



Laytonville Healthy Start
Family Resource Center

The Healthy Start News

April 2016

44400 Willis Ave, PO Box 1382, Laytonville, CA 95454

(707) 984-8089

Coordinator's Corner

By Jayma Shields Spence

April is recognized as Child Abuse Prevention Month. You may notice blue ribbons or pinwheels which bring awareness to the cause. Have you ever heard of the "ACEs" study? It's very interesting (Google it!). Adverse Childhood Experiences describe a wide range of factors which may occur in the home for children under 18 years old. Adverse Childhood Experiences, such as emotional, physical, or sexual abuse; loss of a parent through divorce, death or incarceration; experiencing hunger or being exposed to violence are things that can contribute to lifelong physical and behavioral health challenges. A child is more at risk for ACEs when parents experience stressors such as social isolation, underemployment, lack of health care, depression or the inability to access basic necessities. (Info from Prevent Child Abuse America)

When we invest in children now, we know that we're promoting a healthier and productive community. Prevention up-front saves dollars as opposed to intervention and treatment later in life— which costs more the longer we wait to address a problem. The impact on society is also much greater if we wait to intervene or treat later in life. For example, not using a model of prevention means higher health and mental health care costs, increased incarceration rates, and lost work time.

Healthy Start helps our community by providing programs and services to support healthy kids and parents, which ultimately will lead to a healthier community. To learn more about our programs and services, or to volunteer, call our office at (707) 984-8089.

Positive Parenting Group

Triple P group begins Monday, April 11 @ 1:30 p.m.. This class is for parents of pre-teens and teens, as well as young children. If you are interested in learning how the positive parenting program can benefit your family, please call 984-8089 to sign up. Earn gift cards for groceries for attending!



Upcoming Events

Skate Night

Fridays 6-8 p.m.

April 8, 15, 29 No Skating on the 22nd

Senior Drop-In

Tuesday, April 19

11:30 a.m. Delicious Homemade Lunch

Anyone 55 or older is welcome!

Play Group

Mondays- New Day! 12:30-2:30 p.m.

Kids 5 and under and parents welcome

Fun, snacks and toys!

Teen Drop-In

Wednesdays and Thursdays 2:45 -5 p.m.

Farmer's Market inside Harwood Hall

Every Monday from 2:30-4:30 p.m.

Learn about Market Match and stop by the Healthy Start table to taste some healthy and yummy food. Soup is on too!

SPRING FEST!

Saturday, April 23 from 11 a.m. to 4 p.m.

Inside Harwood Hall

Fundraiser for Healthy Start

Kids activities, raffle, vendors, community organizations, home-made lunch and more!

This event is replacing our summer fair.

Call our office for more info!

Healthy Start Coalition Meeting

Monday April 11th at 5:30 p.m.

Please RSVP (707) 984-8089

