

Ua Caij Nyoog Tau Yooj Yim



Ntxiv Txoj Kev Zoo Siab Nyob Ua Ke

Tus kws sau ntawv Evolve Youth Services Tus Thawj Coj Autumn Spears

Pawg Saib Xyuas Kev Tiv Thaiv Kev Ua Phem Rau Menyuum Yaus ntawm Lub Nroog Humboldt
www.capccumboldt.org
P.O. Box 854, Eureka, CA 95502



Thaum peb tsiv mus rau lub caij so, nws tseem ceeb zuj zus kom siv txoj kev qeeb, so, thiab saib xyuas peb tus kheej zoo dua. Thiaj si, dab tsi tshwm sim rau lub sijhawm no ntawm lub xyoo yog kev ntxhov siab ntau dua, kev so tsawg dua, thiab muaj qhov tshwm sim loj dua. Cov menyuum yaus nyiam nqus cov kev ntxhov siab thiab kev xav nyuaj uas tuaj yeem nce ntxiv nyob ib puag ncig cov hnuv so uas ua rau muaj kev coj cwj pwm ntau dua. Cov menyuum yaus qhia lawv tus kheej los ntawm lawv tus cwj pwm ntau dua li lawv hais lus. Cov tswv yim hauv qab no tuaj yeem pab ua kom qeeb qeeb, ua kom peb lub cev nstiag to, txo qis kev xav, thiab ua kom muaj kev sib koom siab zoo.

Cov lus qhia txog kev cai:

- Thaum muaj sij hawm, tawm mus sab nraud
- Nrhiav qhov chaw sab nraud tus menyuum yaus tuaj yeem nce, khiav, dhia, ua si, lossis tshawb nrhiav
- Khawb qhov thiab thawb av thiab / lossis xuab zeb nrog cov cuab yeej thiab tes
- Caij tsheb kauj vab los yog scooter
- Ua viav vias ntawm viav vias
- Pov los yog ncaws pob frisbee / pob rov qab thiab tawm musAnimal walks - ask a child to walk like a bear, a crab, a snake, a flamingo, etc.
- Bouncing - siv lub trampoline, dhia mus rau hauv ncoo hauv pem teb, lossis thaws rau ntawm lub pob kho mob (sib tw lawv kom sib npaug ntawm lub pob kho).
- Caw tus menyuum los ua qee yam haujlwm nrog koj uas suav nrog kev txawj tsav tsheb tag nrho (txoj kev rov ua dua tshiab, tsoo lub thawv, so cov txee, tshem tawm kab laug sab tsev, teeb tsa cov khoom sab nraud, ua haujlwm hauv vaj).
- Blanket Burrito - Muab tus menyuum qhwv rau hauv ib lub phuum los yog ntaub pua plag. Ua kom lom zem rau tus menyuum thaum koj mus dhau cov kauj ntawm kev ntxiv cov khoom xyaw thiab dov lawv.



- Ua ib qhov project kos duab nrog tus menyuum.
- Siv khoom ua si board game nrog tus menyuum.
- Ncua dej txias los ntawm cov pas nqus dej los yog ib lub pob dej khov.



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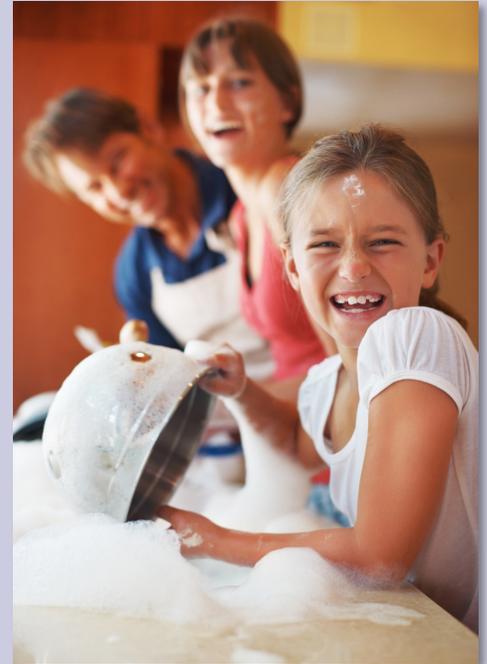
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... txuas ntxiv los ntawm nplooj ntawv 1

- Cushion Cushion "Squishes" lossis "Sandwich" - Muab cov hauv ncoo ib lub hauv qab thiab li lub saum toj koj tus menyuam thaum lawv pw hauv pem teb thiab siv lub zog thawb cia.
- Khoom qab zib los yog txiv hmab txiv ntoo qhuav uas yuav tsum tau xo ntau heev.
- Zom ua nrov nkij knawj cov zaub mov zoo li lauj pwm, paj kws, ncuav ci, nplej ci
- Noj cov zaub mov khov zoo li cov kua txiv hmab txiv ntoo los yog cov txiv hmab txiv ntoo khov.
- Snake Breath / Balloon Breathing - Ua pa hauv qhov ntswg, noj ntev, nqus pa tob. Ua pa tawm lub qhov ncauj thiab ua ib lub suab me me "hiiiiissssssssssssssssssssssssssssssing" suab –li ib lub zais roj hmab sov pa lossis ib tug nab us suab "hissing". Mus qeeb qeeb thiab sim ua kom lub ua pa kawg 10-15 vib nas this lossis ntau dua.
- Ua ntej, npaj cov nkauj uas koj tus menyuam nyiam koj tuaj yeem ua si yooj yim thaum xav tau.
- Tshuab los ntawm cov pas nqus dej - Koj tuaj yeem tsim lub hom phiaj rau tus menyuam kom "ntaus" nrog lawv ua pa. Cia tus me nyuam tawm mus rau sab nraud thiab nqus dej thiab "tua" tawm los ntawm cov pas nqus dej zoo li rab phom dej.
- Pizza Massage - Siv cov kev zauj maj mam zaws, ua txuj ua pizza rau ntawm tus menyuam nraub qaum. Xav txog yuav ua li cas koj tuaj yeem sawv cev rau theem sib txawv ntawm daim ntawv qhia nrog kev kov zoo. Pib nrog lub hauv paus - ua lub voj voog loj loj nrog koj txhais tes. Tom qab ntawd xav txog cov koom koj xav tau saum toj daim pizza, thiab xav txog nrog koj txhais kev kov.



Evolve Youth Services

Chaw nyob

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

Monday-Friday:
8:30am–5:00pm
thiab los ntawm kev
teem caij



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

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



Zaj Dab Neeg Qhia Kev Ua Si- Hnub So Tsab Ntawv!

Tus kws sau ntawv
Kora Shoemaker



Thaum lub sij hawm hnub so zoo li muaj ntau yam tiav yuav tsum ua sai thiab ceev ceev . Qhov kev ua no tso cai rau cov tsev neeg ua pa thiab siv sijhawm zoo ua ke. Ua ke nrog koj cov tsev neeg, nyeem ntawv thiab piav dab neeg tuaj yeem yog qhov kev lom zem thiab raug siab. Txawm hais tias kev nyeem ntawv zoo heev, yuav ua li cas siv peb lub tswv yim los tsim ib zaj dab neeg? Thaum xub thawj, qhov no yuav zoo li nyuaj me ntsis, tab sis koj puas tau hnov txog dab neeg pob zeb? Qhov tseem ceeb, koj yuav tsum tau sau cov pob zeb me ntsis pluav thiab plev xim / luam tawm cov qauv yooj yim ntawm txhua tus. Pob zeb tsim yuav suav nrog cov cim, teeb tsa, teeb meem, thiab kev daws teeb meem. Thaum cov pob zeb tau dai kom zoo nkauj, muab tso rau hauv ib lub hnab, thiab tsis saib xaiv lub pob zeb, qhov no yuav pab tsim ib zaj dab neeg. Qhia koj cov menyuam seb nws ua haujlwm li cas, thiab tsis ntev lawv yuav yog cov uas qhia zaj dab neeg. Txhawm rau nkag mus rau qhov kev qhia tob tob ntawm cov dab neeg pob zeb nyem qhov no.

Nov yog ob peb lub tswv yim rau zaj dab neeg pob zeb hnub so tsab ntawv:

Cov cim:

- ◆ Santa Claus
- ◆ Lub Grinch
- ◆ Ib Tub Elf
- ◆ Snowman

Kev teeb tsa:

- ◆ Los ntawm qhov cub
- ◆ Nyob tsev
- ◆ Hauv qab tsob ntoo Christmas
- ◆ Hauv tsheb / tsheb ciav hlau

Teeb meem:

- ◆ Cua daj cua dub
- ◆ Fais fab tuag
- ◆ Cov khoom ploj

Kev daws teeb meem:

- ◆ Khawv koob Gingerbread neeg
- ◆ Khawv koob khoom
- ◆ Kev hlub



Nyeem Ntawv Rau Hnub So

Tus kws sau ntawv Forrest Archer

Txhua tus kws qhia ntawv, tus kws saib xyuas hnub yug, kws kho mob, thiab blogger yuav qhia koj tias nws yog qhov zoo los nyeem ntawv rau koj cov menyuam. Nrog tsev kawm ntawv hnub so thiab dej nag tuaj, nws tuaj yeem xav tias txaus ntshai nyeem ntawv rau cov menyuam yaus uas tuaj yeem dhia tawm ntawm phab ntsa. Peb yuav ua li cas nyeem ntawv muaj txiaj ntsig zoo rau peb cov menyuam? Sim ob peb lub tswv yim no los ua kom kev nyeem ntawv nquag thiab zoo siab rau lawv (thiab rau koj!).

- ◆ Nyeem txhua tus cwj pwm hauv lub suab ua dag.
- ◆ Ua raws li cov kev ua hauv phau ntawv - sawv thiab txav mus, thiab ua kom zaj dab neeg muaj sia nyob.
- ◆ Cia koj tus menyuam sau phau ntawv. Yog tias koj tus menyuam tseem hluas dhau los sau ntawv, hais kom lawv kos duab. Sau lawv zaj lus hauv qab zaj dab neeg. Thaum kawg nyeem ua ntej yuav pw ua ke.
- ◆ Nyeem ib yam dab tsi uas tsis yog zaj dab neeg, zoo li phau ntawv ua noj lossis phau ntawv qhia kev mus ncig.
- ◆ Ua ib qhov xaus tshiab rau zaj dab neeg nyiam.



Mus saib lub vev xaiv hauv qab no kom muaj tswv yim ntau ntxiv los ua kom nyeem ntawv hla hnub so thiab lom zem txhua xyoo! <https://www.readbrihtly.com/how-to-make-reading-fun-25-ideas-kids-will-love/>



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Kuv Tsev Neeg Ntawv Qhia Kev Ua Mov Lawv Nyiam Tshaj Plaws:

Pob Kws Kua Zaub

Tus kws sau ntawv Forrest Archer

Daim ntawv qhia no yog kuv tsev neeg nyiam ntawm kuv loj hlob tuaj los ntawm cov kob ntawm Guam. Qhov zoo tshaj plaws yog, tias nws yuav luag tag nrho ua los ntawm cov khoom noj kaus poom. Koj tuaj yeem sib pauv tawm ib qho ntawm cov khoom xyaw rau cov qauv tshiab, tab sis qee zaum txhua yam koj xav tau yog qee yam ceev, noj qab haus huv, thiab sau. Kuv txoj kev nyiam ua qhov no yog dhau cov mov nplej tshiab los yog nrog ib lub neuav ci.

Cov khoom xyaw:

- 1 kaus poom nqaij qaib (los yog shredded siav nqaij qaib)
- 2 tablespoons butter
- 2 tablespoons hmoov
- 1 kaus poom kua nqaij qaib
- 1 kaus poom cream ntawm nceb kua zaub
- 1 kaus poom pob kws
- 1 kaus poom kua txiv maj phaub
- 1 teaspoon Accent seasoning
- Ntsev thiab fwj txob me ntsis

Cov lus qhia:

1. **Nyob rau hauv ib lub lauj kaub loj**, on medium tshav kub, ntxiv nqaij qaib thiab butter. neuav cov hmoov me ntsis los ntawm me ntsis rau hauv, thiab sib tov zoo.
2. **Ntxiv cov kua nqaij qaib** thiab do zoo.
3. **Ncuav lub cream ntawm nceb kua zaub rau hauv**. Siv tib lub kaus poom, sau nrog dej thiab ntxiv rau lub lauj kaub. Siv ib tug whisk, sib tov zoo.
4. **Ntxiv ntsev**, twj txob, thiab Accent seasoning.
5. **Ntxiv cov pob kws** thiab kua txiv maj phaub.
6. **Txuas ntxiv ua noj** rau li 10 feeb, tab sis TSIS TXHOB cia rhaub phwj.
7. **Muab rau noj**.



Kev Ua Si: Tsib Lub Kev Hnov Caij Ntuj Sov

Tus kws sau ntawv Krista Mashburn

Siv koj tsib qhov kev xav kom muaj kev lom zem, nqi pheej yig ua ke rau lub caij ntuj no.

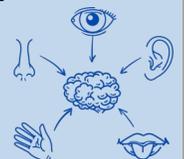
Kev Saj: Haus ib khob Chocolate Kub los yog kua apple cider!

Kev Kov: Mus taug kev qhov chaw nyob nraum zoov thiab tham txog qhov sib txawv ua rau yus tuaj yeem hnov ... ntoo, nyom, nplooj

Kev Saib: Nyeem ib phau ntawv lom zem ua ke, saib cov duab ua ke ntawm hnub so yav dhau los

Kev Mloog: Mloog nkauj thiab muaj kev seev cev, ua si ntawm "Simon Says"

Kev Hnia: Sib piv cov ntxhiab ntawm pum hub peppermint, txuj lom xinamees, thiab khoom qhob cij qhiav



Yog xav paub ntxiv txog peb lub koomhaum lossis thov kev pabcuam, thov mus saib hauv <https://www.humboldtcesa.org/>

Txhawb Txoj Cai Thaum Lub Caij Nyooq Tsis Khoom Li

Tus kws sau ntawv Jennifer Gonzales

Lub sijhawm no ntawm lub xyoo yog tag nrho ntawm kev zoo siab thiab kev lom zem. Nws kuj tuaj yeem ua haujlwm tsis khoom thiab siv zog heev, tshwj xeeb tshaj yog rau cov menyuum yaus. Ib txoj hauv kev uas peb tuaj yeem txhawb nqa lawv yog los ntawm kev muab ntau lub sijhawm rau kev tswj tus kheej. Ua qhov no peb pab tsim ib qho chaw rau cov menyuum yaus uas lawv muaj kev nyab xeeb thiab txhawb nqa.

Nws yooj yim rau kev sib koom ua ke rau kev tswj hwm txhua hnuv, thiab feem ntau cov tswv yim uas peb siv ua haujlwm rau tag nrho tsev neeg! Tej yam yooj yim no mus ntev. Nov yog qee cov lus qhia thiab cov tswv yim uas koj tuaj yeem siv hnuv no!



Haus Dej - Siv ib feeb lossis ob zaug los haus ib khob dej. Thaum koj haus dej pom qhov pom thiab lub suab nyob ib puag ncig koj. Thaum koj ua tiav nrog koj tus menyuum tham txog qhov lawv pom thiab qhia koj qhov kev nkag siab. Qhov kev ua si yooj yim no tsis yog tso cai rau koj xyuum kev nco qab ua ke, tab sis kuj txhawb kev noj qab haus huv ntawm cov dej haus!

Qhia Kev Cia Siab - "Tom qab peb noj tshais tas, peb txhua tus yuav siv chav dej thiab tom qab ntawd thauj khoom hauv lub tsheb mus rau tom khw ntawm txoj kev los sau qhov khoob ntawm no ". Tsuas tso tawm koj cov phiaj xwm yuav pab txhua tus paub tias yuav xav li cas. Qhov no ua rau cov menyuum yaus txav mus tag hnuv thiab paub txog yam yuav los tom ntej thiab pab tsim kom muaj kev nyab xeeb. * Koj tuaj yeem suav nrog kev xaiv xaiv los muab cov menyuum yaus paub txog kev ua tswv cuab. "Koj puas yuav siv chav dej lossis muab koj nkawm khau ua ntej?"

Kev Ua Haujlwm Zoo - Kev koom nrog cov ntaub ntawv xav tau tuaj yeem pab peb kom txo qis thiab ua kom siab. Qhov no tuaj yeem sib sau ua ke ntawm kev taug kev thiab tom qab ntawd siv sijhawm los kawm thiab hnov lawv qhov siv tov ua ke es yog ib yam dab tsi (xws li tej ntaub xov), tshuab npuas, lossis ua si nrog xuab zeb, dej, lossis ua si nrog playdough. Txawm hais tias cov dej num no yuav zoo li npaj rau cov menyuum yaus, lawv muaj kev tswj hwm tib yam rau tib neeg ntawm txhua lub hnuv nyooq. Ua playdough ua ke yog lub sijhawm zoo los ua kom qeeb thiab ua kom nco nrog menyuum yaus.

Cov khoom xyaw

- 2 khob hmoov
- 1 khob ntsev
- 2 khob dej
- 1 Tablespoon roj zaub
- 4 teaspoon cream of tartar
- (yeem) zaub mov xim & cov roj yam tseem ceeb

Daim Ntawv Qhia Ua Playdough

1. Sib tov tag nrho cov khoom xyaw ua ke nyob rau hauv ib lub lauj kaub thiab muab tso rau hauv lub qhov cub tshaj medium tshav kub
2. Do rau ob peb feeb kom txog thaum lub hmoov nplej tov ua noo tsawv (kom nplawm kom nws tsis txhob lo!)
3. Tshem cov hmoov nplej los ntawm lub lauj kaub thiab cia kom txias kom kov
4. Nias cov hmoov nplej thiab ntxiv ob peb tee ntawm cov zaub mov xim lossis roj tseem ceeb yog tias koj nyiam (lavender, txiv kab ntxwv, lossis peppermint yog cov nyiam)
5. Txaus siab rau! ** Khaws rau hauv lub thawv kaw, cov playdough no yuav tsum nyob ntev li ob peb lub lis piam.



Yog xav paub ntxiv txog peb lub koomhaum lossis thov kev pabcuam, thov mus saib hauv <https://www.first5humboldt.org/>



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Hnub So Saib Xyaus Koj Tus Kheej Thiab Kev Tswm Seeb

Tus kws sau ntawv Jaguar Smith



Txawm hais tias hnub so yuav tsum muaj kev lom zem thiab kev zoo siab, lawv tuaj yeem ua rau muaj kev ntxhov siab thiab txhawj xeeb. Kev tshawb fawb hnub so ua los ntawm American Psychological Association pom tias xyoo 2021 qee qhov kev ntxhov siab hnub so rau cov neeg Asmeskas yog: tsis muaj sijhawm; tsis muaj nyiaj; kev lag luam lossis kev muaj siab heev; xav ntau txog kev muab thiab kev tau txais khoom plig; thiab noj mov tsawg (APA). Tiv thaiv cov kev ntxhov siab no nrog qee cov tswv yim rau kev saib xyuas tus kheej uas tau teev tseg hauv qab no.

Pw Tsaug Zog Txaus, Teem Caij Teem Sijhawm, Thiab Txhawb Nqa Koj Tus Kheej

Nws yog ib qho tseem ceeb uas yuav tsum saib xyuas koj txoj kev xav thiab kev noj qab haus huv. Nco ntsoov siv sijhawm rau kev saib xyuas tus kheej thiab xyuas kom meej tias koj tau txais kev pw tsaug zog txaus, qoj ib ce, thiab noj zaub mov zoo. Nws yog qhov zoo los so ntawm - lossis hais tsis yog - kev sib tham hauv zej zog, ua sijhawm rau kev nyiam ua haujlwm uas koj nyiam, thiab txuas nrog qhov tseem ceeb tshaj plaws rau koj txog hnub so. Nws yog ib qho ua tau kom tso siab rau koj tus kheej thiab teeb tsa thiab ua raws li cov ciam teb uas tsim nyog rau koj.



Siv Sijhawm So Los Ntawm Social Media Thiab Muaj Kev Cia Siab Tiag Tiag

Nws yog ib qho yooj yim los piv peb tus kheej rau lwm tus lub sijhawm no thaum peb scroll los ntawm kev sib raug zoo thiab pom lwm tus neeg lub neej thiab tsev neeg. Kev txuas nrog peb cov khoom siv dhau lawm tuaj yeem ua rau peb lub hlwb ua haujlwm dhau. Teem ciam rau koj tus kheej kom saib koj lub xov tooj tsawg dua, thiab zam cov ntxaij vab tshaus ua ntej yuav mus pw, yog li nws yooj yim dua tsaug zog. Tsis tas li ntawd, nco ntsoov ntau hnub so tau dhau los ua lag luam, nws yog qhov zoo los tsim koj tus kheej qhov tseem ceeb thiab kev coj noj coj ua uas tsis tas yuav suav nrog kev yuav khoom plig lossis siv nyiaj.

Mus Qeeb Thiab Ua Pa

Txawm hais tias haus cov dej sov, ua noj, ntxuav huv si, lossis ntxhov siab txog ib qho kev tshwm sim, sim hloov koj txoj kev xav rau qhov tshwm sim tam sim no. Kev nkag mus rau hauv qhov chaw uas peb nyob txhua lub sijhawm tuaj yeem pab peb kom tsis txhob ntxhov siab. Thaum peb muaj kev ntxhov siab, peb kuj qee zaum tuav peb ua tsis taus pa, txhais tau tias oxygen nkag mus rau lub hlwb tsawg dua. Siv sijhawm los ua kom pom tseeb ntawm kev ua pa, xa cov teeb liab mus rau lub paj hlwb tias txhua yam ua tau zoo thiab pab txo qis kev ntxhov siab uas peb xav tau, ua rau peb nyob rau lub sijhawm tam sim no.

... txuas ntxiv rau nplooj ntawv 7

... txuas ntxiv los ntawm nplooj ntawv 6

Txog Kev Ua Pa Lub Thawv

1. Ua pab tag nrho cov huab cua ntawm koj lub ntsws thaum suav mus rau plaub.
2. Tuav kom suav rau plaub, ua kom koj lub ntsws tag nrho.
3. Ua pa tob, ua pa puv rau suav plaub.
4. Khaws koj lub ntsws tag txog suav rau plaub.
5. Ua qhov no tsawg kawg yog plaub zaug thiab txo tus naj npawb ntawm zaug yog tias koj pib hnov tsaus muag.

Txuas Siab Rau

Ntau yam kev xav yuav tshwm sim rau lub caij so no - kev tu siab uas koj tus hluv tau ploj mus, ua txhaum vim tsis muaj kev zoo siab rau "hnuv so," kev ntshaw mus txuas ntxiv cov kev cai qub lossis cia lawv mus. Tsis muaj txoj hauv kev zoo lossis tsis ncaj ncees rau kev tu siab lossis kev ua koob tsheej, thiab koj txoj kev tu siab tseem ceeb txawm tias koj tu siab lossis nrhiav kev xyiv fab thaum lub sijhawm no. Txuas thiab tham nrog koj cov neeg koj hluv, quaj thaum xav tau, muab koj tus kheej thiab lwm tus muaj txiaj ntsig thaum ua haujlwm kom lees paub cov kev xav nyuaj no. Kev lees paub yog thawj kauj ruam los pib taug kev los ntawm cov kev xav nyuaj no.

Txuas Nrog Tus Neeg Hlub

Txawm hais tias koj nyob ib leeg, ntxhov siab, lossis lwm yam kev xav nyuaj, ua kom nws ntim rau hauv tsuas yog ua rau nws tsis zoo. Kev muaj peev xwm tso siab rau ib tus phooj ywg lossis cov neeg hauv tsev neeg uas ntseeg siab tuaj yeem pab koj ua siab ntev thiab tau txais kev xav. Hloov chaw ntawm kev xa ntawv, txuas hauv xov tooj lossis hauv tib neeg - hnov ib lub suab paub tuaj yeem ua kom txias thiab nplij siab.

Txav Koj Lub Cev!

Kev txav mus los tau txais cov ntshav ntwis thiab coj koj lub siab rau lub sijhawm tam sim no (tsis txhob txhawj txog yav dhau los lossis yav tom ntej). Nws tsis tas yuav tsum tau ua haujlwm ntev, tab sis nws yuav tsum yog qee yam uas koj nyiam, txawm tias nws tsuas yog seev cev rau koj nyiam playlist hauv koj chav.

Nrhiav Kev Txhawb Nqa Ntxiv

Lub neej nyuaj, thiab qee zaum peb xav tau kev txhawb nqa ntxiv. Txawm hais tias nws yog pub dawb pob tawb khoom noj lossis cov khaub ncaws, tsis txhob ntshai lossis txaj muag kom tau txais kev txhawb nqa ntxiv uas koj yuav tsum tau ua kom dhau lub caij so no. Tshawb nrhiav cov ntawv xov xwm hauv zos thiab cov koom haum uas tuaj yeem muab cov peev txheej ntxiv rau lub caij no, nws tuaj yeem pab tshem qee qhov kev ntxhov siab ntawm koj lub xub pwg nyom.

Hnuv so tuaj yeem nyuaj, tab sis lawv tuaj yeem tswj tau ntau dua thaum muaj kev nco qab thiab sijhawm muab tso rau hauv peb txoj kev saib xyuas tus kheej. Cov kev xav ntawm kev nyob ib leeg, kev nyuaj siab, thiab kev ntxhov siab tuaj yeem mus nrog lub caij so, tab sis yog tias koj pom tias lawv hnyav dua lossis ua tsis taus tom qab hnuv so, thov hu rau tus neeg laus uas ntseeg siab lossis kws kho mob hlwb rau kev txhawb nqa.

Yog xav paub ntxiv txog peb lub koomhaum lossis thov kev pabcuam, thov mus saib hauv <https://hcoe.org/yes/>





Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2023

Ntim 26



Nws Tuaj Yeem Ua Yuam

Tus kws sau ntawv Kora Shoemaker



Raws li cov nplooj hloov xim thiab khiav tawm ntawm cov ceg ntoo uas lawv tau daig ib zaug, peb paub tias lub caij nplooj zeeg yog rau peb. Thiab sai li sai tau thaum lub hnub nce thiab nqis, lub caij nplooj zeeg hloov mus rau lub caij ntuj no thiab peb txhua tus tab tom npaj rau hnub so. Cov hnub so yog lub sijhawm tshwj xeeb ntawm lub xyoo. Peb ua kev txi zoo kawg nkaus los qhia peb txoj kev hlub thiab kev ris txiaj rau ib leeg los ntawm kev siv sij hawm hauv chav ua noj ua zaub mov qab rau lwm tus, siv peb cov nyiaj khwv tau los rau khoom plig rau peb cov neeg hlub, tawm hauv peb lub tsev, thiab mus saib tsev neeg thiab phooj ywg txhua tus, vim peb mob siab rau thiab txhawj txoj ib leeg.

Txawm hais tias muaj kev xyiv fab ntau hauv huab cua, kuj tseem muaj kev ntxhov siab thiab tsis xis nyob thaum lub sijhawm no. Peb yuav tsum nco ntsoov peb tus kheej tias tsis ua li cas loj yog **OKAY** yog tsis zoo siab, tsis xis nyob, thiab xav nrhiav kev nyob ib leeg thaum koom nrog cov hnub so, tshwj xeeb tshaj yog thaum nyob ib puag ncig tsev neeg. Tej zaum nws yuav pab tau rau kev txiaj txim siab hloov maj mam rau peb cov phiaj xwm hnub so kom muaj kev lom zem ntau dua. Qhov no tuaj yeem suav nrog kev teeb tsa thiab tswj ciam teb nrog peb tus kheej lossis tsev neeg, ua kom muaj chaw nyab xeeb mus rau yog tias xav tau, lees nqa yog leej twg, thiab / lossis teem caij luv luv tag nrho. Txawm li cas los xij, UA NWS, thiab tso txhua qhov kev txhaum lossis kev txaj muag uas los nrog nws. Txhua leeg thiab txhua tus tsim nyog tau txais kev zoo siab thiab muaj kev nyab xeeb.



Yog tias peb muaj kev ntxhov siab lossis nyuaj siab, nkag siab tias nws yog **OKAY** los siv kev txhawb nqa. Rau ib txhia, kev txhawb nqa los ntawm ib tus phooj ywg, tsev neeg, thiab / lossis lwm qhov chaw. Muaj cov neeg saib xyuas thiab xav nyob ntawd rau peb thaum xav tau. Muaj zoo rau lub caij, thiab saib xyuas koj tus kheej.

Pab pawg North Coast Rape Crisis muaj 24 teev /7 hnub los txhawb cov neeg muaj txoj sia nyob ntawm kev liam sim thiab cov neeg lawv hlub; tshwj xeeb tshaj yog thaum lub caij so.

North Coast Rape Crisis Team

24/7 Txhawb Kab Sijhawm xa ntawv hauv xov tooj

Humboldt
(707)445-2881

Del Norte
(707)465-2851

Monday-Friday
8:30 AM—4:30 PM
(707)382-5174



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

<https://ncrct.org/>



North Coast
RAPE CRISIS TEAM

Eel River Valley & Southern Humboldt Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Mus saib 211Humboldt's Holiday Resource List (Daim Ntaww Qhia Hnub So Cov Peev Txheej) kom pom cov zaub mov kub pub dawb, khoom plig, thiab khoom ua si hauv koj cheeb tsam.

1

2



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4



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7

8

[Peter thiab Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
7:30 pm
Nqe: \$16-18

[Taws Teeb Tsheb Ua Yeeb Yam Hauv Fortuna](#)
Redwood Village Shopping Center
701 S. Fortuna Blvd.
Fortuna
6:00 pm

9

[Peter thiab Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Nqe: \$16-18

[Santa Claus hauv Ferndale](#)
405 Main Street Ferndale
10:30-11:30 am

[Loleta Hnub So Khoom Siv Tes Ua Kiab Khw](#)
824 Loleta Drive
9 am-4 pm

10

[Saib Noog ntawm Tsiaj Qus Lub Chaw Nkaum](#)
Humboldt Bay Wildlife Refuge
1020 Ranch Rd.
Loleta, CA
9 am

[Loleta Lag Luam Muag Khoom Ncaij So](#)
824 Loleta Drive
9 am-4 pm

[Peter thiab Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Nqe: \$16-18

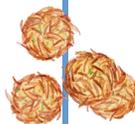
[Fortuna Christmas Suab Paj Nruag Ua Yeeb Yam](#)
Fortuna River Lodge
1800 Riverwalk Dr., Fortuna
3-5:30 pm

11



12

13



14

15

[Peter thiab Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
7:30 pm
Nqe: \$16-18



16

[Peter thiab Star Catcher](#)
[Ferndale High Gift Wrapping Fundraiser](#)
484 Main Street Ferndale
11 am-4 pm

[Scotia Saxes hauv Ferndale](#)
Main Street Ferndale
12-2 pm

[Southern Humboldt's Lub Nroog Me Lub Christmas](#)
Southern Humboldt Chamber of Commerce Chaw nres tsheb
782 Redwood Drive
Garberville
1-5 pm

[Garberville Lighted Truck Parade](#)
Pib ntawm Redway Elementary
344 Humboldt Ave.
Redway / Garberville
5:30-7:30 pm

17

[Peter thiab Star Catcher](#)
Ferndale Repertory Theatre
447 Main St. Ferndale
2 pm
Nqe: \$16-18

[Taws Teeb Tsheb Ua Teb Ua Yeeb Yam](#)
Main Street Ferndale
Pib ntawm Main St. & Ocean Ave.
(707) 786-4299

18



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23

[Ferndale High Gift Wrapping Fundraiser](#)
484 Main Street Ferndale
11 am-4 pm

24



25



26



27

28



29



30/31



Arcata Cov Haujlum Ua Haujlum Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Mus saib 211Humboldt's Holiday Resource List (Daim Ntawv Qhia Hnub So Cov Peev Txheej) kom pom cov zaub mov kub pub dawb, khoom plig, thiab khoom ua si hauv koj cheeb tsam.

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[Arcata Cov Kos Duab](#)
Arcata Plaza
(707)822-4500
4-8 pm



9

[Arcata Cov Ua Teb Qhov Kiab Khw](#)
Arcata Plaza

[Arcata Tsiaj Qus Saib Noog](#)
Arcata Marsh & Wildlife Sanctuary
South "I" Street Parking Lot
8:30-11 am

[Hnub So Khoom Siv Tes Ua Kiab Khw](#)
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy.,
Arcata
10 am-5 pm
Nqe: \$1

[Arcata Ncig Saib Hav Iav](#)
Arcata Marsh & Wildlife Sanctuary
569 South "G" Street
2-3:30 pm

10

[Hnub So Khoom Siv Tes Ua Kiab Khw](#)
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy., Arcata
10 am-4 pm
Nqe: \$1

[Santa, Tsheb ciav hlau, & Khoom qab zib Canes](#)
The Samoa Roundhouse
930 Vance Avenue
11 am-2 pm

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16

[Arcata Cov Ua Teb Qhov Kiab Khw](#)
Arcata Plaza

[Arcata Tsiaj Qus Saib Noog](#)
Arcata Marsh & Wildlife Sanctuary
South "I" Street Parking Lot
8:30-11 am

[Arcata Ncig Saib Hav Iav](#)
569 South "G" Street
2-3:30 pm

[Samoa Lub Menyuum Roob Xuab Zeb Thiab Tej Hav Dej Coj Taug Key](#)
Arcata
(707) 444-1397
10 am-12:30 pm



17



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23

[Arcata Cov Ua Teb Qhov Kiab Khw](#)
Arcata Plaza

[Arcata Tsiaj Qus Saib Noog](#)
Arcata Marsh & Wildlife Sanctuary
South "I" Street Parking Lot
8:30-11 am

[Arcata Ncig Saib Hav Iav](#)
569 South "G" Street
2-3:30 pm

24



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27



28



29



30/31

[Arcata Cov Ua Teb Qhov Kiab Khw](#)

[Arcata Tsiaj Qus Saib Noog](#)
8:30-11 am

[Arcata Ncig Saib Hav Iav](#)

Eureka Cov Haujlum Ua Haujlum Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Mus saib 211Humboldt's Holiday Resource List (Daim Ntawv Qhia Hnub So Cov Peev Txheej) kom pom cov zaub mov kub pub dawb, khoom plig, thiab khoom ua si hauv koj cheeb tsam.

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[Santa Claus Hauv Eureka](#)

Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

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9

[Eureka Christmas Tsheb Ua Yeeb Yam](#)

Pib ntawm Redwood Acres Fairgrounds
6-7:30 pm

[Santa Claus Hauv Eureka](#)

Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

10

[Redwood Acres Kiab Khw](#)

3750 Harris St. Eureka
9 am-3 pm
Nqe: \$3, cov menyuum yaus
hnub nyoog qis dua 12 xyoos
pub dawb, Chaw nres tsheb
pub dawb

[Santa, Tsheb ciav hlau, & Khoom qab zib Canes](#)

The Samoa Roundhouse
930 Vance Avenue
(707) 499-8481
11 am-2 pm

[Santa Claus Hauv Eureka](#)

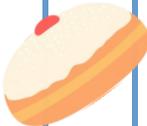
Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

11

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15

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo
3414 "W" Street
Nqe: \$4
5:15-7:15 pm



16

[Salty Santa Nkoj Parade](#)

Lub Eureka Waterfront
Pib ncig Waterfront Drive & "M" Street
10:00 am

[Santa Claus Hauv Eureka](#)

Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo
3414 "W" Street
Nqe: \$4
5:15-7:15 pm



17

[Santa Claus Hauv Eureka](#)

Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo
3414 "W" Street
Nqe: \$4
5:15-7:15 pm

18

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22

[Duab nrog Santa! Koj Snap!](#)

Keeb Kwm Eagle House
139 2nd St
(707) 444-3344
4-8 pm

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo
3414 "W" Street
Nqe: \$4
5:15-7:15 pm

23

[Santa Claus Hauv Eureka](#)

Old Town Gazebo
2nd & "F" Street
(707) 442-9054
12-3 pm

[Duab nrog Santa! Koj Snap!](#)

Keeb Kwm Eagle House
139 2nd St
(707) 444-3344
3-6 pm

[Zoo Lights: Holiday Extravaganza](#)

24



25

26

27

28



29

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo
3414 "W" Street
Nqe: \$4
5:15-7:15 pm



30/31

[Zoo Lights: Holiday Extravaganza](#)

Sequoia Park Zoo
3414 "W" Street
Nqe: \$4
5:15-7:15 pm





Ua Caij Nyoog Tau Yooj Yim

Caij Ntuj No 2023

Ntim 26



Pawg Saib Xyuas Kev Tiv Thaiiv Kev Ua Phem Rau Menyuum Yaus Ntawm Lub Nroog Humboldt yog ib lub koom haum tsis yuav nyiaj pab txhawb nqa uas ua haujlwm txhawm rau tshem tawm kev tsim txom menyuum yaus thiab tsis saib xyuas menyuum yaus hauv peb lub zej zog los ntawm (1) sib zog ua kom muaj kev sib koom tes thiab cov cai tswjfwam rau kev tiv thaiiv, kev cuam tshuam thiab kho kev tsim txom menyuum yaus nrog coob lub koom haum, (2) nquag txhawb nqa cov kev pabcuam zoo uas txo qis kev tsim txom menyuum yaus thiab tsis saib xyuas menyuum yaus thiab (3) ua kom muaj kev paub txog pej xeem cov peev txheej los pab tiv thaiiv kev tsim txom menyuum yaus thiab txo kev ntxhov siab hauv tsev neeg.

CAPCC Lub Hom Phiaj

Txhim kho kev sib txuas hauv zej zog los txhawb kev nyab xeeb, noj qab haus huv, cov menyuum yaus thiab cov tsev neeg muaj kev nyob zoo hauv lus nroog Humboldt.



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



Ua ib tsaug rau tshwj xeeb:

Forrest Archer
Dora Saso
Kora Shoemaker
Jan Bramlett
Leah Lamattina
Jaguar Smith

Autumn Spears
abby hamburg
Krista Mashburn
Jeanne Gordon
Jennifer Gonzales

Tub neeg kho ntawm xov xwm:

Lauren Dahl
Yog mauj lub taw qhia ntxiv lossis lus nug hu rau Lauren Dahl ntawm

capccumboldt1@outlook.com

707-601-4105

Thov xav koom nrog peb los tsim kom muaj kev nyab xeeb hauv zej zog rau peb cov menyuum yaus thiab ua tiav daim ntawv thov kev koom tes dav dav, txheej txheem luv luv thiab dawb kiag li. Nws muaj nyob rau ntawm peb lub vev xaib: www.capccumboldt.org.