



# Family Calendar

and Parent Handbook

# 2025 - 2026

*Empowering children and their families to maximize their full potential through opportunities for growth and change.*

For more information,  
please visit our website  
[www.kidzcommunity.org](http://www.kidzcommunity.org)



**Head Start | Early Head Start | State Preschool | Child Care Services**  
1166 High Street, Auburn, CA 95603  
(530) 885-5437 | [www.KidZCommunity.com](http://www.KidZCommunity.com)



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**Policy Council Representatives  
from each site**

**Executive Director**  
Denyse Cardoza

***Letter of Introduction***

Dear Parent:

KidZCommunity child and family development programs provide a safe, caring, and educational place for your child.

The ongoing quality of the program is guaranteed by the excellent cooperation of committed parents and dedicated staff. We value your participation in parent advisory committees, parent education workshops, parent meetings, parent/teacher conferences, and daily contacts. Family engagement is necessary to sustain our program. To continue our quality service for you and your child, please share your child's needs with us so that we can be of support to your family.

We know you have many choices, and we appreciate the opportunity to serve you and your family this year.

Sincerely,

A handwritten signature in blue ink that reads "Denyse Cardoza".

Denyse Cardoza  
Executive Director

## **Our Mission**

Empower children and their families to maximize their full potential through opportunities for growth and change.

## **Our Vision**

KidZCommunity envisions a future in which children and families are the nation's top priority. KidZCommunity is recognized for offering services that enrich children's development through self-discovery, extraordinary environments and healthy enjoyable experiences. We are guided by a Reggio Emilia inspired approach to teaching, learning and reflection that promotes family engagement in, children's development, the program and the community.

We promote healthy eating and serve organic foods grown in community gardens. We invite staff to participate in relationship based reflective practices, and health and wellness activities. Our teachers are fully engaged, focused and have the time and space to reflect. They bring joy into teaching and help children to enter kindergarten with an enthusiasm to learn.

## **Values**

The entire KidZCommunity organization is dedicated to creating and fostering a supportive environment which promotes trust, respect, professional growth, and quality leadership.

KidZCommunity administers Head Start, Early Head Start, State Preschool, Family Child Care Partnerships, and Private Provider programs throughout Placer and Nevada Counties. Every effort will be made to provide maximum benefits within the model and funding from the agency.



“ Children are one third of our population and all of our future .”

- U n k n o w n



# My Child's Center Information

Welcome to: \_\_\_\_\_

My Evacuation Area is: \_\_\_\_\_

Our Center's Phone Number is: \_\_\_\_\_

Our Site Supervisor's Name is: \_\_\_\_\_

My Class out-of-area Evacuation site is: \_\_\_\_\_

Your Child's Teachers' Names are: \_\_\_\_\_

**When in doubt of evacuation location call  
KidZCommunity's  
Central Office (530) 885-5437 or 1-800-655-0432**

Your Family Advocate/ Home Visitors' Name and Phone Number is: \_\_\_\_\_

Notes: \_\_\_\_\_

Your Bilingual Teacher Assistant's Name is: \_\_\_\_\_

The Hours of the School Day are: \_\_\_\_\_ to \_\_\_\_\_

Breakfast is Served at: \_\_\_\_\_

Lunch is Served at: \_\_\_\_\_

Snack is Served at: \_\_\_\_\_

Rest Time is at: \_\_\_\_\_

Your Parent-Center Committee Meetings are Scheduled for: \_\_\_\_\_

**KidZCommunity | Placer Community Action Council, Inc.  
Central Office number is (530) 885-KIDS (5437) or (800) 655-0432.**

# Our Curriculum



## Early Head Start Center Base Curriculum

KidZCommunity's infant and toddler researched-based curricula is the **3R's**; *Respectful, Responsive, Relationship-based*. It is developed upon sound research from the Head Start Early Learning Framework, California Infant/Toddler Curriculum Framework, and West Ed's Program for Infant Toddler Care (PITC). The 3R's curricula provides intentional and purposeful learning opportunities for infants and toddlers founded in relationships and interactions during caregiving routines and play-based activities which are conducted in ways that support social and emotional development, language and literacy, cognition, and perceptual, motor, and physical development.

## Prenatal and Early Head Start Home Based Curriculum

Early Head Start and Prenatal Home Visitors have an educational background in Child Development which enables them to support parents as the child's first teacher. Home Visitors have been certified in the Family Development Credential (FDC). FDC is a professional credential for human service workers focused on family support and empowerment. It's designed to enhance workers' skills in working with families by emphasizing a strengths-based, empowerment model.

## Head Start Curriculum

**High Scope's** educational approach emphasizes "active participatory learning." Active learning means students have direct, hands-on experiences with people, objects events, and ideas. Children's interests and choices are at the heart of the High Scope programs. They construct their own knowledge through interactions with the world and the people around them. Children take the first step in the learning process by making choices and following through on their plans and decisions. Teachers, caregivers, and parents offer physical, emotional, and intellectual support. In active learning settings adults expand children's thinking with diverse materials and nurturing interactions. Through scaffolding, adults help children gain knowledge and develop creative problem solving skills.

## Enhancements of the Curricula:

**Reggio Emilia Philosophy has three core principles:** the child is valued as central to their own learning, not simply an empty vessel waiting to be filled with knowledge, the environment often referred to as 'the third teacher', enables uninterrupted exploration, play and learning and outdoor spaces are valued just as highly as formal classrooms, the teachers are encouraged to observe children rather than to direct them. It is important that children are allowed to experiment in their own way, make mistakes and find new solutions.

**Loose parts play** is a type of **play** that supports invention, divergent thinking, problem solving and offers a sense of wonder to children. They are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple way

**Anji Play** approach is based on a **philosophy** that an environment of love (one that provides trust, warmth, support, and safety) allows children to take developmentally appropriate risks. These risks (physical, emotional and intellectual) provide children with experiences of joy.

# Happy 4th of July

## Placer County

### Auburn

July 4th

Parade: Corner of Harrison and Lincoln Way  
at 10:00 am

Vendors and Fireworks to follow at  
Gold Country Fairgrounds  
5:00 pm—10:00 pm

### Downtown Colfax

July 3rd

Parade: 7:00 pm

Fireworks/Light Show: Sunset

### Lincoln

July 4th

Parade: 9:00 am

Fireworks: McBean Memorial Park  
Sunset

### City of Roseville

July 4th

Parade: Vernon Street Town Square at 9:00 am

Fireworks: @ The Grounds 5:00 pm-10:30 pm

### Foresthill Memorial Park

July 4th

Parade: 10:00 am

Music and Events: 10:00 am - 5:00 pm

## Nevada County

### Downtown Nevada City

Parade: 11:00 am

Fireworks: Sunset

### Grass Valley downtown Association

Events: 8:00 am - 9:30 pm

11:00 am Parade

### Truckee/Tahoe Basin

#### Historic Downtown Truckee

Parade and Events: 10:00 am - 1:00 pm

Fireworks: Sunset

# July 2025

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 	5
6	7	8	9	10 Policy Council Executive Officers 10:00am-12:00pm	11	12
13	14	15 Safety Advisory Committee 3:00pm-4:00pm	16 Make a clean-up song Make cleaning fun	17	18	19
20	21	22	23	24	25	26
27	28	29 Personnel Committee 1:00pm-2:00pm Interviews as needed	30	31 Program Finance Committee 1:00pm-2:00pm		



# Healthy Body ~ Healthy Mind

We recognize the value of good nutrition to the well-being of your child. Accordingly, well-balanced meals are served that follow the required Child and Adult Care Food Program (CACFP) meal patterns and regulations. Menus are posted in the classroom.

Children requiring special food or accommodations because of food allergies and/or health reasons must have the required physician's statement on file with all applicable information. This is a requirement of State Licensing, Head Start and the CACFP (from USDA). **Without this documentation, all children must be served the same food.**

**Please save special food treats for your celebrations at home.** The Head Start Performance Standards specify that foods served be low in fat, sugar and salt. Therefore, non-food items such as birthday crowns, special books or plates are appropriate in our program.

Children are given a light breakfast when they first arrive at school and also a nutritious lunch. It is suggested that your child eat breakfast at home before coming to school as the early meal they will receive at school is light. Meals are a part of the program, and there is no charge.

Mealtimes provide learning opportunities for children. Meals are served family style to encourage self-help and independence. Children are encouraged to serve themselves small portions of foods (including new foods) but are never forced to eat. Also, food is never denied a child as a form of punishment. Please note that all food must be consumed on site.

Staff, children and parents always wash their hands before preparing and eating food. Set up and clean-up are a collaboration between staff, parents and children.

Required USDA (CACFP) Non-Discrimination Statement: "KidZCommunity PCAC, Inc. is an equal opportunity provider and employer." (FNS Instruction 113-1 page 15 [IX] [d] [2]).





# August 2025

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 <i>Early Head Start ~No School~</i>	12 <i>Early Head Start ~No School~</i>	13 <i>Early Head Start ~No School~</i>	14 Policy Council 10:00am-12:00pm	15 Today be the first caller to win I Love You Sun / I Love You Moon: Te amo Sol / Te amo Luna (530)886-4102	16 
17 	18 First Day of 2025-2026 Program Early Head Start (both counties) Head Start (Placer County) ~Minimum Day~	19 ~Minimum Day~ Placer County Head Start Programs  Safety Advisory Committee 3:00pm-4:00pm	20 ~Minimum Day~ Placer County Head Start Programs	21 ~Minimum Day~ Placer County Head Start Programs Board of Directors Meeting 5:00pm-7:00pm	22 ~Minimum Day~ Placer County Head Start Programs	23
24	25 First Day of 2025-2026 Truckee Pines Head Start ~Minimum Day~	26 ~Minimum Day~ Truckee Pines Head Start Only	27 ~Minimum Day~ Truckee Pines Head Start Only	28 ~Minimum Day~ Truckee Pines Head Start Only	29 ~Minimum Day~ Truckee Pines Head Start Only	30
31						

# PARENTS ARE LEADERS

**Get Involved! Head Start offers multiple opportunities to enhance and learn new leadership skills.**

## **Policy Council**

Policy Council representatives collaborate to lead the direction of Head Start programs. A Delegate and Alternate are chosen from each classroom to be representatives at monthly Policy Council Meetings. They also share information with other families at Parent Meetings. A stipend will be provided for seated members.

**We'd love for you to join!**

Please contact a staff person for more information.

## **Parent Meetings**

Classroom parent meetings are held once a month. They are opportunities for parents to give input into curriculum planning, field trip ideas, Trike-a-thon, and special activities. Topics of importance to families are also discussed, which often include child development, nutrition, closing the "exposure gap" and positive discipline.

## **Standing and Advisory Committees**

Parents are encouraged to participate in Advisory Committees and give input into the Head Start programs. These meetings are held periodically throughout the month.

Program  
Finance  
Personnel  
Child Development  
Health  
Family Partnership Services  
Enrollment & Recruitment (ERSEA)

*Please contact a staff person for more information. Child care and mileage reimbursement are available.*

# September 2025

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <i>~No School~</i> <i>Labor Day</i>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> 	<b>8</b> Today, be the first to call and win the book "The Very Hungry Caterpillar" (530) 886-4102	<b>9</b> Family Partnership Services Advisory Committee 1:00pm-2:00pm	<b>10</b>	<b>11</b> Policy Council (Mental Health) 10:00am-12:00pm	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Safety Advisory Committee 3:00pm-4:00pm	<b>17</b>	<b>18</b> Health Services Advisory Committee 1:00pm-3:00pm Emergency Preparedness 3:00pm-4:00pm	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Program Finance Committee 1:00pm-2:00pm	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Personnel Committee 1:00pm-2:00pm Interviews as needed				



# Holidays and Celebrations Policy

KidZCommunity provides classroom environments that reflect the culture of the children and their families. Through our actions, we demonstrate and model a respect for each child's family, culture and lifestyle and support children's appreciation of others.

Celebration activities at KidZCommunity, Placer Community Action Council, Inc. can be as simple as reading a book about a holiday or having a celebration in the classroom.

Activities often involve group discussions or how a family observes holidays. Other times, teachers offer open-ended, developmentally appropriate activities for children that relate to a holiday or celebration.

# October 2025

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Today, be the first to call and win a Pumpkin Sticker kit! (530) 886-4102	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Policy Council & Board Orientation/ Training (In Person)	<b>8</b> Policy Council & Board Orientation/ Training (In Person)	<b>9</b> Policy Council (Child Development) 10:00am-12:00pm (Zoom)	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Family Partnership Services Advisory Committee 1:00pm-2:00pm	<b>15</b>	<b>16</b> Board of Directors Meeting 5:00pm-7:00pm	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Safety Advisory Committee 3:00pm-4:00pm	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Child Development Advisory Committee 1:30pm-2:30pm	<b>29</b>	<b>30</b>	<b>31</b>	



## Butternut Squash Apple Soup Recipe

### Ingredients:

6 cups chopped butternut squash (about 1 medium, peeled and seeds discarded)  
1 Tablespoon olive oil (or unsalted butter)  
1 cup diced carrot  
1 cup diced apple (about 1 medium Honeycrisp, Jonathan, Mac-Intosh, or Granny Smith)  
½ cup diced onion (about 1 medium, skin discarded)  
½ teaspoon salt  
1 quart reduced-sodium vegetable broth (or chicken broth)  
14.5 -ounce can white cannellini beans (rinsed and drained)  
1 tablespoon freshly grated ginger (or ½ teaspoon dried ginger), and/or 1 teaspoon dried turmeric (optional)  
plain whole milk yogurt or sour cream to top (optional)

### Directions:

1. Warm the olive oil in a medium pot over medium heat.
2. Add the squash, carrot, apple, onion, and salt and stir to combine. Cover and cook for about 10 minutes, or until just starting to soften, stirring occasionally.
3. Add the broth and bring to a simmer, raising the heat to high. Once bubbling, reduce the heat to medium and simmer for about 15 minutes or until the vegetables are very soft.
4. Add the beans and puree until very smooth with either an immersion blender or transfer to a regular blender. Season to taste with salt, add the optional seasonings, and serve warm.

\*<https://www.yummytoddlerfood.com/creamy-butternut-squash-apple-soup/>

### Ways to involve children in cooking:

- \* Allow child to measure ingredients
- \* Help child to mix ingredients together.
- \* Ask children to help set the table with plates and utensils.



# November 2025

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you know mandarins are a strong source of Vitamin C and fiber?						1
2 	3 Today, be the first to call today to win the book, Thank You, Gracias  (530) 886 - 4102	4	5	6	7	8
9	10	11 <i>~No School~ Veterans Day Holiday</i>	12	13 Policy Council (Nominations & Elections) 10:00am-12:00pm	14	15
16	17	18 Safety Advisory Committee 3:00pm-4:00pm	19	20	21 Placer County Mandarin Festival The Grounds- Roseville 	22 Placer County Mandarin Festival The Grounds- Roseville 
23 Placer County Mandarin Festival The Grounds- Roseville 	24 <i>~ No School ~</i>	25 <i>~ No School ~</i>	26 <i>~ No School ~</i>	27 <i>~ No School ~ Thanksgiving Holiday</i> 	28 <i>~ No School ~</i>	29
30						

# Things Every Parent Should Know About Play

## **Children learn through their play:**

Don't underestimate the value of play. Children learn and develop:

**Cognitive Skills** – math and problem solving in a pretend grocery store.

physical abilities – balancing blocks and running on the playground.

**New Vocabulary** – the words they need to play with toy dinosaurs.

**Social Skills** – playing together in a pretend car wash.

**Literacy Skills** – creating a menu for a pretend restaurant.

## **Play is healthy**

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

## **Play reduces stress**

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

## **Make time for play**

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

\*NAEYC

National Association for the Education of Young Children

## **Play and learning go hand-in-hand**

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

## **Play outside**

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

## **Trust your own playful instincts**

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

## **Play is a child's context for learning**

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

# December 2025

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Today, be the first to call today and win the book "I Love You When You're Angry" (530) 886-4102	<b>2</b> Personnel Committee 1:00pm-2:00pm Interviews as needed	<b>3</b>	<b>4</b> Program Finance Committee 1:00pm-2:00pm	<b>5</b>	<b>6</b> City of Auburn Festival of Lights Parade
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Policy Council and Board of Directors Meeting (Health) 10:00am-12:00pm	<b>12</b>	<b>13</b> 34th Annual Nevada County Food and Toy Run 
<b>14</b>	<b>15</b>	<b>16</b> Safety Advisory Committee 3:00pm-4:00pm	<b>17</b> Ask your child questions about the weather	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> ~ No School ~ Winter Break	<b>23</b> ~ No School ~ Winter Break	<b>24</b> ~ No School ~ Winter Break	<b>25</b> ~ No School ~ Winter Break	<b>26</b> ~ No School ~ Winter Break	<b>27</b>
<b>28</b>	<b>29</b> ~ No School ~ Winter Break	<b>30</b> ~ No School ~ Winter Break	<b>31</b> ~ No School ~ Winter Break			



# Protect Your Family During the Sick Season

*Your child's Primary Care Provider can assist you regarding your child's status for immunizations, physical exams, tuberculin assessments and blood lead results. Program Family Engagement Advocates and Home Visitors are able to support families in understanding these health requirements.*

1. **Immunizations** - Immunization records are required to be on file **before** a child attends the program. Immunizations need to remain current.
2. **Physical Assessments** - A current physical exam is required (completed within the previous 12 months). This requirement must be met within 30 days of the child's enrollment. If documentation is not received within the required 30 days, your child may no longer be able to attend class. **In addition, the exams must follow the Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Program regarding all physical and developmental assessments.**
3. **Lead Test** - Lead tests are required at 12 months and 24 months or after. If not done previously then current lead test required and results are required.
4. **Tuberculin Assessment** - This licensing-required assessment is part of the physical exam and is under the same required timelines.
5. Every child is required to have dental exams every 6 months starting at eruption of first tooth.

## Easy steps to follow to keep you safe:

- ◆ Get Vaccinated
- ◆ Wash your hands
- ◆ Keep sanitizer close
- ◆ Don't touch your face
- ◆ Stay Home if you are sick!

# January 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>~ No School ~ Winter Break</i>	2 <i>~ No School ~ Winter Break</i>	3
4	5	6	7	8 Policy Council (Nutrition) 10:00am-12:00pm	9	10
11	12	13 Family Partnership Services Advisory Committee 1:00pm-2:00pm	14	15 Health Services Advisory Committee 1:00pm-3:00pm Emergency Preparedness Committee 3:00pm-4:00pm	16	17
18	19 <i>~ No School ~ Dr. Martin Luther King Jr. Birthday</i>	20 Safety Advisory Committee 3:00pm-4:00pm	21	22	23 Today, be the first caller by 10:00 am and win a free child size bike helmet (530) 886-4102	24 
25	26	27 Personnel Committee 1:00pm-2:00pm Interviews as needed Child Development Advisory Committee 1:30pm-2:30pm	28	29 Program Finance Committee 1:00pm-2:00pm	30	31



# Safety on the Move



## Bicycle & Pedestrian

- Always wear a helmet.
- Fit your helmet correctly by making sure that it fits snug and sits level on your head.
- Ride on the sidewalk
- Wear reflective clothing.
- Children under age 10 should NOT cross the street alone.
- Teach and practice with stop, look, and listen before crossing the street.



Never leave your child alone in a car, even for a minute.

Look before you lock!



Using the correct car seat or booster seat can be a lifesaver. Make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



Keep children age 12 and younger properly buckled in the back seat.

\*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

Child passenger safety recommendations: American Academy of Pediatrics (AAP) 2018.

[www.cdc.gov/transportationsafety/child\\_passenger\\_safety](http://www.cdc.gov/transportationsafety/child_passenger_safety)





# February 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 	9 Today, be the first to call and win the book "Me gusta como soy!" "I like myself!" (530) 886-4102	10 Family Partnership Services Advisory Committee 1:00pm-2:00pm	11	12 Policy Council (Family Services) 10:00am-12:00pm ERSEA Committee 1:00pm-3:00pm	13	14
15	16 <i>~No School~ Presidents Day</i>	17 Safety Advisory Committee 3:00pm-4:00pm	18	19 Board of Directors Meeting 5:00pm-7:00pm	20	21
22	23	24	25	26	27	28



# Oh the Places You'll go When you...



## Tips for Reading with your Child:

Read together at least 20 minutes each day.

Check out a variety of books from the library.

Talk about what you read.

Ask questions about what's happening in the pictures.

Join a story time at your local library.



# March 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <b>Dr. Seuss's Birthday!</b> National Read Across America Day Be the first Caller for a Dr. Seuss Kit (530) 886-4102	3	4	5	6	7
8	9	10 Family Partnership Services Advisory Committee 1:00pm-2:00pm	11	12 Policy Council (Family Literacy) 10:00am-12:00pm	13	14
15	16	17 Safety Advisory Committee 3:00pm-4:00pm <i>St. Patrick's Day</i>	18	19 Health Services Advisory Committee 1:00pm-3:00pm Emergency Preparedness Committee 3:00pm-4:00pm	20	21
22	23	24	25	26 Program Finance Committee 1:00pm-2:00pm	27	28
29	30 <i>~ No School ~ Spring Break</i>	31 <i>~ No School ~ Spring Break</i> Personnel Committee 1:00pm-2:00pm Interviews as needed				



APRIL IS NATIONAL

# child abuse

## PREVENTION MONTH



All KidZCommunity/PCAC employees are required by law to report any known or reasonable suspicion of child abuse or neglect to local Child Protective Services. Parents/Guardians will not be informed by agency staff when a report has been made. If a report is made, regard and support for families will continue, and confidentiality about the report will be maintained. **Therefore, if your child has had an accident away from the center which has resulted in an injury, please explain what happened to the Teacher, Family Advocate, or Home Visitor.**



# April 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>~ No School ~ Spring Break</i>	2 <i>~ No School ~ Spring Break</i>	3 <i>~ No School ~ Spring Break</i>	4
5 	6 Today, be the first to call and win a Spring Family Basket (530) 886-4102	7	8	9 Policy Council (Lead) 10:00am-12:00pm	10	11
12	13	14 Family Partnership Services Advisory Committee 1:00pm-2:00pm	15	16 Board of Directors Meeting 5:00pm-7:00pm	17	18
19	20	21 Safety Advisory Committee 3:00pm-4:00pm	22 	23	24	25
26	27	28 Child Development Advisory Committee 1:30pm-2:30pm	29	30		



# Preparing for Kindergarten

Children may have a lot of questions about their new school. Here is a list of ideas that help make the transition smooth for your family:

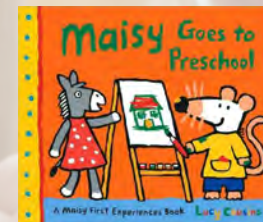
## Before School Starts

- Call the school and schedule a visit to the classroom and to meet the teacher.
- Ask the teacher for the best way to communicate with each other.
- Make transportation plans and practice walking or riding the route together with your child.
- Make needed child care arrangements for before and/or after school. Discuss these arrangements with your child.

## On the First Day of School

- Plan to arrive on time and stay with your child 15-30 minutes. Together explore the classroom, meet other children, and/or play with a few toys or books.
- Confirm the school has current phone numbers, and emergency contact numbers.
- Post a calendar of school events on your refrigerator so you know all minimum days, parent meetings, or school activities.
- Get involved with parent-teacher organizations.

Breathe...



## Will my teacher be nice? Where are the bathrooms? Do I get to play in kindergarten?

Anticipating kindergarten can be both exciting & frightening for young children. Here are 4 ways you can help prepare for this new experience:

- Encourage your child to ask questions about kindergarten.
- Talk about kindergarten with a positive attitude, explain what to expect and answer all questions honestly.
- Read books about kindergarten. All Head Start classrooms have books about transitioning, ask your teacher!
- Establish a routine several weeks before the first day of school that will give your child adequate sleep and time to dress, eat, and gather needed school supplies.



# May 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Write words with your child that begin with your child's name	<b>2</b>
<b>3</b> 	<b>4</b> Today, be the first to call and win the book I will love you forever Te amaré por siempre	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> Mother's Day	<b>11</b>	<b>12</b> Family Partnership Services Advisory Committee	<b>13</b> <i>~Minimum Day~</i> Lower Placer Only KidZCommunity Family Picnic	<b>14</b> Policy Council (Transitions) 10:00am-12:00pm	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Happy 61st Birthday Head Start! 	<b>19</b> Safety Advisory Committee 3:00pm-4:00pm	<b>20</b> <i>~Minimum Day~</i> Truckee Only KidZCommunity Family Picnic Tahoe/ Truckee	<b>21</b> Health Services Advisory Committee 1:00pm-3:00pm Emergency Preparedness Committee	<b>22</b> <b>Last Day for Placer County Head Start</b> (Subject to Change, please see classroom calendar for updates)	<b>23</b>
<b>24</b>	<b>25</b> <i>~ No School~</i> Memorial Day	<b>26</b> Personnel Committee 1:00pm-2:00pm Interviews as needed	<b>27</b>	<b>28</b> Program Finance Committee 1:00pm-2:00pm	<b>29</b>	<b>30</b>
<b>31</b>						



# Fathers and Father Figures are Essential

*Fathers and Father Figures are essential to the healthy growth & development of their children.*

**Fathers and Father Figures have a powerful influence on the healthy development of their children.**

## **Did you know?**

- Babies can distinguish their father's voice from the voice of a stranger by the age of 4 weeks.
- School-aged children show significant gains in intellectual development when their fathers and father figures are involved with them as infant.
- Involved fathers and father figures enrich their children's self image.
- Children who have involved fathers and father figures show more sense of humor, longer attention spans, and more eagerness for learning.
- Father and father figure involvement helps teens to develop a strong sense of who they are and increases their ability to resist peer pressure.

# June 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Last Day for Truckee Pines and CC Coppin Head Start</b> (Subject to change, please see classroom calendar for updates)	2	3	4	5	6
7 	<b>8</b> Today, be the first to call and win the book "I love You Daddy" (530) 886-4102	9	10	<b>11</b> Policy Council Executive Officers 10:00am-12:00pm	12	13
14	15	<b>16</b> Safety Advisory Committee 3:00pm-4:00pm	17	<b>18</b> Board of Directors Meeting 5:00pm-7:00pm	<b>19</b> <i>~No School~</i> <i>Juneteenth Holiday</i>	20
21 Father's Day	22	23	24	25	26	27
28	29	30				



# Keep yourself busy this Summer!

**Go for a walk and talk about your beautiful surroundings.**

**Make up rhymes with your names in them.**

**Play “Simon Says,” Hide and Seek or tag.**

**Make a tent with a sheet over the kitchen table.**

**Ask “thinking” questions. “Where do you think birds sleep?” OR “Where does the water go after it goes down the drain?”**

**Eat dinner outside “picnic style.”**

**Make a Smoothie**

**2 1/2 cups strawberries  
1/2 cup strawberry nectar  
1 pitted peach  
1 cup low-fat plain yogurt or strawberry yogurt if you don't have the nectar  
1 cup ice**

**Make your own book by cutting out magazine pictures and pasting them on paper.**

**Dance: Turn on some music, march around the house play freeze dance!**

**Create an obstacle course with cushions to climb over, a box to crawl through and shoes to hop over.**

**Visit the library and check out some books or movies. Ask your librarian about a summer reading program.**

**Have a fun park day!**

**Play in the water: Visit a local pool, splash pad or have fun with a sprinkler.**

**Enjoy popsicles outside**



# July 2026

Please, review your program calendar for more information about your program.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Today be the First Caller and win a beach towel! (530) 886-4102	<b>2</b>	<b>3</b>  <i>~No School~</i>	<b>4</b>  <i>Independence Day</i>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Policy Council Executive Officers 10:00am-12:00pm	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Safety Advisory Committee 3:00pm-4:00pm	<b>22</b>	<b>23</b> Program Finance Committee 1:00pm-2:00pm	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Personnel Committee 1:00pm-2:00pm Interviews as needed	<b>29</b>	<b>30</b>	<b>31</b>	

### Non-Discriminatory Statement

KidZCommunity strives to involve the entire family in addressing the educational and developmental needs of children. All children 0-5 years old and their families are afforded a safe and creative learning environment. KidZCommunity is committed to providing quality services for all families and encourages enrollment of children with disabilities.

### Enrollment

Families qualify based upon specific income and child age criteria 0-5.

### Fees

No fees are charged for Head Start, or Early Head Start Services.

### Child Emergency Form and Procedures

Every child enrolled in the program must have current emergency form on file.

Forms be current with names, phone number and addresses of adults to be called if you cannot be reached in case of emergency.

### Arrival/Signing-In Procedure

Sign your child in and out of the program with your full signature and exact time upon arrival and departure on our daily sign in/sign out sheets.

**Parents will remain until the health check is complete.**

Children may leave the preschool

only with the parent or guardian, or an adult 18 years or older

**PLEASE NOTE: Your child will not be released to an adult who does not have the necessary authorization or proper identification. If someone else should bring your child to school, please inform them of the sign in procedure and they will need to be on the Emergency Contact Form.**

### Transportation of Children

It is the expectation of this program that all children are transported in compliance of California Vehicle Code Section 27360 which states, **“No driver shall transport...any child in a motor vehicle.... without providing and properly securing the child in a child passenger restraint system meeting applicable federal motor vehicle safety standards unless the child is at least: *Eight years of age or older.*”**

### Child Adult Care Food Program Non-discrimination Statement:

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability and reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than

English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA’s TARGET center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a form AD-3027, USDA Program Discrimination Complaint form, which can be obtained online, at

[www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf](http://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf) from any USDA office, by calling (866) 632-9992, or

by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the assistant Secretary for civil rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or Fax:(833) 256-1665 or (202) 690-7442; or Email:[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.



**For additional information about these and other policies/ procedures please scan the QR code, or see your teacher or home visitor.**



### **Safe Release Policy Head Start Performance Standards 1302.47 Safety practices.**

#### **Policy:**

As advocates for the health and safety of KidZCommunity families, Placer Community Action Council staff follows a safe release policy when releasing children to adults.

Children shall only be received from and/or released to adults listed on their **Information and Consent for Medical and Emergency Treatment Form**

**PLEASE NOTE: It is unlawful to leave a child unattended without an adult in a vehicle.**

### **Attendance Policy and Absences**

Parents are required to bring children to class/play group when in session, except when a child is ill, the parent is ill, when it is in the best interest of the child, or a family emergency has occurred. Families are allotted 10 Best Interest Days per school year.

### **When to keep your child home**

Please keep your child home if they:

- \* Have a fever above 100° within 24 hours
- \* Appears very ill
- \* Diarrhea
- \* Vomiting
- \* Respiratory symptoms
- \* Nasal discharge with color
- \* Sore throat

**Regular attendance provides children with the maximum opportunity to benefit from the program.**

- Parents must record all absences daily following sign-in/sign-out procedures. Include the specific reason for the absence and sign **full signature.**

If a pattern of irregular attendance develops, teaching and family advocate staff will work with your family to develop an Attendance Goal to support your family.

- **Contact your program within one hour with a specific reason for absence.**
- **If we do not hear from you a staff member will call or text you.**
- **If they do not reach you a home visit will be made.**
- **If needed for the health and safety of your family a welfare check may be made.**

### **Child Behavior Policy**

Staff will follow the National Association for the Education of Young Children (NAEYC) Code for Ethical Conduct & Statement of Commitment, Principles and above all, staff shall not harm children.

### **Active Supervision Policy**

Active supervision is the most effective strategy for creating a safe environment and preventing injuries in young children. Active supervision requires focused attention and intentional observation of children at all times.

### **Dual Language Learner Policy**

KidZCommunity values children and their family's primary home language while supporting the social, emotional and cognitive development of children which is essential for English acquisition and school readiness.

### **Sexual Harassment Policy**

It is the policy of KidZCommunity that sexual harassment, or any unlawful harassment, will not be tolerated. Violators of the policy are subject to disciplinary action, including discharge. Sexual harassment includes many forms of offensive behavior. Acts that constitute sexual harassment include, but are not limited to, unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature.

### **Diapering/ Toileting Policy**

No child is denied admission or participation in a KidZCommunity, PCAC program or activity based on the fact that the child requires the use of diapers or pull-ups, or has toileting accidents.

### **Safe To Sleep Policy**

This Safe to Sleep Policy will be reviewed at the time of enrollment with staff and enrolled families in KidZCommunity, PCAC, Inc. to familiarize them with the program's sleep policies for infants and to provide them with current recommendations. Safe sleep and napping practices reduce the risk of Sudden Infant

Death Syndrome (SIDS) and the spread of contagious diseases.



**For additional information about these and other policies/procedures please scan the QR code, or see your teacher or home visitor.**

### Siblings/ Non-Enrolled Children in the Classroom Policy

- All preschool and childcare programs must follow regulations regarding adult: child ratios. For that reason, non-enrolled children must be directly supervised by their parent / guardian at all times when they are at the center.
- Your non-enrolled infant or preschool age child must be a sibling of your enrolled child.
- A copy of the current immunization record and TB risk assessment of the non-enrolled child must be presented before the child can be brought to the classroom.
- You should always be in direct sight and hearing of the non-enrolled child and are responsible to ensure the child behaves appropriately and follows the teaching staff's requests.

### Jewelry Policy

KidZCommunity is dedicated to the health and safety of your child. The following guidelines apply when children are in our care to assure, they are safe and healthy:

**KidZCommunity cannot be responsible for lost or broken jewelry, including jewelry with monetary value and/or high sentimental value.**

### Early Head Start Centers and Head Start Classrooms:

All jewelry will be removed and stored while napping and during active play. This includes and is not limited to bracelets, necklaces, and earrings other than stud and huggie earrings.

### Early Head Start Centers, Head Start Classrooms, and Home-Based Playgroups:

If a parent is present during napping or active play, the parent will take responsibility for the care of the child.

### Staffing

Centers have qualified teaching staff with credentials in Early Childhood Education and certified by the State of California.

### Clothing

Children are active in the program. They will be using expressive materials including paint, water and sand. They will also be involved in many climbing and running activities. Please dress your child in comfortable clothing and sturdy shoes that can accommodate these activities.



**For additional information about these and other policies/procedures please scan the QR code, or see your teacher or home visitor.**

### General Communication Procedures

Sometimes miscommunication or incomplete information causes concern. Immediately clarifying the situation with the people involved is efficient and creates opportunities to develop successful solutions. A team approach to resolution helps everyone. To resolve questions, concerns or problems successfully as possible, KidZCommunity asks parents to initiate the following steps:

1. Meet informally with the person (s) involved.
2. State the facts and the concern.
3. Call and make an appointment with your teacher or family advocate.
4. Request a meeting with the Child Development Manager and Site Supervisor
5. If your concerns need further support the Family Services Manager will assist you in implementing the agency complaint procedure and arrange a meeting with the Executive Director if you have further concerns.

### Community/Parent Concerns

KidZCommunity supports parents in setting positive examples for their children in resolving issues or conflicts. To be an empowering role model for your child, we encourage you to use the following procedure:

1. Address concerns with the immediate person involved.
2. If the issue is not resolved, go to the Site Supervisor or the Immediate Supervisor.
3. If mediation is still needed, please contact Denyse Cardoza,

the Executive Director  
KidZCommunity: Placer  
Community Action Council, Inc.  
She can be reached directly at  
(530) 886-4130 or e-mail her at  
[dcardoza@pcac-inc.org](mailto:dcardoza@pcac-inc.org).

4. If you feel the above steps were unsuccessful, contact the Department of Social Services, State of California, Community Care Licensing at 8745 Folsom Blvd. Ste. 200 Sacramento, CA 95826 or at (916) 229-4530.

### Parent Conduct

Courteous and respectful behavior between and among all program participants is essential for KidZCommunity to achieve its mission and help to assure a positive environment and promote safety and security.

### Tobacco Guidance

KidZCommunity programs are "Tobacco Free." No tobacco will be permitted on any of our sites and refrain from using tobacco while participating in school functions (including field trips) in order to safeguard the health of all program participants.

### Children Left After Hours/ Late Pick-Ups

We realize that emergencies and unusual circumstances occur which may prevent you from picking up your child at the appropriate time. For these reasons, it is required that you have at least one alternative, reliable person that you can call to pick up your child on time. If your child has not been picked up by the

end of class and no parent contact has been received, the following steps will be taken:

- Attempts will be made by staff to contact parent/guardian, by home, cell or work phone numbers
- Emergency contact person (s) will be called to pick up the child, if parent/guardian cannot be reached

**PLEASE NOTE:** If after one hour the child has not been picked up and no contact has been made, Child Protective Services (CPS) maybe called by the Teacher or Family Advocate. After second late pickup, the teaching staff and the family engagement advocate will schedule a meeting with you. The purpose of the meeting is to develop a Plan of Support, to support you in becoming successful in picking up your child on time.

### Children's Wellness Support Plan (supporting ill children in the classroom)

- The wellness support plan is in place to ensure the health and safety of all children and staff, and is aligned with licensing regulations, and guidance from Caring for Our Children.

When children show signs of illness during the school day, staff will respectfully guide the child to the wellness support area (staff office, or other designated area)\* and provide a clean cot or chair with a blanket, toys, or books.

### Community Visitor/Walking Experiences

Community visitors and walking experiences should be designed to provide children with a wide range of learning experiences which will help them develop socially, intellectually, physically, and emotionally.



**For additional information about these and other policies/procedures please scan the QR code, or see your teacher or home visitor.**



# Kaitlyn's Law: Unattended Child in Motor Vehicle Act

## Never Leave A Child Alone in A Car

- Child hot car deaths for 2024 was 39. On average, 37 children under the age of 15 die each year from heatstroke being left in a vehicle. Every state has at least one death since 1998.
- Children age 3 and under accounted for more than 90% of these deaths.
- Most cases involved children left in cars by parents or other adults, but one-third were the result of children crawling into unlocked parked cars.



In the fall of 2001, the Governor of California signed into law Senate Bill 255, also known as *Kaitlyn's Law*. Named for Kaitlyn Russell, a six-month old who died after being left alone in a parked car for more than two hours, the law makes it illegal for a child to be left unattended in a motor vehicle.

### *California Vehicle Code 15620*

- (a) A parent, legal guardian, or other person responsible for a child who is **6 years of age or younger** may not leave that child inside a motor vehicle without being subject to the **supervision of a person who is 12 years of age or older, under either of the following circumstances:**
- (1) **Where there are conditions that present a significant risk to the child's health or safety.**
  - (2) **When the vehicle's engine is running or the vehicle's keys are in the ignition, or both.**
- (b) A violation of subdivision (a) is an infraction punishable by a fine of one hundred dollars (\$100).
- (c) Nothing in this section shall preclude prosecution under both this section and Section 192 of the Penal Code, or Section 273a of that code, or any other provision of law.
- (d) (1) Subdivision (b) and Section 40000.1 do not apply if an unattended child is injured or medical services are rendered on that child because of a violation described in subdivision (a).
- (2) Nothing in this subdivision precludes prosecution under any other provision of law.

*In accordance with Kaitlyn's Law, 70% of the proceeds from fines are used for the development and implementation of community education programs on the dangers of leaving children unattended in motor vehicles.*

# Early Head Start/Head Start Disabilities Services

## - Children with Special Needs -

KidZCommunity believes that acceptance and belonging are the essence of a child's reality. For any child, belonging means having the same opportunities as anyone else to participate in life events. That participation has little to do with ability or disability, but instead has to do with understanding— knowing that there is but one world in which each person must play a part.

The magic of young children is that they learn so much from each other. KidZCommunity believes that regardless of the severity of their disability, children benefit from adaptive settings. A key component of our work with children is a consideration of how they are individually unique. The desired results of early childhood environments and experiences for children with and without disabilities is to create within our programs; a sense of belonging, positive social relationships and friendships, and individualized development and learning opportunities.

Since 1972 Head Start programs have been mandated to make available, at a minimum, ten percent of its enrollment opportunities to children with disabilities. These special needs range from mild speech and language delays to more significant developmental, health and orthopedic disabilities. Through partnerships with local special education and early intervention agencies, Disability Services ensures each child with a disability in Head Start is identified and receives appropriate, collaborative, non-duplicated services.

Questions or concerns regarding your child's development can be addressed with your child's teacher, Family Advocate, or by contacting the Disabilities Coordinator (530) 537-7968



# Parent Voices Have Power!

Families qualified for CalFresh/CalWORKS benefits are now eligible!

## FREE EARLY LEARNING FOR ALL

Head Start  
Early Head Start

### PROGRAMS FOR PREGNANT MOTHERS AND CHILDREN BIRTH TO 5 YEARS OLD

Our programs promote school readiness by supporting comprehensive development  
Serving Placer & Nevada Counties

#### OUR PROGRAM OPTIONS

Infant/Toddler | Preschool  
Home Based | Family Childcare

- Hands-on learning
- Nurturing and safe environment
- Healthy Snacks and Meals Provided
- Support Services for the Whole Family
- Health, Wellness and Nutrition Services
- Individualization for Children with Disabilities



**KidZ Community**  
Empowering Families

Apply Online or Call:  
530-886-4122  
[www.KidZCommunity.org](http://www.KidZCommunity.org)

Central Office - 1166 High Street, Auburn, CA 95603  
Lic. #313602274

Placer Community Action Council, Inc. is a nonprofit agency. Funding provided by the Department of U.S. Health and Human Services.

PCAC prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, sex, marital status, genetic information, political beliefs, reprisal, or because of or because all or part of an individual's income is derived from any public assistance program.

## Help Us Achieve Full Enrollment!

## Recruit the next Head Start or Early Head Start Family



# Family Resource Centers

Family Resource Centers (FRC) offer family support programs and services including referrals to local community resources.

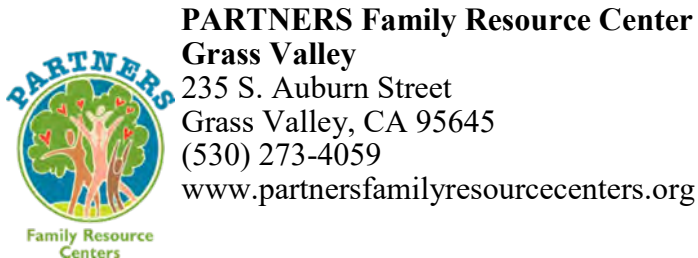
Most FRCs offer the following services:

Counseling, parenting classes, enrollment for medical insurance and financial assistance, child abuse protection information and other community resources.



**KidsFirst Family Resource Center - Auburn**  
200 Auburn Folsom Road Suite 101  
Auburn, CA 95603 (530) 887-3536  
[www.kidsfirstnow.org](http://www.kidsfirstnow.org)

**KidsFirst Family Resource Center - Roseville**  
516 Gibson Drive Suite 100  
Roseville, CA 95678  
(916) 774-6802  
[www.kidsfirstnow.org](http://www.kidsfirstnow.org)



**PARTNERS Family Resource Center  
Grass Valley**  
235 S. Auburn Street  
Grass Valley, CA 95645  
(530) 273-4059  
[www.partnersfamilyresourcecenters.org](http://www.partnersfamilyresourcecenters.org)



**San Juan Ridge Family Resource Center**  
18847 Oak Tree Road  
North San Juan, CA 95690  
(530) 292-3174  
[www.sanjuanridgefrc.org](http://www.sanjuanridgefrc.org)



**Lincoln Counselling & Family Resource Center**  
110 Gateway Drive #210  
Lincoln, CA 95648  
(916) 645-3300  
735 Sunrise Avenue Suite 110, Roseville  
11990 Heritage Oak Place #4b, Auburn  
3175 Sunset Boulevard Suite 103, Rocklin  
[www.lighthousefrc.org](http://www.lighthousefrc.org)



**Sierra Community House**  
265 Bear Street  
Kings Beach, CA 96143  
(530) 546-0952  
[www.sierracommunityhouse.org](http://www.sierracommunityhouse.org)

**Sierra Community House-Truckee House**  
11695 Donner Pass Road  
Truckee, CA 96161  
(530) 587-2513  
[www.truckeefrc.org](http://www.truckeefrc.org)

# Community Resources

*Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center*

## COUNSELING & PARENTING

### *Department of Mental Health (Adults)*

Placer County.....	(916) 787-8860
Nevada County.....	(530) 265-1437
Tahoe Basin.....	(530) 573-7970
24-Hour Parent Support Line ...	1-888-281-3000

### **Placer County**

<i>Destiny Community Center</i> .....	(916) 780-1873
<i>Insights Counselling</i> .....	(530) 887-1300
<i>KidsFirst Family Resource Center</i>	
Roseville.....	(916) 774-6802
Auburn.....	(530) 887-3536
<i>Latino Leadership Council</i> .....	(530) 333-3283
<i>Lincoln Lighthouse</i> .....	(916) 645-3300
<i>Sierra Native Alliance</i> .....	(530) 888-8767
<i>Placer County Adult System of Care</i>	(530) 889-7240

### **Nevada County**

<i>PARTNERS Family Resource Center</i>	
Grass Valley.....	(530) 273-4059
North San Juan.....	(530) 292-3174
<i>Victor Community Support Services</i>	
Grass Valley .....	(530) 273-2244
<i>Nevada County Children's Mental Health</i>	(530) 470-2736
<i>Nevada County Stabilization Unit</i>	(530) 470-2409

### **Truckee/Kings Beach**

<i>Sierra Community House</i>	(530) 546-0952
24 hr. help line	(800)736-1060
<i>Sierra Mental Wellness Group</i>	
Tahoe City.....	(530) 581-4054



## SUBSTANCE ABUSE RECOVERY

### *Granite Wellness Centers*

1-855-467-3496 <a href="https://www.granitewellness.org//">https://www.granitewellness.org//</a>	
Auburn.....	(530) 885-1961
Grass Valley.....	(530) 273-9541
Roseville.....	(916) 782-3737
Truckee.....	(530) 587-8194
Kings Beach.....	(530) 546-5641



### *Alcoholics Anonymous (AA)*

Auburn .....	(530) 888-3607
Grass Valley.....	(530) 272-6287
Roseville.....	(916) 781-2763

### *County Alcohol & Drug Services*

Placer County .....	(530) 885-7240
Nevada County.....	(530) 265-1437

### *Common Goals Substance Abuse Counselling*

Grass Valley/ NSJ...	(530) 274-2000
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### *SAMHSA's National Helpline,*

[1-800-662-HELP \(4357\)](https://www.samhsa.gov/1-800-662-HELP)

*(also known as the Treatment Referral Routing Service), or TTY:*

[1-800-487-4889](https://www.samhsa.gov/1-800-487-4889)

*Also visit the [online treatment locator](#), or send your zip code via text message: [435748](https://www.samhsa.gov/435748) (HELP4U) to find help near you.*



### *Relationship Support Counseling Services*

*Individual, Family, & Couples Counselling*

*Bonnie Wagner, LCSW*

*(916) 220-6762*

# Community Resources

*Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center*

## EDUCATION & EMPLOYMENT

### Placer County

Adult Literacy .....	(530) 889-4000
Library .....	(530) 886-4500
CTE Works (49er ROP) .....	(530) 889-5949
Adult School.....	(530) 885-8585
Roseville Adult School.....	(916) 782-3952
Golden Sierra Job Training.....	(916)-746-7722

### Nevada County

Library .....	(530) 265-7050
ESL/ Literacy (FRC).....	(530) 273-4059
Business and Career Network	
Grass Valley .....	(530) 265-7088
Truckee .....	(530) 550-3015

### Sierra College

Rocklin.....	(916) 624-3333
Nevada County.....	(530) 274-5300
Tahoe / Truckee.....	(530) 550-2225

## CHILD CARE

### KidZCommunity/ Placer Community Action Council

Placer/ Nevada.....	(530) 885-5437
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### Placer County Office of Education (PCOE)

Placer County.....	(530) 889-8020
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### Sierra Nevada Children's Services (SNCS)

Grass Valley.....	(530) 272-8866
Truckee .....	(530) 587-5960

## YOUTH SERVICES

National Runaway Safe line .....	800-786-2929
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Suicide Prevention Lifeline.....	800-273-8255
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Youth Crisis Line.....	800-843-5200
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### Coalition for Placer Youth (Drug Free)

www.coalitionforplaceryouth.org

Roseville/Rocklin .....	(530) 886-3641
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Auburn/ Lincoln.....	(530) 273-7956
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Tahoe/ Truckee.....	(530) 546-1942
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## ABUSE & DOMESTIC VIOLENCE

### Children's System of Care

Placer County.....	(916) 872-6549
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Nevada County .....	(530) 273-4291
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### Tahoe Safe Alliance

Truckee.....	(530) 582-9117
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Kings Beach.....	(530) 546-7804
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Stand Up Placer 24/7 Help.....	1-800-575-5352
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Auburn.....	(530) 885-0443
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Roseville.....	(916) 773-7273
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### Community Beyond Violence

Nevada County.....	(530) 272-2046
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## RECREATION & PARK DISTRICTS

Auburn.....	(530) 885-8461
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auburnrec.com

Nevada City .....	(530) 265-2496
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ext. 129

nevadacityca.gov

Truckee Donner.....	(530) 582-7720
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tdrpd.com

Roseville .....	(916) 772-7529
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roseville.ca.us/parks

Rocklin .....	(916) 625-5200
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rocklin.ca.us/thingstodo



**For More Resources in  
Nevada County:  
Call #211  
or 1833-DIAL211**

**Sacramento County:  
Call 2-1-1 or 1-800-500-4931**



# Community Resources

*Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center*

## HOUSING

*CA Fair Employment & Housing Department*

1-800-884-1684 // [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

*Housing Authority ("Section 8 Programs")*

Placer County.....(530) 889-7676

Roseville.....(916) 774-5270

Nevada County.....(530) 671-0220

[www.rhasnc.org](http://www.rhasnc.org)

*Home Start*

Roseville .....(916) 782-6667

*The Gathering Inn*

Roseville .....(916) 791-9355

Auburn.....(530) 885-8108

## HEALTH & HUMAN SERVICES

*Human Services (including MediCal)*

Placer County.....(530) 889-7610

[www.benefitscal.org](http://www.benefitscal.org)

Nevada County.....(530) 265-1340

[www.c4yourself.com](http://www.c4yourself.com)

*Social Security & Medicare* .....1-800-633-4277

*CalFresh*.....1-888-385-5160

[www.getcalfresh.org](http://www.getcalfresh.org)

*CalWORKs*.....(530) 889-7647

## UTILITIES

AT&T Universal Lifeline.....1-800-288-2020

California Alternate Rate for Energy (CARE)

PG&E .....1-866-743-2273

Southwest Gas (Truckee).....1-877-860-6020

SMUD Energy Assistance Program Rate (EAPR)....1-888-742-7683

Truckee Donner PUD - Energy Savings Program.....(530) 587-2513

## LEGAL SERVICES

*Placer County*

District Attorney.....(916) 543-8000

Child Support Services.....1-866-901-3212

*Nevada County*

District Attorney.....(530) 265-1301

Child Support Services.....1-866-901-3212

*Legal Service of Northern CA*.....(530)823-7560

## WEB RESOURCES

Talk, Read, Sing: State First 5

<https://www.first5california.com/en-us/>

PBS Parent

[www.pbs.org/parents/education/reading-language/reading/activities/](http://www.pbs.org/parents/education/reading-language/reading/activities/)

Reading Rockets

[www.readingrockets.org/audience/parents](http://www.readingrockets.org/audience/parents)

Reading Partners

[www.readingpartners.org/take-action/resources-for-parents/](http://www.readingpartners.org/take-action/resources-for-parents/)

Daily Parents Imagination Library

[www.imaginationlibrary.com/news-resources/parent-resources/](http://www.imaginationlibrary.com/news-resources/parent-resources/)



# Community Resources

*Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center*

## FOOD & CLOTHING

### **Nevada County**

*Interfaith Food Ministry*  
440 Henderson Street  
Grass Valley, CA 95945  
(530) 273-8132  
Open: M/W/F 10am-1pm

*Call Food Bank of Nevada County for more location*  
(530) 272-3796

### **Placer County**

*Auburn Interfaith Food Closet*  
12972 Earheart Ave. #301  
Auburn, CA 95602  
(530) 885-1921  
Open: M-F 10am-2pm

*Sierra Reach Ministries*  
18015 Applegate Road  
Applegate, CA 95703  
(530) 878-2705  
Open: Thursdays 9-12pm

*7<sup>th</sup> Day Adventist Church*  
12225 Rock Creek Rd.  
Auburn, CA 95602  
(530) 885-4232  
Open: Tuesdays 9-1pm

*Placer Food Bank*  
[www.placerfoodbank.org](http://www.placerfoodbank.org)

### *The Salvation Army*

286 Sutter Street  
Auburn, CA 95603  
(530) 889-3990  
Open: M/W/F 10-2pm  
(closed 12-12:30)

### *The Salvation Army*

100 Lincoln Street  
Roseville, CA 95678  
(916) 784-3382  
Open: M-Th 10-1pm, 2-3pm  
Friday 1-3pm

### **Truckee/ Kings Beach**

*Project Mana*  
Kings Beach/ Truckee  
(775) 298-0008

### *Sierra Bible Church Food Pantry*

11460 Brockway Road  
Truckee, CA 96161  
(530) 587-6025  
Open: M-F 9-11am

### **Women Infant and Children (WIC)**

WIC provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

Toll Free Number for California:  
1-888-942-9675

**Farmer's Markets across California are now accepting Cal Fresh EBT!!**





# LIBRARIES

## *Placer County*

Applegate.....	(530) 878-2721
Auburn.....	(530) 886-4500
Colfax.....	(530) 346-8211
Foresthill.....	(530) 367-2785
Granite Bay.....	(916) 791-5590
Kings Beach.....	(530) 546-2021
Lincoln.....	(916) 434-2410
Loomis .....	(916) 824-2905
Penryn.....	(916) 663-3621
Rocklin.....	(916) 624-3133
Roseville.....	(916) 774-5221
Roseville Maidu....	(916) 774-5221
Roseville Riley.....	(916) 774-5221
Tahoe City.....	(530) 583-3382

## *Nevada County*

Bear River.....	(530) 271-4147
Chicago Park Elementary School.....	(530) 346-2153
Grass Valley.....	(530) 273-4117
Madelyn Helling.....	(530) 265-7050
Penn Valley.....	(530) 432-5764
San Juan Ridge.....	(530) 292-3008
Truckee Library.....	(530) 582-7846





# COMMUNITY AND FAMILY EVENTS

## The Mandarin Festival

This festival celebrates the harvest of locally grown Owari Satsuma Mandarins in Placer County attendees can view three stages of live entertainment; hundreds of quality crafters; a cooking stage with demonstrations; a competitive recipe contest; an area devoted to children's activities; and fifteen local citrus farmers selling their freshly harvested Mandarins in Roseville CA at The Grounds. This happens the Third Friday, Saturday, and Sunday in November.

## Festival of Lights Parade

An annual tradition for staff, children and families of KidZCommunity is to attend parade. A chilly, yet fantastic way to celebrate the lights of the season! Auburn, The first Saturday of December.

## Nevada County Food and Toy Run

For the last 32 years, hundreds of motorcyclist's rumble through the towns of Nevada City and Grass Valley on the way to the Nevada County Fairgrounds where families await in anticipation of their arrival. Families may receive a holiday dinner, a bag of potatoes and canned goods to take home for the Holidays. Each child receives a toy, and everyone celebrates with vivacious atmosphere. Grass Valley, The Second Saturday in December.

**Be on the lookout! Check our social media for up to date information on events in the community and much more!**

Facebook: <https://www.facebook.com/HeadstartPCAC> or search @KidZCommunity  
Instagram: <https://www.instagram.com/kidzcommunity/> or search @Kidzcommunity  
Twitter: [https://twitter.com/\\_KidzCommunity](https://twitter.com/_KidzCommunity) or search @\_KidzCommunity



# Are You Ready For An Emergency?

## Here Are Some Ways To Be Ready...

### Emergency Supplies:

- Water** - One gallon per person per day
- Non-perishable Food** - at least three day supply
- Battery Powered or Hand Crank Radio**
- Extra Batteries**
- Flashlights**
- First Aid Kit**
- Whistle**
- Moist Towelettes**
- Garbage Bags**
- Plastic Ties**
- Wrench or Pliers** - to turn off utilities
- Manual Can Opener**
- Important Family Documents**
- Plastic Sheeting and Duck Tape** - for sheltering in place
- Items for Unique Family Needs** - medication, diapers, formula, etc...
- Cell Phone and Charger**
- Filter Mask** (cotton T-shirt) to help filter air (ask your Dr.)
- Jump Drive** Personal Information Saved on i.e. Birth Certificates and Important Documents

### For Weather (per person):

- Jacket or Coat**
- Long Pants**
- Long Sleeve Shirt**
- Sturdy Shoes**
- Hat and Gloves**
- Sleeping Bag or Warm Blanket**

### Ever Heard of ICE?

**“ICE” = IN CASE of EMERGENCY**

It is suggested that you have an “ICE” contact on your cell phone. If you have an emergency, paramedics will know who to contact.

#### How to set up an “ICE” Contact in your phone:

1. Go to add a new Contact,
2. In the Contact’s Name screen put “ICE”
3. Put the person’s phone number you want contacted on the line for the number.
4. Under notes you can add the person’s name and relation.
5. To add more than one ICE: ICE2, ICE3, ICE4 etc.

Adapted from [www.ready.gov](http://www.ready.gov) also see website for more information