



A Bit Better

News From First 5 Santa Cruz County

Centering Children and Families at the Heart of Recovery

The Central Coast Early Childhood Advocacy Network is hosting a Parent Power Summit, ***Centering Children and Families at the Heart of Recovery***, on Tuesday, January 26th, 2021 from 2:00 to 4:00 p.m. PST. This summit will offer participants an opportunity to connect and learn with other Central Coast parent leaders and advocates who are working to support thriving children and families.

Topics will include:

- Positive Parenting and Self-Care
- Storytelling and Public Communication
- Advocating for Children with Special Needs
- Working with Schools

[Click here to Register](#)

[Click here to learn more about the Parent Power Summit](#)

**Santa Cruz County ACEs Aware
Network of Care Sessions Continue**

Santa Cruz County ACEs Network

Connecting ACEs, Equity & Resilience
Conectando ACEs, equidad y resiliencia



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Join us for the third session of the Santa Cruz County (SCC) ACEs Network of Care Learning Series, Connecting ACEs, Equity & Resilience, presented by Wendy Ellis and Sarah Baldauf of the **Center for Community Resilience (CCR)** at George Washington University. This bilingual, virtual event will build on the concepts and tools covered in the first two sessions on The Pair of ACEs in Practice and Connecting Across Sectors.

[Click here to Register Now](#)

Last Day to Register is February 9th, 2021

"We look forward to working with all partners to advance our collective awareness of Adverse Childhood Experiences (ACEs) and our ability as a community to collectively prevent them, and support the children, families and individuals who have experienced them."

~ David Brody, Executive Director of First 5 Santa Cruz County.

**Learn more about the ACEs Aware Network of
Care February 11th Event**

January is Positive Parenting Awareness Month

**Triple P has *Family Quality Time Calendars*
with Parenting Tips and Ideas for the month of January**



Here are the links to the
Family Quality Time Calendars:

Online in **English** and **Spanish**
& Printable in **English** and **Spanish**



Community Announcements

Local Pediatric Dental Appointments Available

There are openings at local clinics for pediatric dental appointments for children 0 to 3. Please check out the flyer below for more information about the importance of bringing young children in to have regular dental checkups.

[Click here to see the flyer with more information](#)

Local Assistance Available to Help with Health Insurance and CalFresh Applications

Having access to health insurance and food for our families is of vital importance. If you, a family member, friend or neighbor need help completing or renewing an application to county or state health insurance programs Certified Application Assistors can answer your questions and offer free application assistance. Call an Application Assistor directly at any of the agencies listed on this [flyer](#) for more information.

Community Resources

Parenting and Caregiver Resources

- First 5 Santa Cruz County- **Triple P parenting support**
- **New** resources from Sesame Street in Communities on **Managing Emotions**
- First 5 Association - **Resources for Families, Children and Communities**
- First 5 California's **New Parenting Website**
- Community Foundation Santa Cruz County: **January Family Resource Calender**
- Santa Cruz County Office of Education website focused on **Distance Learning**
- PBS: Find Ways to Play - **Fun and Educational activities for the whole family**
- California Surgeon General's Playbook: **Stress Relief for Caregivers and Kids during COVID-19**
- From the National Institute of Mental Health - Flyers on Stress and Anxiety in **English** and **Spanish**

If you are in need of child care,
please call the Child Development Resource Center



Child Development Resource Center

Serving those who care for and educate young children.

(831) 466-5820

cdrc@santacruzcoe.org

COVID-19 Related Community Resources

- Eviction Information for Tenants and Landlords: [bilingual flyer](#).
- Abriendo Puertas Shares Multi-Lingual COVID-19 Resources for Families: [Website](#)
- Mental Health Tips & Local Resources for COVID-19
– [ENGLISH](#) & [SPANISH](#)
- County of Santa Cruz Health Services Agency:
 - [COVID -19 Resources and Information Website](#)
 - [Testing Sites](#)
- California Coronavirus (COVID-19) Response:
 - [COVID -19 Resources and Information Website](#)

Preparing for Winter Storms

- [Post-Fire Recovery Resources](#)
- [Debris removal](#)
- [Emergency Reverse 911](#)



CALL

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2-1-1
OR (800-273-6222)

Send your zip-code
to 898-211

211santacruzcounty.org



MARQUE

ENVÍE

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This newsletter is a collaborative effort of First 5 Santa Cruz County staff.



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