



Action Network Family Resource Center

# March Newsletter

Issue No. 3 | March 2023



Action Network, *The Center* at 200 Main Street in the heart of Point Arena serving the Redwood Coast region. A NEW "Action Network" sign is in the works!

## Winter on the Coast

Greetings from the team at Action Network! Our year started off with heavy winter storms impacting every aspect of our community. Action Network served locals and visitors alike, during power outages and road closures. Employees who could make it to the office assisted over 50 people in need over the course of a few days, sometimes without having power, a working phone or internet. This situation made it inevitably clear that Action Network serves as a community

hub, a place people turn to for help in times of need, especially for local information. The City of Point Arena was extremely responsive as well, and we are grateful to have the ability to join in relief efforts and witness the resilient nature of our community. Due to the severity of the winter weather in January, Action Network was among several community organizations to receive a grant from the Community Foundation of Mendocino to provide emergency

financial assistance to families and individuals impacted by damage from the storms. Emergency financial aid is still available until the funds are all distributed.

Action Network continues to be a safe space for our community to support the growing and changing needs of community members that live here. You will find a summary of our last few months, and a peak at upcoming programs and events in the seasons ahead.

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# Winter Programs & Beyond

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## Hometown Holidays

Community and Family Advocate, Christian Diaz, organized and hosted a Gaming Tournament during the annual downtown Point Arena Hometown Holidays event in December. This was a fun way to celebrate the end of a busy year while gathering with families at The Center. There were 20 youth signed up for the tournament, most of whom attended while their families were invited to enjoy pizza, snacks and craft making projects. In between bursts of heavy rain, some families also chose to shop around town and visit the local merchants and pop-up events during the tournament. One grand prize winner and two runners-up were awarded for their gaming skills, and took home prizes like gift certificates to Franny's Cup & Saucer and Center Street Market, sweet treats, and of course, bragging rights. The youth are continuing to build more skills at Gaming Club with Christian, currently offered after school on Wednesdays and Fridays in Room 8 at Point Arena High School.

Christian's next venture is the Film Club, began on March 16! This after school club will be on Tuesdays at Action Network and Thursdays at 3:30pm in Room 8 at the high school for ages 11-18. Youth will learn basic film making skills such as editing, screenwriting, and camera operating, with an overall intention of connecting to where they live, and encouraging students to express their perspective through the lens of the camera as an integral piece of Action Network's Youth Environmental Stewardship program.

## Youth Environmental Stewardship

Action Network was recently awarded a Youth & Climate grant from the Center for Disease Control Foundation (CDCF) to support the Youth Environmental Stewardship program. This funding support expands the capacity for the program with additional staff and a wider range of possibilities for youth education, such as field trips, and local nature discovery events. Audrey Lareau has joined the Action Network team providing Youth Community Services as a piece of this expansion. She is offering environmental education opportunities during intersession times when school is out, part of which is also supported by the Enrichment Learning Opportunities Program (ELOP) from the Arena School District. This program will be offered to students from Arena Elementary in grades K-6th grade, with collaborative efforts from the schools and Action Network staff to connect students to learning outside of the classroom setting. Some exciting trips and adventures are in the works for Spring Break and Summertime in 2023!



Hometown Holidays - crafting, ping-pong, pizza, snacks and family time at the Gaming Tournament.

**Action Network  
Film Club**

Join us and learn the skills  
to make a film.

Learn editing, screenwriting,  
camera operating,  
and other film techniques

**Ages: 11 - 18**

**First Day: March 16**

**Tuesdays: 3:30pm @Action Network**  
**Thursdays: 3:30pm @Point Arena High School, Room 8**

Contact for more info:  
christian@actionnnetwork.net  
info@actionnnetwork.net  
707-882-1691

Film Club flyer created by Christian Diaz.

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# Winter 2022-23

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## School Services / SEL Coaching

The integration of school based services to meet the needs of youth has been an incredible way to reach students who need support, as well as their families. Sienna Wetherington, Youth Programs Manager and Educator has been working with the Pacific Community Charter School (PCCS) site since 2021, as well as Manchester Elementary throughout 2021 and 2022, with Clinical Supervision and support from Miles Clark, Licensed Marriage and Family Therapist (LMFT). Miles provides clinical support for Action Network staff working directly with youth, while also acting as Liaison to the Point Arena School District, and Behavioral Health Counselor and Therapist for clients at Action Network. His role has enabled Action Network staff to streamline services being offered with outreach and consistent communication with school counselors, teachers, and administrators, as well as other resource agencies.

During Springtime, Action Network staff teaches Sex Education and Puberty Talks at Pacific Charter Elementary and High School. This educational series is led by Sienna Wetherington, Christian Diaz - Bilingual Advocate, and Katy Frost - Youth Support Services. Katy is another new member of the Action Network team, and a longtime local of the Redwood Coast region. Her connection to the school system, where her three daughters attend, gives her insight into the challenges youth face as they grow up in a remote and secluded area. Having grown up here herself, she is thrilled to be able to offer support services for youth at the high school, where she meets one-on-one and with groups of youth providing Social Emotional Learning (SEL) and Coaching. Audrey Lareau will also be offering one-on-one and group SEL Coaching with youth ages 5 -12.

The concept of SEL Coaching reflects the critical role of positive relationships and emotional connections in the learning process and helps students develop a range of skills they need for school and life. Action Network's SEL Coaches support students with:

- Setting and achieving positive goals
- Feeling and showing empathy for others
- Establishing and maintaining positive relationships
- Making responsible decisions
- Understanding and managing emotions

SEL has been implemented in school settings and is becoming more integrated and recognized as a necessary piece of the early learning and education environment.



Visual mapping of the wide range of services for youth that arise from one-on-one and group SEL Coaching.



Katy Frost (left) and Audrey Lareau (right), new members providing SEL Coaching and support services for youth along the Redwood Coast region.

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# Winter 2022-23

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## Bright Beginnings

The Bright Beginnings program finally pivoted from the Playgroup model implemented following the Covid pandemic, and became a drop off program beginning in January 2023. This fun program is Monday through Friday from 8am-12:30pm. Jamie Cook is lead Child Supervisor and follows the High Scope preschool curriculum, and is supported by Nicole Curtis as Child Supervisor Assistant. The Bright Beginnings program meets in a classroom at Horicon Elementary School in Annapolis, where they have access to the school playground equipment and the gymnasium for outdoor and playtime activities. The children are introduced to the school environment with an active half-day schedule filled with arts and crafts, writing and letter learning, songs and music, dance and lots of recreation time on school grounds outside.

As a Family Resource Center, Action Network has witnessed first hand the challenges working families meet without childcare nor a consistent social outlet for children during the pandemic. The shift to a drop off program 5 days a week gives parents a chance to introduce their 3-5 year to a school readiness environment similar to preschool. Jamie and Nicole both have children attending Horicon Elementary School, and are keenly aware of the benefit that a consistent schedule has for children as they navigate not only out of the pandemic but into the school environment. The teachers are both Triple P facilitators and rely on the methods of Positive Parenting as a system for working with and raising children. Parents are able to meet one-on-one with their child's teacher to check in regularly about behavior and/or other questions and concerns they might have. This supportive environment speaks to the mission of Action network as an agency, of creating community wellness and strengthening families in a holistic and meaningful way.



Indoor arts and craft projects to learn tactile skills, and plenty of outdoor play in the school playground at the Bright Beginnings program at Horicon School - when its not raining!

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# Winter 2022-23

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## Lunar New Year Event

Lunar New Year is now an official state holiday in California, and is also being introduced to children in the local schools as a cultural learning opportunity. Action Network's Administrative Assistant Ling Su was born and raised in China, and has been invited to present activities and experiences for students to learn about Lunar New Year at the local schools for several years, including 2022. Ling was invited again this year to Point Arena Elementary School preschool classes to introduce Lunar New Year to students on January 25th for 2023, the Year of the Rabbit. This was a great opportunity for the young generation to learn traditions of the important holiday celebrated across cultures and especially many countries in Asia. We are proud of the richness of diversity and backgrounds represented in our state especially at the time California celebrates Lunar New Year as an official holiday for the first time. Students made paper lanterns, rabbit shaped arts & crafts and tried delicious Chinese food. Action Network staff works together to make this event fun and memorable for the kids, and looks forward to providing more engaging activities like this in the future. Happy Year of the Rabbit!

## Upcoming Spring & Summer fun

Everyone is feeling very ready for Spring, as we've experienced an intense winter filled with all the rain, wind and snow we can handle. Looking into the planting season, Gardening Together will begin to meet more regularly, as the weather becomes more agreeable for seed starting, weeding, and soil preparation. Last year's late winter flower bulbs have popped and are currently beautifying the garden beds throughout the Community Garden.

The Enrichment Learning Opportunity Program (ELOP) will begin during intersession times when school is out. The first few events in February were cancelled due to stormy weather, but have been rescheduled for Spring Break April 10-14th. Audrey Lareau and Jamie Cook will be taking grades K-2 nettle harvesting at Schooner Gulch, and grades 3-6 on a Tracking Adventure at the Manchester Dunes. This program is being offered through special ELOP funding from the Point Arena School District, creating a collaborative relationship with the schools and rich learning opportunities for youth from Kindergarten through 6th grade. Action Network staff recently created an exciting plan for summertime activities to meet the scope of work for the ELOP while also serving all other age groups. The main goal is to serve the youth community, to respect our natural environment, while also providing respite for parents. There will be lots of field trips and day excursions, campouts, visits to local farms, beach trips, museum visits and more. Be sure



Creating paper lanterns in the shape of rabbits, for the Year of the Rabbit in 2023.



Helping the children with lantern project.



Ling passing out some treats honoring the gifting tradition for Lunar New Year.

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# Winter 2022-23

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to check our website and social media to stay in the loop for upcoming services and events.

The Almost Fringe Festival in Point Arena is coming up on April 22 and will be Action Network's main Springtime Community offering. Action Network staff will host a Community Spring Cleaning Shop & Swap and a warm clothing drive in the Community Park from 12-2pm, with a prize drawing for those participating or donating clothes. Families and friends are encouraged to bring lightly used, good quality clothing they no longer need so Community Outreach staff can connect families with clothing at no cost. Those that have clothing they would like to sell are also welcome and clothing donations will be accepted as long as they are in good condition. If someone is interested in participating they can reach out and reserve their space with Emily McConnell, Programs Director: [Emily@actionnetwork.net](mailto:Emily@actionnetwork.net) or 707-882-1691.



## Thank you to our volunteers, donors and funders!

Action Network is able to serve our community due to the support of our volunteers, donors, and funders. We hope to continue building relationships that support our vision of a healthy, thriving community.

To stay connected, please follow along on Instagram or Facebook, and look for updates on our website. You can also reach out via email or by phone. We look forward to keeping in touch and sharing our work with you throughout the year.

### Action Network @ The Center

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707-882-1691



*Creating Community Wellness &  
Strengthening Families*

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