



ACTION NETWORK

Creating community wellness & strengthening families

@The Center

200 Main Street

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Dear Friend of Action Network,

Over the past 18 months we have been reminded daily of the value of human connection in our lives -- family, friends, and community -- are essential threads that sustain our health and wellbeing and remind us that we are never alone. During this challenging time of the pandemic, Action Network has been providing safe havens for youth; addressing social, economic, and racial equity; supporting families struggling to put food on the table and clothe their children; and curating events to bring our community together.

Although Action Network has had the daunting task of providing services to an increasing number of people living on the Redwood Coast – where 70% of families live in poverty – we have been able to meet the moment in the wake of COVID. Through our hard work and innovative programs and events, we have assisted families and youth to navigate the difficulties of social isolation, unemployment, mental health issues, substance abuse, domestic violence, and homelessness. Action Network is the only organization in the region, from Elk to Timber Cove, that offers services, programs and resources to families, youth, and individuals to support healthy, successful lives.

Today, I ask that you consider making an end of year gift to Action Network to support our critical work. Your generosity will allow Action Network to continue to bring opportunities and much needed services to the community we all share. You can donate by:

- **Send a check to Action Network: P.O. Box 932, Point Arena, CA 95468**
- **Donate online through the Action Network website (click on the donate button on the top left) www.actionnetwork.net**

Last year individual gifts helped fund and helped us build on our programs, provide jobs and mentorships for teens, expand our outdoor youth program, offer wellness education programs, create fun community events, and more. In 2021, we moved to our new location in downtown Point Arena and created both virtual and in-person programs that brought our community together.

Please support Action Network's efforts in creating a vibrant, healthy, and connected community.

Warmly,

Thais Mazur, PhD
Executive Director

Action Network 2021 Highlights

In 2021, we renovated the donated bank building and moved our offices to 200 Main Street, Point Arena! Drop in and visit us at The Center.

Notable highlights include:

- **Bright Beginnings**
In August 2021, we relaunched our signature early childhood program for children and families ages 0-5 at Horicon Elementary School. The goal is for children and their families to socialize and play together in a safe and healthy way.
- **Teen Action Project**
The pandemic was especially difficult for our local teens, and we were able to continue offering programs online. The program's goals are to inspire leadership, bring awareness of substance abuse issues, build meaningful mentorships, and build healthy social interactions.
- **Garden Together Project at the Point Arena Community Garden**
We offer weekly garden time for families and individuals to learn about growing and harvesting food, soil preparation, and enjoy working with others in a beautiful outdoor environment.
- **Food Access Program**
In collaboration with OZ Farm, we distribute crates of fresh organic produce to families in need. In 2022, we will participate in community education events focused on food security and health.
- **Coastal Connections**
We offered our outdoor youth day-camp, with participants exploring the natural environment and learning about the diverse flora and fauna on land and in the ocean on the Redwood Coast.
- **Community Events**
The Point Arena Community Park came alive during Pride in the Park and Fall Night Out and we are looking forward to bringing these events, once again, to the community in 2022.
- **Community Mental Health Equity Project**
In collaboration with Sonoma County Indian Health Project, we are working with rancherias to offer education on building skills for promoting health and wellness.
- **Bi-lingual Family Advocacy and Marriage Family Therapy**
This year we began offering no-cost therapy services.
- **Legal Advocacy Services**
We launched a new program offering supportive services for individual and family legal issues.
- **Hand in Hand Human Trafficking Prevention Project**
This new project offers culturally relevant and responsive community education and prevention around issues of human trafficking, sexual assault, and domestic violence, and addresses the challenges faced in accessing comprehensive and effective victim services in the region.
- **Community Partnership Activities**
We collaborated with Redwood Coast Land Conservancy and Adventure Rents to provide a Kayak Adventure on the Gualala River for families to experience community in nature.

