



# Chester Family Resource & Wellness Center Community Newsletter

November 2016

Issue #3

## SCHOOL-AGED CHILDREN FLU VACCINATION CLINICS

Flu forms can be downloaded at  
[www.plumascounty.us/publichealth/fluinformation](http://www.plumascounty.us/publichealth/fluinformation)

Parents are asked to bring their student and completed Flu Form to one of the below clinics:

### CHESTER SCHOOLS:

November 2nd 4:00pm to 6:00pm  
Chester High School Cafeteria



## Tips of Dealing With Holiday Stress

While 'tis the season to be merry, for many of us, it's also a season for stress, anxiety and angst, which leads us to behave in ways we're sure to regret later. During this time of year, people often resort to bad habits—they may cave into sugar cravings, go for the booze, and overdose on caffeine.

In part, that's because, during the holidays, people tend to experience heightened emotions. You may feel overcome by loneliness, become annoyed by meddling relatives or lose patience with your loved ones. And in the present economy, you also may be worried about how you'll be able to pay for good gifts without maxing out your credit cards.

In fact, the American Psychological Association (APA) found that *nearly half of all women in the United States experience heightened stress during the holidays, which puts their health at risk. The APA also learned that during this time, 41 percent of women use food and 28 percent use alcohol for stress relieving.*

Of course, we all know that devouring a bag of cookies, guzzling booze, venting to a loved one, or spending too much money on holiday presents are not smart ways to sooth your holiday stress. But here are some tips to help deal realistically with holiday stress:

- **Set expectations** – Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Depending on a child's age, parents can use this as an opportunity to teach their kids about the value of money and responsible spending. And be realistic. Take small concrete steps to deal with holiday tasks instead of overwhelming yourself with goals that are too far reaching for a busy time.
- **Keep things in perspective** – Try to consider stressful situations in a broader context and keep a long-term perspective.



## Holiday Food Drive Oct - Nov 2016

Chester Family Resource & Wellness Center (CFRWC) is collecting food for our holiday food baskets. These baskets will go to community members in need.

Here's how YOU can help...

Donate Thanksgiving foods until November 18<sup>th</sup> at any of the following locations:

Monetary donations to the CFRWC accepted at Holiday Market and the Pizza Factory & CFRWC.

Accepting  
Non-Perishable  
Items beginning  
October 18<sup>th</sup> & ending  
November 18<sup>th</sup>



Sponsored by Plumas Crisis Intervention & Family Resource & Wellness Centers: Call 530.283-5515 today!

Avoid blowing events out of proportion and teach your kids how to keep things in perspective, including what type and the number of gifts they receive.

- **Make connections** – Good relationships with family and friends are important. So, view the holidays as a time to reconnect with people. Additionally, accepting help and support from those who care about you can help alleviate stress. Even volunteering at a local charity with your kids is a good way to connect with others, assist someone in need and teach your kids about the value of helping others.

**Take care of yourself** – Pay attention to your own needs and feelings during the holiday season. Engage in activities that you and your family enjoy and find relaxing.

Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations.

And remember, if you need someone to talk to, call us at 530.259.4156 Tuesdays or Wednesdays or 530.283.5515 Monday through Friday, 9am to 5pm. Crisis in another time? Call 530.283.4333—day or night. We're here to listen!

## Chester Community Events

PCIRC Offices will be closed November 11<sup>th</sup> and November 24<sup>th</sup>-25<sup>th</sup>.

Drop off your donations to the Holiday Food Drive at 372 Main Street, Chester  
Tuesday or Wednesday, 9am to 3pm

For more information on any of these events, please call 530.259-4156

**24/7 Dad®** is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. There's a new group forming now in Chester!

To participate call 530.259-4156  
Facilitated by Scott Cash, National Fatherhood Initiative.

24/7 Dad

November



**Need help stretching your food budget?**

You may qualify for **CalFresh**. To learn more, please stop by and see us at 372 Main Street, Chester or call the office at 530.259-4156. (Tuesdays/Wednesdays-9am-2pm)

Drop-in Assistance Services include:

- \*Application Help
- \*Appeals Assistance
- \*Interview Preparation
- \*Questions Answered
- \*Eligibility Prescreen
- \*Required Verifications
- \*Helpful Materials
- \*Recertification Help

## November is National Runaway Prevention Month

Homeless Teen and Runaway Youth Research from National Runaway Safeline

*There is no typical runaway or homeless teen. There is no typical crisis situation. However, there is information that helps us determine what runaway and homeless teens and youth face on the street.*

NRS has conducted various research projects to build the depth and breadth of information available on the runaway and homeless youth population.

According to a report from the California Research Bureau, 200,000 youth and thousands of 18-24 year olds are homeless in California.

Many homeless youth face barriers and challenges in their lives, including chronic health conditions, criminalization, and street victimization. Many are runaways.

Because being a parent or guardian isn't easy, The National Runaway Safeline has turned to youth and parents to get helpful tips on confronting the challenges of being a parent or guardian. These highlighted tips offer advice on how to handle certain situations between youth and parents or guardians, keeping communication channels open and keeping your child at home and not on the streets as a runaway.

- Your relationship with your child is always more important

than an issue.

- Communication is key. Listening is a skill, so it is important to hear your children out before rendering judgment or an opinion.
- Tell your children that you will listen to them and talk with them no matter what the topic, worry, or concern and that nothing they do will make you stop loving them.
- Validate your teen's point of view. Sometimes kids just want to know that you hear what they say, even if you don't agree.
- Collaborate on rules. Your teen is more likely to comply with rules he or she helped set up.
- Teens are going to make mistakes. It's a part of the process of growing up. Let them know you will still be there when they stumble and fall.
- If your child tells you or shows signs of being bullied, don't ignore it and hope it goes away. Document it and contact your child's school.
- Tell your child that it's okay to get angry and to express it in a healthy way.
- Treat your child as you would like to be treated.

**CFRWC offers Peer-to-Peer Counseling on these issues. Get Information. Get Help. Call us today! 530. 259. 4156**



## DOG FOOD COMES TO CFRWC!

**Plumas County P.I.T.S. has partnered with PCIRC / CFRWC to provide dog food for those in need of food for their pets.**

Plumas County P.I.T.S. is a 501(c)(3) non-profit organization, formed in 2012, to promote positive Pit Bull awareness and responsible ownership. They serve Plumas County and the surrounding areas providing education, adoption, and resource services to the public.

**To participate in this new program, contact the CFRWC office at 530.259-4156**



**Chester Family Resource & Wellness Center**  
372 Main Street  
530.259-4156 phone  
Open Tuesdays & Wednesdays

**A PCIRC Wellness Center - Chester, California**  
Chester California 96020  
CharlaRush.PFRC@yahoo.com  
9:00am to 3:00pm