

# Healthy Start Happenings

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Crystal Meyer, Family Resource Specialist

## Summer Time!



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## Upcoming Events

- ◆ Healthy Start Celebration: June 2<sup>nd</sup>, 4-6pm
- ◆ Last Day of School: June 4, minimum day!

## Year End Celebration!

Come celebrate with us as we wrap up our first year of serving Anderson Heights, Meadow Lane, and Verde Vale schools!

Tuesday, June 2, 4-6pm  
Room 1 @ Verde Vale

- ~Food
  - ~Fun
  - ~Children's activities
  - ~Raffle prizes
- See you there!



## News and Summer Stuff

We have a new direct phone number: 378-7002!

**Summer Hours:** Monday - Friday 8-4:30 until June 12<sup>th</sup>. We will open again the first day of school, August 17.

### ~Summer of Fun Playground

Need activities for your children during the summer?

Check it out!!! Summer of Fun Playgrounds at Anderson River Park: a free supervised summer program for ages 6-12, June 22- July 31, 9-noon.

## Parenting Support

Parents in Control, giving you techniques that can help bring a loving, caring atmosphere back to a home now filled with frustration, anger, and hostility.

No waiting list!

Year round, start any time

Drop-ins welcome

Call voicemail to verify schedule

530-527-3699 or 1-877-787-5806

The classes are currently available in Anderson, Redding, and Red Bluff. We will be hosting parenting classes similar to these at Verde Vale in the fall as well as parenting support classes in Spanish. Watch for fliers in August!

Need a full day? \$55.00/week

7:30-9:00am & 12-5:30pm M-F, June 22-July 31. (Must have 15 participants in order to have this program, register early)

Call Anderson Parks and Rec. for more info: 378-6656

### ~ACCA Community Garden

Grow your own fruits and veggies!  
Episcopal Church- Rupert Rd & Stingy Lane

Call: Alice Casewell 357-4276



**Anderson Certified  
Farmers' Market**  
June 4-Oct. (closed Fair Week  
6/18)  
Thursday mornings, 7 am - noon  
Shasta District Fairgrounds

For more info Contact:  
Myron Kreger  
357-4314  
shastagrowersassociation.com

## Community Resources

Margaret Crandell and Sylvia Yzaguirre (both bilingual) from Shasta County Public Health are available year round for assistance applying for Medi-Cal and Healthy Families. Margaret and Sylvia are both experienced with community resources such as housing, medical, and basic needs. If you have any questions or need help over the summer please feel free to contact them.

Margaret Crandell,  
Community Health Advocate  
225-3693  
Sylvia Yzaguirre,  
Community Organizer  
225-3748  
2889 East Center Street  
Anderson, CA 96007



## Summer School for Adults

The last ESL class at Verde Vale was May 14<sup>th</sup>. Both classes below will resume on August 18. If you would like to continue summer classes they are available for no cost at Shasta College.

**ESL 385 - Literacy - Free English class**  
June 8 - July 22  
Monday - Thursday, 5:30-8:40pm  
Room # 810 at the Main Campus  
11555 Old Oregon Trail  
530-242-7711

**ESL 378 - American Citizenship - Free**  
Classes begin June 2 - July 30  
Tuesday, Wednesday, & Thursday  
9-10:50am  
Room # 8214 at Health Science &  
University Center  
1400 Market Street  
530-339-3610

### Cascade Healthy Start Family Resource Center

19415 Jacqueline St.  
Anderson, CA 96007  
530-378-7002

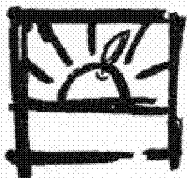
aherr@cuesd.com  
cmeyer@cuesd.com

## Staff News

Crystal Meyer, Healthy Start's Family Resource Specialist will be leaving in June to be closer to family and pursue a graduate degree in counseling. We will be working with AmeriCorps to fill her full-time position. Qualified applicants should have a B.A. in Psychology or other helping field, bilingual preferred. If interested please contact Andrea Herr: 378-7002 or aherr@cuesd.com.

Have a Safe and Fun Summer!

See you August 17<sup>th</sup>!!!



*Caption describing  
picture or graphic.*

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