



Action Network Family Resource Center

Fall Newsletter

Issue No. 2 | November 2022



Teen Action Project attending a rally supporting Tribal Co-Management of Jackson Demonstration State Forest at the CA Natural Resources Agency.

Busy Season!

Greetings from the team at Action Network! We have been busy this Fall at The Center at 200 Main Street in Point Arena. We serve as a community hub for youth & family services, food security, after-school support and so much more. We have served over 300 community members of all ages and cultures from Elk to Timber Cove since August, including all students at the Point Arena School District through a Student Interest Survey. This survey helped us gauge interest for

youth program planning at Action Network in Fall 2022 and for future programs. We continue to offer mental health wellness checks in the schools in Point Arena, Playgroup and school readiness at Horicon Elementary School, playgroups for young children and caregivers in Point Arena, weekly crafting circles, and help with CalFresh, MediCal and other support families need, including therapy and counseling with Miles Clark, LMFT. Miles joined Action Network this year as

Clinical Supervisor for Action Network staff, Therapist for clients, and also acts as liaison to schools for collaborative services like wellness checks and health education.

We are dedicated to providing an array of services and programs meant to strengthen whole community wellness and resilience, and are more than excited to share updates about these programs and the people that facilitate them with our supporters.

Fall Programs & Beyond

Bright Beginnings & Playgroup

The Bright Beginnings Program began at Horicon Elementary School in September with Jamie Cook and follows the school calendar through June 9th, 2023. This program is currently a Playgroup on Tuesdays and Thursdays from 9am-12pm and open to 0-5-year-olds with their caregiver. We are thrilled to announce that in January, Bright Beginnings will return to a drop-off program for 3-5-year-olds as a school readiness program Monday thru Friday 9-1pm.

There are also two new Playgroups meeting in Point Arena lead by Rosario Santillan. Monday playgroup meets in the Point Arena Community Park (weather permitting) from 11am-1pm, and Wednesdays group follows Storytime at Coast Community Library also from 11am-1pm. Playgroups are a wonderful place for parents/caregivers and their little ones to socialize, meet new friends, explore, play and enjoy some snacks while spending time with each other. Families can also reach out for other support services such as diapers, food, or parenting support.

Gaming Club

The Gaming Club began on October 17th and was created by Christian Diaz, who is a Bilingual Youth & Family Outreach Advocate at Action Network. Gaming Club meets at the Point Arena High School campus for ages 11 and up, with all game consoles, controllers and computers provided at no cost. Youth are encouraged to try new or their favorite games in an encouraging environment while learning new skills with friends. Christian will also be launching a Film Club for youth in 2023. Both programs are a direct result from the Student Interest Survey given at each school in the Point Arena School District.

Teen Action Project (TAP)

The Teen Action Project (TAP) offers opportunities for youth leadership, learning, artistic expression, environmental stewardship, group support and mentoring. TAP is led by Aiyana Robinson, Youth Family Advocate, with assistance from two youth interns, Alani Ethelbah and Ashlyne Laiwa who were both hired this summer. Aiyana has provided group talking circles, tobacco prevention education and activities, art creation, chaperoned trips to San Francisco to explore museums and learning centers, attended local Pomo Land Back rallies, and most importantly continues to offer a consistent, grounded, welcoming presence and space for the youth.



Bright Beginnings Playgroup at Horicon Elementary School



Gaming Club Flyer created by Christian Diaz



TAP group hanging out after school at Action Network

Fall 2022

"Survivors" film at Arena Theater

On September 24, Action Network's Hand in Hand Project presented a film called "Survivors: Living Beyond Sexual Assault" followed by a discussion panel at the historic Arena Theater. This film was produced by Verity, an organization based in Santa Rosa whose work focuses on human trafficking prevention and intervention, sexual assault advocacy, and is Sonoma County's rape crisis center. Action Network partners with Verity to help build awareness about human trafficking along the Redwood Coast, hoping that educating, providing information, and gathering the community together to face this issue can eventually help prevent this from happening.

"Survivors" is a powerful film about rising above trauma and reclaiming life following a sexual assault. This topic is a difficult one, but not one to turn away from as it deeply and unfortunately can affect all regions across the world. The film follows four individuals who are currently navigating a healing journey in their own unique way. These four people shared their perspectives and insights about telling their truth in a discussion panel that followed the film.

Kinzie Sippola, Events Coordinator for Action Network, led the planning and incorporated assistance from Youth Intern Alani Ethelbah to greet film attendees and pass out information regarding Action Network services. Miles Clark, LMFT and Thais Mazur, Executive Director, offered support for anyone experiencing challenging emotions or thoughts after the film and panel discussion. We are very grateful to be able to plan events that are so meaningful and empowering. For more information about the Hand in Hand Project, please visit Action Network's website. For more information about Verity and their work, please visit www.ourverity.org.

Crafting Circles

Crafting Circles have become an integral part of consistent support offered for clients. This program is based on the concept of Circle of Women, which has been shown to be a place where stories can be shared, problems can be revealed, and solutions can be collaboratively addressed. Projects this year have included creating collages and vision boards with the Teen Action Project, sewing ribbon skirts, and painting on an array of surfaces including rocks, canvas and paper. Youth are encouraged to pursue mediums that they resonate with and subject matter that comes from inner expression and ideas. LANDBACK is a main interest for the group, so the youth have been inspired to create signage to display at rallies in



Alani - Youth Intern (left) and Kinzie - Events Coordinator greeting guests at the theater and passing out information



Discussion Panel following the "Survivors" film



Vision Boards and collage making with TAP

Fall 2022

Crafting Circles (cont'd)

support of Tribal Co-Management of local forest lands such as Jackson Demonstration State Forest in traditional Pomo territory.

Beading with Ann Sanchez began as a Summertime offering and was so popular it has continued through Fall. Ann teaches art at Point Arena Elementary for 1st-8th grades and for the afterschool program and directed the community mural project during Action Network's PRIDE in the Park event this summer. Beading is offered weekly on Thursdays from 4-7pm for adults and youth. Supplies and snacks are provided and ideas for projects are truly limitless.

Garden Project + Food Security

The whole team at Action Network regards the Community Garden as an incredible resource and are so grateful to be able to hold such a presence there as an organization. The garden is a place to connect with nature by interacting and engaging with the plants and soil, as well as a space for peaceful moments and fun activities for folks of all ages.

Sienna Wetherington, Youth Programs Manager, has been leading Gardening Together all year hosting families with young children, and most recently the 2nd-3rd grade class from the Pacific Charter School that walks down to learn and explore in the garden. Ling Mueller, Administrative Assistant, has been very involved with all the weeding, soil prepping, digging, watering and harvesting in the 9 garden beds managed by Action Network. The TAP group have been assisting with upkeep and general garden duties. As Winter approaches, the team is now planning for crops that will do well over the wet and cold season.

The Gardening Workshop taught by Matt Drewno from Ecology Action Mendocino drew 25 people to the garden in July to learn basics of growing and to spread awareness of the Garden Friendly Community Initiative. There will be a series of composting workshops in 2023, and we hope to encourage more community members to manage and grow a bed of their own veggies or flowers.



Community Table selections change every Friday, ranging from dry goods like rice and beans, canned fruits, peanut butter, recipe books and more!



Ribbon Skirts creation: design layout and learning how to sew



Art projects with TAP and Crafting Circle groups



A beautiful day to explore a local farm with TAP

Fall 2022

Food Security

The concept of food security has been one of Action Network's priorities for several years now as rising costs and inflation impacts our community. A partnership with Oz Farm and their apprentice-managed field project enabled 10 families to access fresh, local and organic produce each week during the June-November growing season at no cost. To continue supporting healthy choices and food access, Action Network will offer a project we lovingly call Gratitude Baskets to the community at the beginning of December. This project started in 2021 as a method of reducing stress and supporting food security for families. The Gratitude Baskets are filled with cooking staples and traditional gathering-time ingredients, along with a gift certificate to a local grocery store.

Part of the ongoing services offered at Action Network is assistance with social services programs such as Cal-Fresh and MediCal. Other Food Security efforts include emergency grocery vouchers provided by South Coast Crisis Aid, food boxes and snack bags provided by the Fort Bragg Food Bank. We often have an array of non-perishable foods, and our Community Table continues every Friday - weather permitting - where anyone in need can choose items they want at no charge.



One of the produce boxes provided by Oz Farm in October 2022



Soil testing at Garden Together!



Gardening Together & Playgroup at the Community Garden



Scarecrow building with 2nd-3rd graders at Garden Together led by Kinzie and Sienna

Fall 2022



After school activities for TAP at Schooner Gulch Beach



Face-painting at the Dia de los Muertos celebration at the Lighthouse with TAP

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 respond to this newsletter or by phone. We look forward to keeping in touch and sharing our work with you throughout the year.



Arranging the scarecrow at the entrance to the Community Garden



*Creating Community Wellness &
Strengthening Families*
