esteem, manage stress, and skillfully approach challenges. Explore guides on [mindful.org](https://www.mindful.org) on how to introduce mindfulness and meditation to your children—at any age.

Check out [mindful.org](https://www.mindful.org) to learn:

- How to Meditate with Your Kids
- Mindfulness Activities for Kids
- Guided Meditation for Children
- Helping Kids Cope with Stress
- Mindful Parenting Tips



Do you offer or know of LGBTQIA2S+ local, State, or Federal resources for youth and families?

CAPCC Humboldt is creating an LGBTQIA2S+ resource document that will be available on capcchumboldt.org. Please e-mail capcchumboldt1@outlook.com with any resources you wish to provide.





College of the Redwoods Child Development Center's Annual Bigfoot Hunt and Pinwheel Parade



April is National Child Abuse Prevention Month.

This initiative is rooted in communities working together to serve children and their families in meaningful, impactful ways that provide families with what they need to thrive.

Every April, the College of the Redwoods Child Development Center (CDC) brings awareness to the prevention of child abuse. During the Week of the Young Child (WOYC), April 1st-7th, 2023, the CDC held its annual Bigfoot Hunt. The WOYC is a fun-filled week that celebrates young children, early learning, teachers, families, and communities. On Tuesday, April 4th, CDC staff and children walked in the annual pinwheel parade and planted a pinwheel garden. Other organizations participating this year include Little Learners in Arcata and Eureka, North Coast Children's Services, HCOE Special Beginnings, Little Saplings, and Changing Tides.

The pinwheel parade aims to change the way people think about child abuse, focusing on ways to increase awareness and prevention before abuse and neglect happen. We invite you to create a pinwheel display as a reminder that we all play a role in children's lives.

The CDC is a state-funded, head start enhanced program that is NAEYC-accredited and Teaching Pyramid-certified.

No Cost Low Cost to income-eligible families!

[...continued on page 5](#)



All children deserve to grow up in safe, supportive environments. This National Child Abuse Prevention Month, help make this possible by supporting families and spreading the word about the importance of child abuse prevention. For more information and resources, visit the [National Child Abuse Prevention Month website](#). Together, we can end child abuse and neglect.

Check out the CDC's display at the Humboldt County Library this April.

Learn how to make a pinwheel, access pinwheel coloring pages, and participate in other fun activities by [clicking here](#).

To learn how to get involved in next year's festivities, contact capcchumboldt1@outlook.com.

#WOYC #WOYC23 #PassThePinwheel #CAPMonth



Learn how to make a pinwheel, access pinwheel coloring pages, and participate in other fun activities by [clicking here](#).

Images from CR CDC

College of the Redwoods Child Development Center

Hours

Mon.-Fri. 8:15-4:15pm
during college instructional
days

Address

7351 Tompkins Hill Rd
Eureka, CA 95501

Contact

707-476-4337
wendy-hill@redwoods.edu
www.redwoods.edu/cdc



Wild Souls Ranch Therapeutic Equine-assisted Growth and Learning Services

I've been thinking a lot about what makes Wild Souls Ranch so effective as a form of emotional growth and learning, and the list is quite long. What is helpful for one child may be different for another, which is why we cater our sessions to help meet the goals of each individual youth. However, one element that I kept returning to is the idea of willing participation and motivation.



or that they're in trouble, it makes them less likely to be present during the session. But what happens when you take a child to a ranch and put them in front of a horse? By simply existing, the horse commands attention and presence in a non-judgmental way, which enables the child to meaningfully engage in their session.

Often, traditional talk therapy can be seen as strange and unusual for youth, hindering their ability to get the most out of it. They often do not understand their emotions and don't have the language to help them in understanding.

Furthermore, some children can see talk therapy as punishment, or like getting lectured. When a child feels misunderstood

One child, in particular, drove this point home for me. From the moment the child first stepped foot on the ranch, it was clear that they were entering an entirely new world. They immediately felt drawn to the animals and a pull to interact.

However, when the horses entered the picture, something different happened. The prospect of



working with and potentially riding a horse someday did something extraordinary to this child. They were immediately more engaged, motivated, and collaborative than they had been before. They realized there was something they wanted to accomplish, and they started to imagine how to get there. Additionally, because of the size and nature of the horse, the child was more respectful and mindful around and towards the horse than they had been toward people and other animals. As the sessions evolved and progress was made toward riding the horse, I witnessed so much emotional growth and learning in this child. In

[...continued on page 7](#)



Images from @wildsoulsranch Instagram



Wild Souls Ranch

<https://wildsoulsranch.org/>

PO Box 371 Fortuna, CA 95540

707.617.0356

@wildsoulsranch



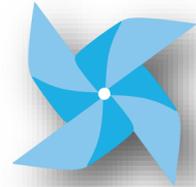
collaboration with our highly skilled mental health staff and the horse, this youth experienced therapeutic mental health services in a unique and profound way. It became clear to me that the horse warranted monumental buy-in from this child – and the results followed.

Although healing and growth are not linear, showing up for and participating in the work is the best way to keep the child moving toward their goals and in turn a healthier life long-term. The horse is such a natural teacher, and everything we do at Wild Souls Ranch is modeled after that connection with a strong focus on respect and collaboration.

Wishing you a joyous Spring,

Murray Koch

Executive Director





Make Your Own Pinwheel

Here's a craft project that will allow children a chance to participate in your community's Pinwheels for Prevention activities. This activity can be used in schools, daycare centers, after-school programs, etc.

Materials

- a push pin
- a square piece of construction paper (about 8.5" x 8.5")
- a sharpened pencil with an eraser
- scissors



Directions

1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick-up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go. Pick up the pinwheel near the pencil point and let it catch the wind.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SPRING INTO WELLBEING

Child & Family Activities Calendar

Click on the words to view resources and activities.

[Food for People First 5 Humboldt](#)

[1 Humboldt Family Resource Centers](#)

[2 North Coast Growers Association](#)

[3 211 Humboldt](#)



[Indoor/backyard camping](#)

[4 LEGO building contest](#)

[Silly dress up](#)

[5 Self-Care Checklist for Dads](#)



[Trivia night](#)

[6 Apply for CalFresh here](#)

[Do a science experiment](#)

[7 Pajama party](#)

[Screen Time Recommendations](#)

[8 Certified Farmer's Market Locations](#)

[Parent and Child Yoga](#)

[9 Downloadable Poster: How Are you Feeling Today?](#)

[Make pizza](#)

[10 Dance party](#)



[Scavenger Hunt](#)

[11 Humboldt Library Events](#)

[Family history tree](#)

[12 10 Free Spanish Apps and Games for Children and Parents](#)

[Make s'mores](#)

[13 Make your own pinwheel!](#)



[Indoor picnic](#)

[14 How to make a Journey Stick](#)

[Book club night](#)



[15 Write a story](#)

[The Feelings Book](#)

[16 Video game tournament](#)

[The Toddler Toolbox Free Downloadable PDF](#)

[17 NASA Kids Club](#)

[Karaoke night](#)

[18 Photo activities](#)



[Divorce and Co-Parenting Love Out](#)

[19 Build paper airplanes](#)

[Meditation for Kids](#)

[20 Play hide and seek](#)



[21 The Importance of Healthy Touch](#)

[Play charades](#)



[22 Bubble-blowing contest](#)

[Learn magic tricks](#)

[23 Drowning Prevention](#)



[Puzzle night](#)

[24 Bike Safety](#)



[Stargazing](#)

[25 Five Super Body Safety Rules](#)

[Get crafty](#)

[26 Parenting Children with Trauma Training 1:30-3 PM](#)

[27 American Red Cross Emergency Preparedness](#)

[Fire Safety Safe - Kids Worldwide](#)

[28 9 AM Children's Memorial Flag Day @ Boys and Girls Club of the Redwoods](#)

[29 Dr. Maya Angelou: "Be a Rainbow in Someone Else's Cloud"](#)

[Bake cookies](#)

[30 Go to the beach](#)

[Ride bikes](#)





The Redwood Community Agency's Youth Service Bureau has several local youth services

The Raven Project

Street outreach program that serves youth aged 12-21 who are experiencing housing insecurity. At the drop-in, the Raven Project offers showers, laundry, a clothing closet, food, case management, and much more! Located at 523 T Street Eureka CA 95501. Drop-in hours are Mon-Sat 1:30-5:00pm. Call (707) 443-7099 for additional information.

Queer Coffee House: Tuesdays 5:30-6:30pm (18-24yr olds), Thursdays 5:30-6:30pm (10-17yr olds). Held over zoom, email lsiebuhr@rcaa.org for meeting link.

Queer Prom '23! Saturday, May 27th for youth 15-18 years old. Email lsiebuhr@rcaa.org for more information.



Transitional Aged Housing & Subsidy Program

Transitional housing and financial assistance with rent are available for qualifying youth 16-24. Call (707)444-CARE (2273) ext. 205 or 206 for additional information.

YSB's Shelter Program

YSB'S short-term shelter is for youth 12-17 years old. While providing short-term shelter for youth it also provides food, clothing, case management, and much more! Call the 24/7 referral line at (707)444-CARE (2273) for additional information.

Drop-in Hours Mon.-Sat. 1:30-5pm	Address 523 T St Eureka, CA 95501	Contact 707-443-7099 lsiebuhr@rcaa.org	  @the.ravenproject
YSB Hours 24/7 referral line	Address 1100 California St. Eureka, CA 95501	24/7 Referral Line 707-444-CARE(2273) ext.205 or 206	  @ysbrcaa

THE RAVEN PROJECT '23

Planning Queer Prom!



Thursdays 5:30-6:30pm

Are you interested in being
a part of planning or
supporting this celebration?

Email lsiebuhr@rcaa.org

Youth
participants 15-
24 get an Event
Planning
Certificate!

Starting
3/23

IF YOU ARE UNDER 18 AND NEED HOUSING IMMEDIATELY
CALL YSB AT 707.444.2273 OR TEXT 707.496.0959

REDWOOD COMMUNITY ACTION AGENCY'S YOUTH SERVICE BUREAU



Caring for Yourself & Your Children

Spring 2023

Volume 25



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.

CAPCC Mission

Strengthening community connections to promote safe, healthy, resilient children & families in Humboldt County.



[@capcchumboldt](#)



Special Thanks to:

abby hamburg
Lex Siebuhr
Murray Koch
Amy Scolari
Wendy Hill

Newsletter Edited by:

Lauren Dahl
For feedback or questions
contact Lauren at
capcchumboldt1@outlook.com
707-601-4105

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.