



# The Healthy Start News

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[www.laytonville.org/healthystart.html](http://www.laytonville.org/healthystart.html)

## September 2013

### Coordinator's Corner

By Jayma Shields

I always love to listen to what people say when they come through our doors here at Laytonville Healthy Start Family Resource Center. Some folks say, "Someone in town said you were a food bank?" or "They told me to come here for the internet, do you have coffee too?" I feel our job is to inform not only our community about the work that we do, but also the folks who access our services- because they are often the ones referring a friend or family member via good ol' fashioned word of mouth.

It might be simpler to explain to people who walk through our doors what we *don't* do.

I firmly believe that as a Family Resource Center we have to be flexible to the needs of our community- and the needs are as diverse as the people who make up our town. The truth is, our staff here at Healthy Start will drop what they are doing to help someone in need - whether the need is a phone number to a local agency, or explaining to someone the ropes of Medi-Cal insurance or the new Affordable Care Act.

Lucky for us, we get funded to do some of this work- but the truth is a lot of what we do is just out of the kindness of our hearts and us responding to the needs of our community.

If you want to know more of what we do, I will point you in the direction of two helpful resources - our newly designed website <http://www.laytonville.org/healthystart> or the helpful "What We Do" list that is attached to this newsletter.

Then, feel free to spread the word!

### First 5 News

New kids' music station on Pandora.  
Music boosts language, math and social skills.  
[Pandora.com/kidsstation](http://Pandora.com/kidsstation)

### Upcoming Events

- **SUICIDE PREVENTION DAY:**  
Wednesday September 11th,  
10:30 am - 11:30 am  
Harwood Hall
- **LAYTONVILLE ART WALK:**  
Sat. Sept. 14th, 10 am - 6 pm  
Downtown Laytonville
- **SENIOR DROP-IN:**  
Tuesday Sept. 17th, 11:30 pm-1:30 pm  
Harwood Hall
- **COMMUNITY AWARENESS NIGHT:**  
Drunk Driving & Underage Drinking  
Thursday Sept. 26th at 5 pm  
Harwood Hall
- **SKATE NIGHT:**  
Friday Nights 6 pm - 8 pm  
Sept: 20th & 27th  
Harwood Hall
- **PLAY GROUP:**  
Wednesdays 11 am - 1 pm  
Harwood Hall
- **TEEN DROP-IN:**  
Tuesdays & Wednesdays  
2:45 pm - 5 pm, Harwood Hall
- **POSITIVE PARENTING GROUP:**  
Fri. Sept. 20th - Nov. 8th, 2013  
11 am - 1 pm, Healthy Start

### Healthy Start Meeting

Monday Sept. 9th- Topic: Volunteer Recruitment  
Dinner at 5:30 pm  
Meeting at 5:45 pm

### Wish List

Clothing Rack, Food Processor/Cuisinart  
Free Standing Coat Rack, Diapers,  
Volunteers!

Fax: (707) 984-8620

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