



PARTNERS Press

February/March 2021

www.partnersfamilyresourcecenters.org



What's Inside?

- Vaccination info!
- Parenting classes!
- Virtual Daffodil Run!
- Distance Learning & Youth Hub!
- Distracted Driving Awareness!
- And more!

FRC CLOSED FOR PRESIDENTS' WEEKEND FEB 12th & 15th



Your actions save lives
Wear a mask, wash your hands, and keep your distance

We hope you and your loved ones are well and staying safe. We are still here and our FRC is full of information and resources for your family. Our computer lab is available by appointment, and our clothes closet is brimming with new and gently used clothes for infants through adults.

Please call to access our services
We are available by calling 530-273-4059
Monday-Friday 9:00am -4:00pm
Closed for lunch 12:30-1:00pm
Hablamos español

CIRCLE OF FRIENDS FRIDAY ZOOM!



10:00-10:45am

Come join us for a fun-filled morning of activities, singing & story time!



Call Viki for info or to be added to playgroup newsletter email list
530-273-4059

Parenting Classes



Seeking support with one of the hardest jobs of all—parenting? Take Parenting to the next level. The Nurturing Parent Seminars are for parents of children ages 2-12.

- Reduce Family Stress.
- Become a more confident parent.
- Create a family routine with ground rules that everyone knows and follows.
- Enjoy a more harmonious family environment.

For upcoming dates & registration information call Annie 530-268-5286



Vaccinate Nevada County

Together we can end the pandemic.

For information on vaccinations and current Coronavirus updates:
Mynevadacounty.com/coronavirus/vaccine



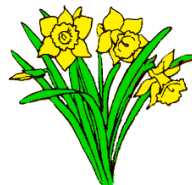
VIRTUAL Daffodil Run !!

April 1-11, 2021
Penn Valley, CA

Registration begins soon!

Check the website: daffodilrunpv.com

5K & 10K Runs
5K Family Run



A new course will remain marked for the duration of the virtual race for those who wish to run in Penn Valley. As always, safety first—children should run/walk with an adult. Watch website for updates!

Proceeds benefit the schools and scholarship programs.



Remember that when advised by your physician, exercise can boost immunity, improve sleep, & be a healthy way to relieve stress. There are creative ways to exercise in your home, or outdoors while maintaining recommended 6 ft of social distancing.

Tip of the month from 40 Assets

Tip – Asset #28— Integrity



Ironically, the most important way for parents to encourage integrity in their children is to show them by their own words and behavior that it is OK for friends (and family) to have different beliefs and convictions, how to listen to and discuss differences respectfully, and not to be afraid to modify beliefs as they learn more about life. Praise young people when they make good decisions based on their beliefs.

To learn more about the 40 developmental assets (Got 40?), call 271-5617 or e-mail NedRussell@pacbell.net or info@got40.org.

PARTNERS: People And Resources Together, a Network of Education, Recreation and Support



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FREE Distance Learning Center & Youth Hub 8:15am-2pm weekdays Nevada County Fairgrounds

Children 4th grade or higher can be dropped off while parents/guardians must remain with younger children. High-speed internet, socially-distanced work stations, safe & supervised student environment. Breakfast & lunch are provided. Covid safety guidelines will be followed. NEO will also hold after-school programs at the Distance Learning Center and Youth Hub.

For more info: 530-265-4311



New Nevada County Community Library Mobile App!

Nevada County Community Library has launched a mobile app that lets you do multiple things from your mobile device, anytime, anywhere. Name of the app is Nevada County Library.

How Do I Get The App?

You can download the Nevada County Community Library app via **Google Play (for Android)** and the **App Store (for iOS)**. Our mobile-friendly catalog is also available at <https://mynevadacounty.com/catalog>. Once the app is downloaded, you will need your library card number and PIN to log in.




We can help with Medi-Cal applications and make referrals for CoveredCA applications and renewals. Hablamos español. Come by or call 273-4059.



Annual Jim Rogers Memorial Ride & RUN

**Cancelled this year due to the pandemic
BUT We're Still Promoting Distracted Driving AWARENESS!!**

Distracted driving is any visual or auditory activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. Examples of distracted behaviors include:

- Texting Eating & drinking Talking to passengers
- Grooming Reading, including maps Using navigation system
- Watching a video Adjusting a radio, CD player, or iPhone

TIPS FOR TAKING ACTION AGAINST DISTRACTED DRIVING

1. Pay attention.
2. Avoid distractions like texting, talking on the phone, or playing games while driving.
3. Put your phone away when driving.
4. Pull over and park in a safe location if a call or text is absolutely necessary.
5. Change your voicemail greeting to inform callers you are on the road and will return their call when you can do so safely. Install an app that blocks text messages, phone calls and other alerts when driving, turn on "do not disturb" or airplane mode.
6. Discourage others from calling or texting you while you're driving.
7. Have passengers manage your phone for you.
8. Prepare before you drive. Review maps, adjust your radio, eat, and make any phone calls needed before you drive.
9. Request phone-free driving when you are a passenger.

Model safe driving behavior.

There are many free apps available to prevent your cellphone from becoming a distraction while you're driving. To find apps to help you or your children drive distraction-free, check with your cellphone provider or visit the app store on your phone and search "distracted driving" For more information, stats, and resources visit: www.distraction.gov or www.nsc.org



Our Clothes Closet is full with new and gently used clothing of all sizes!!

Call and let us know what you or your family members might need. We have sizes from infants through adults. We will be your Personal Shoppers and our curbside pickup will be at your service!

Call 430-273-4059 today!

