

Simplify The Season



Investing and Building Intentional Relationships, Ubuntu

By Florence Parks

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



Research shows that the best indicator for a thriving adult is their familial relationships growing up, often with parents, but also with those who stand in the gap.

Take a moment to reflect on those that have impacted your journey, who were the people in your life that got through difficult times with you?

The power of a healthy relationship can impact all our lives. Ubuntu is a way of being, an ancient African inspired ethos which speaks to the

essence of why building and investing in relationships matter for each of us no matter our age. This word holds the power of relationships at its essence and has its own core values of survival, spirit of solidarity, compassion, respect, and dignity. The building blocks to protective webs and community.

Most formal programs addressing environmental change aim to identify and build community. The most impactful programs are designed to engage families while inspiring this in youth early. However, they often fail at identifying the skills that one needs to create long lasting connections. Youth initiated mentoring efforts far outperform other models of mentoring efforts. When our intrinsic desires motivate us there is truly no end to the benefits and outcomes of a strategy. There are five elements of a relationship that are foundational and should be taught to each of us.

The first of these five strategies is to listen deeply. Often called active listening, this is when a person puts down their own purpose and opens themselves up to hearing the heart of their friend, allowing for an authentic connection that will deeply move both individuals. Dare I say, connect them for life. This leads to the second relationship building asset, to be transparent about your desires, needs, hopes and goals. When we are vulnerable enough to share of ourselves in this way we provide balance and safety in our relationships.

The third and fourth aspects of relationship are to have healthy expectations and establish boundaries. These two can often be one action, taking the time to understand why this relationship is valuable for us, our values, how they align and differ. We protect one another through setting boundaries, and we confirm

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Ubuntu is a way of being, an ancient African inspired ethos which speaks to the essence of why building and investing in relationships matter for each of us no matter our age.





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our values in these actions. Which will ensure the long-lasting impact of the relationship. Lastly setting a plan for growing in our relationships and committing ourselves to grow together, having new experiences, laughing, crying, and establishing a dialectal together all attribute to growth and the dynamics of Ubuntu.

May you be inspired in some small way to research your Ubuntu, as you listen more deeply, provide transparency, explore your expectations, and set boundaries as you grow your community, because the power of relationship lies in each of us.



Big Brothers Big Sisters of the North Coast

Address

428 C Street, Suite G
Eureka, CA 95501
(P) 707-445-4871
(F) 707-445-1405



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

<https://ncbbbs.org/>



**Big Brothers
Big Sisters.**
OF THE NORTH COAST

Affirmations for Winter By Forrest Archer

Affirmations are helpful little sayings we can practice every day to improve our mental well-being and image of our inner selves. With all our stress and worry, taking a few minutes each day to remind ourselves to cherish the little things can make a big difference over time. Here are a few of my favorite affirmations for the winter season. I left some space at the end for you to write your own! Affirmations are short, specific, and usually (but not always) start with "I...".

1. I embody warmth.
2. I am thankful for what I have.
3. I give myself permission to ask for help.
4. I give myself permission to set boundaries and say no.
5. I allow myself to slow down and rest.
6. It's ok to be lonely and I can practice being kind to myself.
7. My body deserves nourishment and care.
8. I don't have to feel bad for enjoying food.
9. I embrace imperfect moments.
10. _____
11. _____



Family Favorite Recipes: Greek Cookies By Melissa Reed

I remember snacking on these cookies every time I visited my grandparents for Christmas. Always made so lovingly by my grandma, whose family is Greek, these cookies are an adaptation of the classic “kourabiedes” that many Greeks associate with the winter holidays. And the best part is, they don't require many ingredients!

Ingredients:

- 2 cups of flour
- 1/4 cup of honey
- 1 cup of butter



- 1/2 teaspoon of salt
- 2 teaspoons of vanilla
- 2 cups of chopped walnuts
- Powdered sugar

Instructions:

1. Preheat the oven to 350 degrees F. Grease or line a cookie sheet with parchment.
2. Cream together the butter, honey, salt, and vanilla.
3. Gradually mix the flour in with the creamed batter.
4. Stir in the chopped walnuts.
5. Roll each cookie into a ball about the size of a walnut.
6. Place on cookie sheet and bake for about 10-15 minutes.
7. After they have cooled completely, roll each cookie in powdered sugar. Enjoy!

RECIPE FOR: *Greek Cookies*
 SOURCE: *Aunt Elaine Norton*
 PREPARATION TIME: ? SERVINGS: ?

2 c. flour
1/4 c. honey
1 c. butter
1/2 tsp. salt
2 tsp. vanilla
2 c. walnuts



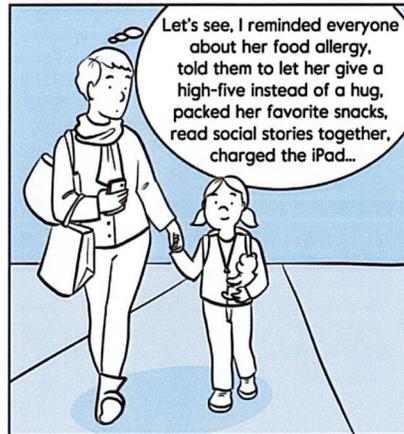
Cream butter, honey, & other ingredients. Shape in ball the size of a walnut. Place on greased cookie sheet. Bake at 350° for 10-15 minutes (?). Roll in powdered sugar after cooled completely.



The Changing Tides Family Services Family Empowerment Center (FEC) for Disabilities is open to the community.

Families, caregivers, and individuals can directly access services and support for anyone between the ages of 3 and 22.

The purpose of the FEC is to support children, teens, and young adults with their caregivers to fully understand, participate, and advocate in their planning for special education services, whether there is an existing educational plan, diagnosis, or just a general concern.



by Brittany Long Olsen for Undivided

This is done by providing ongoing education, training, and connection opportunities. As other services needs are identified, FEC Navigators refer participants to community resources including Family Resource Centers. FEC staff on all levels are committed to outreach and collaboration with all partners in Humboldt County.

Family Empowerment Center for Disabilities

Supports Individuals, Families and Caregivers of Children 3 to 22



- IEP/504 Assistance and Training
- Transition Support and Planning
- Parenting Support Classes
- Bilingual Spanish Services Available

Individualized Support through our FEC Navigators

🏠 2249 Myrtle Avenue, Eureka, CA 95501
 📞 (707) 444-8293
 ✉️ FEC@changingtidesfs.org

SCAN QR CODE FOR FEC RESOURCE PADLET



FUNDED BY THE CALIFORNIA STATE DEPARTMENT OF EDUCATION, SPECIAL EDUCATION DIVISION

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Changing Tides Family Services
Family Empowerment Center for Disabilities



UPCOMING *Trainings*

Whether you are about to begin the journey into Special Education or you are preparing for the future, we are here to help you break down the IEP process and make sure you feel more prepared for what to expect going forward.

- October 16 - IEP Basics
- November 13 - IEP Deeper Dive
- December 11 - Effective Communication

Two Time Slots Available - Se Habla Español

 **9:30–11:00 AM - IN PERSON**
6:00–7:00 PM - ZOOM



 Learn about the IEP process and tools for success.

 Ask questions, talk with others, and share your experience.

Scan QR Code
for FEC Padlet



Contact Us for More Information and ZOOM Links

 Our Location
2249 MYRTLE AVE - EUREKA, CA



 Phone: **(707) 444-8293**  Email: **FEC@changingtidesfs.org**
<https://changingtidesfs.org>



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A Grateful Look Back at the First 5 Humboldt Symposium



Images from First 5 Humboldt Facebook

On Friday, September 27th, family service providers from across our community gathered for First 5 Humboldt's Annual Symposium. This year's theme focused on resilience, community care, and reimagining transformative changes in the systems supporting our children and families.

Guided by Nkem Ndefo and Desiree Magsombol from Lumos Transforms, participants engaged in workshops and discussions, using the Appreciative Inquiry method to deeply explore these vital themes. Together, we addressed pressing issues facing social service providers, fostering an atmosphere of connection and mutual support.

We extend heartfelt gratitude to everyone who contributed to the rich conversations and collaborative spirit throughout the day. It was inspiring to witness teams sharing openly, building meaningful connections, and co-creating impactful art. We hope everyone departed with fresh insights and practices to carry forward in their work.



First 5 Humboldt Fall Classes

Our fall and winter Triple P programming is in full swing! In partnership with Paso a Paso, we recently hosted a successful Spanish-language Triple P Positive Parenting series in October, warmly received by families throughout our community. Additionally, we are excited to reflect on our June Triple P classes in Orleans in collaboration with Orleans elementary school, where families came together for meaningful learning and connection. Building on this momentum, we're now ...continued on page 7

FALL/WINTER '24/25 **TRIPLE P POSITIVE PARENTING SERIES SCHEDULE**

NOV '24 **TRIPLE P**
NOV 19, 20, 21
5:30- 7:00PM VIRTUAL

JAN '25 **TRIPLE P**
JAN 22 & 29; FEB 3
1-2:30PM GENE LUCAS COMMUNITY CENTER, FORTUNA

FEB '25 **TRIPLE P**
FEB 20 & 27; MARCH 6
4:30 - 6PM VIRTUAL *TIME SUBJECT TO CHANGE

No classes in Dec, due to holidays

A TRIPLE P SESSION WILL BE OFFERED MONTHLY. FUTURE DATES AND LOCATIONS WILL BE RELEASED AS THEY ARE PLANNED. CHECK OUR WEBSITE AND OUR SOCIAL MEDIA FOR MORE INFORMATION

Interested? Send us a text to know when registration opens!

First 5 HUMBOLDT **Triple P Positive Parenting Program**

(707)506-6202 Find us @First5humboldt

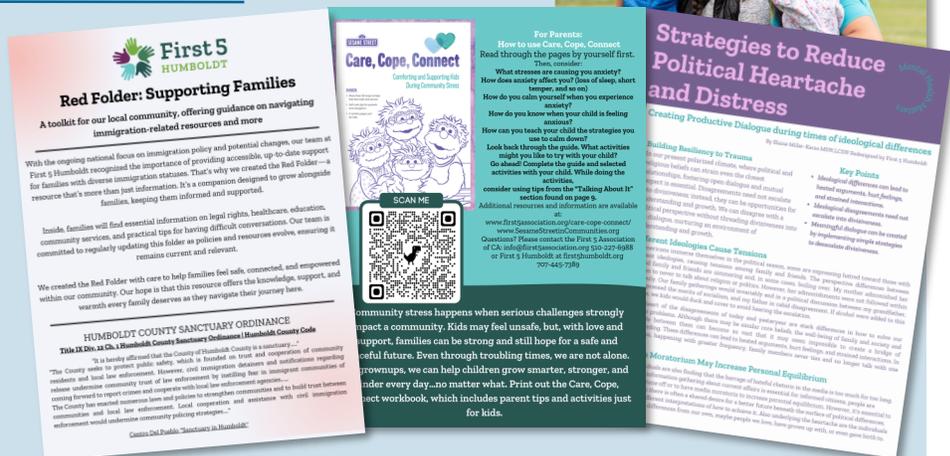
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offering a monthly parenting series with both virtual sessions and in-person classes across the county, ensuring families can join from wherever they are. Check out our schedule!

These classes feature culturally relevant content and are designed to equip parents with positive parenting tools and resilience-building practices. Through collaboration with local community organizations, we're committed to creating safe, inclusive spaces that honor each family's unique strengths and values. Check out our schedule and join us as we continue to learn and grow together!

First 5 Humboldt New Resource: The Red Folder

We're excited to introduce the Red Folder, a new resource now available on our website! This living guide is crafted to support families and caregivers by providing essential information, resources, and contacts in one easy-to-access place. Specifically tailored to address immigration concerns and adapt to evolving policies, the Red Folder includes guidance on accessing community services, tips for family resilience, and additional resources focused on the unique needs of our community.



Our goal is to make it simple for families to find the support they need, exactly when they need it. We hope this tool becomes a trusted resource for families navigating challenging situations or seeking guidance on parenting and family well-

being. Visit our website to access the Red Folder or contact us for a physical copy—and please share it with those who may benefit from this comprehensive support tool.

<https://www.first5humboldt.org/for-families/red-folder/>

First 5 Humboldt

Address
325 Second Street,
Ste. 201
Eureka, CA 95501
(P) 707- 445-7389
(F) 707-445-7349

Hours
Monday through
Thursday
9:00 am – 5:00 pm
Fridays, 9:00-noon
or by appointment



@first5humboldt

<https://www.first5humboldt.org>



**First 5
HUMBOLDT**
Tomorrow Starts Today



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Getting to Know: Food for People

Monthly Income Eligibility Guidelines

- Household of 1 = \$2,949.25
- Household of 2 = \$4,002.83
- Household of 3 = \$5,056.42
- Household of 4 = \$6,110.00
- Household of 5 = \$7,163.58
- Household of 6 = \$8,217.17
- Household of 7 = \$9,270.75
- Household of 8 = \$10,324.33
- Over 8 = Add \$1,053.59 each

Food for People offers a variety of programs designed to act as a safety net for Humboldt County community members. Their goal is to address the root causes of hunger in Humboldt and provide households and individuals with the supplemental food they need.

In Eureka, Food for People provides income-eligible community members access to nutritious food at the Choice Pantry once a month to offset the rising costs of food. The Choice Pantry is located at 307 W. 14th St in Eureka and is open 10 am – 3:45 pm on Tuesdays, Wednesdays, and Fridays (closed 12:30 - 1:30).

Call (707) 445-3166 to make an appointment. Walk-ins are welcome after 1:30 pm.

Images from the Food for People website

“When people come here to the Eureka Choice Pantry once a month for groceries...it off sets the stress they experience with rising costs.

Every family has equal access to the pantry with minimum income guidelines. Which you can find on their website.

We’re helping families survive the higher costs of food this year so families can stretch their budgets and buy that special gift.

Remember that letting others help you is a gift for them and takes the stress off of yourself, because we know you will pay it forward. When people share, people who get help often pay it forward...there are a lot of generous people who give in multiple ways through the holidays. It’s what the holidays are all about.” -Julie Ryan, Food for People Volunteer Manager

Find a pantry close to you by using the Countywide Pantry Network on the Food for People website at <https://foodforpeople.org>.

9th Annual!
HUMBOLDT HOLIDAY FOOD DRIVE

Drop off & donate: **DECEMBER 12 • 3-6 PM**
EUREKA SAFEWAY

MIKE MCGUIRE
STATE SENATOR

KHUM
104.7FM-104.3FM

Food for People

Address

307 W. 14th St.
Eureka, CA 95501
(P) 707- 445-3166
(F) 707-445-5946



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

<https://www.foodforpeople.org/>



Food for People

The Food Bank for Humboldt County



Eel River Valley & Southern Humboldt Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.



13
[Fortuna Electric Lighted Truck Parade](#)
 Main & 12th Streets
 Fortuna
 6:00 pm

[Winter Arts Faire](#)
 Mateel Community Center
 59 Rusk Lane
 Redway, CA 95560
 4-9 pm

[Sparkling Light Spectacular at the Fairgrounds](#)
 1250 5th Street
 Ferndale, CA
 November 29th to December 24th, closed Mondays and Tuesdays except the 23rd and 24th.
 6:30-9:00 pm

14
[Winter Arts Faire](#)
 Mateel Community Center
 10 am-6 pm

[Annual Holiday Boutique](#)
 308 Humboldt Ave.
 Redway, CA 95560
 10 am-6 pm

[Loleta Holiday Market](#)
 824 Loleta Drive
 9 am-4 pm



15
[Winter Arts Faire](#)
 Mateel Community Center
 10 am-6 pm

[Annual Holiday Boutique](#)
 308 Humboldt Ave.
 Redway, CA 95560
 10 am-5 pm

[Loleta Holiday Market](#)
 824 Loleta Drive
 9 am-4 pm

[Lighted Tractor Parade](#)
 Main Street Ferndale
 Starts at Main St. & Ocean Ave.
 (707) 786-4299
 5-8 pm

[Art & Nature at the Refuge](#)
 Humboldt Bay Wildlife Refuge
 1020 Ranch Rd.
 Loleta, CA
 1-4 pm Drop-in

16

17

18

19

20

21

[Southern Humboldt's Small Town Christmas](#)
 Southern Humboldt Chamber of Commerce Parking Lot
 782 Redwood Drive
 Garberville
 1-8 pm



22

23

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29

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31

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4



Northern Humboldt Activities Calendar

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.

13
[Season of Winter and Light](#)
Arcata Plaza
4-7 pm

14
[Holiday Craft Market](#)
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy., Arcata
10 am-5 pm
Price: \$2



15
[Holiday Craft Market](#)
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy., Arcata
10 am-4 pm
Price: \$2

[Holidays in Trinidad](#)
Crafts Fair
Trinidad School
9:30 am-3:30 pm
Indie Crafts Fair
Town Hall
10 am-4:30 pm
Santa's Lighted Boat Parade
Town Hall
6 pm



20

21
[Arcata Farmer's Market](#)
Arcata Plaza

[Arcata Marsh & Wildlife Birdwalk](#)
Arcata Marsh & Wildlife Sanctuary
South "T" Street (Klopp Lake)
8:30-11 am

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

[Sunset Yoga](#)
Humboldt Coastal Nature Center
220 Stamps Ln
Arcata (Manila), CA 95521
4-6 pm

[Samoa Dunes & Wetlands Guided Walk](#)
Arcata
Call for details, RSVPs required
(707) 444-1397



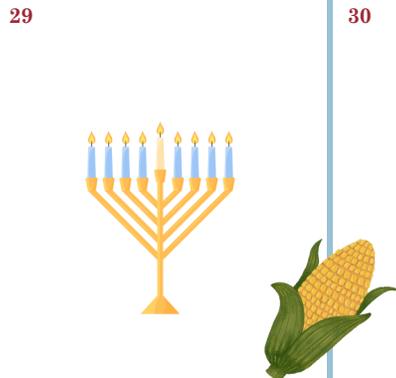
25
[Arcata Marsh Christmas Day Walk](#)
Arcata Marsh Interpretive Center
569 S G Street
Arcata, CA
10 am-11:30 am



28
[Arcata Farmer's Market](#)
Arcata Plaza

[Arcata Marsh & Wildlife Birdwalk](#)
Arcata Marsh & Wildlife Sanctuary
South "T" Street (Klopp Lake)
8:30-11 am

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



31
[New Year's Walk & Meditation](#)
Prairie Creek Redwoods State Park
Newton B. Drury Scenic Parkway, Mile marker 127.96 CA
11 am-1 pm
Visit website to reserve

1
[Arcata Marsh New Year's Day Walk](#)
Arcata Marsh Interpretive Center
569 S G Street
Arcata, CA
10 am-11:30 am



4
[Arcata Farmer's Market](#)
Arcata Plaza

[Arcata Marsh & Wildlife Birdwalk](#)
Arcata Marsh & Wildlife Sanctuary
South "T" Street (Klopp Lake)
8:30-11 am

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

Eureka Activities Calendar

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.



13

14

[Eureka Truckers Parade](#)
Begins at Redwood Acres Fairgrounds
6 pm

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

[Family Arts Day](#)
Morris Graves Museum of Art
636 F Street
Eureka, CA 95501
2-4 pm



15

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

[Partnership in Music Orchestra Holiday Performance](#)
Eureka Woman's Club
1531 J Street
Eureka, CA
2 pm

16



17

18

[Free Phones](#)
Betty's Day Center
133 7th St.
Eureka, CA
2-4 pm
Must have a valid CA ID and current CalFresh card or Medical benefits card or SSI/SSDI (bring benefits letter)
(707)407-3833

19

20

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

21

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm



22

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

[Afternoon of Jazz at MGMA](#)
Morris Graves Museum of Art
636 F Street
Eureka, CA 95501
3-5 pm
Price: \$2-5, under 18 free

23

[Free Prime Rib Dinner](#)
Betty Kwan Chinn Homeless Foundation
Eureka Municipal Auditorium
1120 F St.
Eureka, CA 95501
4-6 pm

24

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

25



26



27

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

28

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm



29

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm



30

31

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm



1

2

3

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

4

[Zoo Lights: Holiday Extravaganza](#)
Sequoia Park Zoo
3414 "W" Street
Price: \$4-5
5-8 pm

[Arts Alive](#)
Old Town Eureka
6-9 pm



Simplify The Season

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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](https://www.instagram.com/capcchumboldt)



Special Thanks to:

Florence Parks
Forrest Archer
Melissa Reed
Dora Saso
Karina Vazquez Lopez

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.