

Family Support Series

Resources for and by Native Families

April 18th-20th & 22nd |
DNR Community Room, Orleans, CA

TANF Clients: Classes count as
credits & free transportation!

Class Schedule:

Tuesday, April 18th | 2:30pm-7:00pm Intro & Dinner at 5:30pm

UIHS WIC (Women Infants Children) presentation and sign-ups ♦ Talking Circle and dinner ♦ Phil Albers (TANF) Cultural demonstration

This is a **Safe Space**

Rooms for confidential
questions available

Wednesday, April 19th | 2:30pm– 6:00pm

Salve Making with Kathy McCovey

Dinner at 5:30pm

Karuk Language Activities ♦ Tammy Foster, LCSW (Karuk) ♦ Make Medicinal Salves w/ Kathy McCovey ♦ Parenting tips from Dr. Sawar Young-Tripp

Thursday, April 20th | 2:30pm-6:00pm

Fruit Roll-ups and Green Smoothies with Tanna Tripp

Dinner at 5:30pm

Karuk Language Activities ♦ **How to get a WIC certified vendor!** ♦ Nutritional Demo with Sandy Earl DHHS and general info ♦ Fruit wraps-roll-ups and green smoothies with Tanna Tripp. Everyone gets **free** supplies Basket demo with Dorothy Sylvia ♦ Parenting tips from Dr. Sawar Young-Tripp ♦ Talking Circle and Dinner.

No Class Friday

Saturday, April 22nd | 11:00am-4:00pm

Acorn Day with Stormie Polmateer and Tanna Tripp

Karuk Language activities ♦ Lunch and Talking Circle ♦ Acorns Day with Stormie Polmateer and Tanna Tripp : The process of gathering and processing, with recipes for soup, acorn chips, and muffins shared during the event. Tips on freezing and using the acorns as pacifiers. Everyone gets **free** supplies! ♦ Dorothy Sylvia basket demo ♦ Parenting tips from Dr. Sawar Young –Tripp

Free Childcare on-site during all classes | Free supplies to take home

Contact for info: Maymi Preston-Donahue

email: mp455@humboldt.edu Phone: (530)627-3008

