



**BUILDING A HEALTHY,
THRIVING & DRUG-FREE
COMMUNITY
FOR ALL SINCE 2002**

Vol. 1, #1 * Non-profit Action Network Family Resource Centers: Located in Gualala & Pt. Arena * July 15, 2012

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Paul Plakos Joins Action Network as New Clinical Director

Action Network is proud to welcome psychotherapist Paul L. Plakos, M.A., MFT as our new Clinical Director. Paul holds a Master's degree in Clinical Psychology from Antioch University, a Bachelor's degree in Psychology from U.C.L.A., and is a certified Gestalt Therapist. As an independent contractor serving Action Network, Paul will provide case management and consultation to staff and clinical therapy to our clients. Paul has experience facilitating both anger management and chemical dependency recovery groups. Working through Action Network, Paul will start a new program conducting developmental screenings of the students and providing consultation to the teachers at the Manchester-Point Arena Band of Pomo Indian's Head Start Program.



AN Offers Long List of Local, Free Mostly Bi-lingual Summer Events

For infants, children & teens: Breast Feeding Support: last Tuesday of the month, Noon - 1pm @AN/Pt. Arena, call Heidi @884-5413 for home visit appointment; **Playgroup:** children ages 0-5 and families, healthy snack, Tuesday, Wednesday, Friday, 10am-Noon, @AN/Gualala; **Playgroup:** children ages 0-5 and families, healthy snacks, Tuesday, Friday, 1pm-3:30pm @AN/Pt. Arena; **Pre-kindergarten Enrichment:** academic prep through creative activities, Tuesday, 11am-12:30pm, Kashia Reservation; **Pre-kindergarten Enrichment:** Academic prep through creative activities, Tuesday, 11am-12:30pm, Sea Ranch.

For families: Family Empowerment: a support program for families, Monday, 1pm-3pm, AN/Gualala; **Triple P Positive Parenting:** Strategies for positive parenting, by appointment, AN/Gualala; **WIC (Women, Infants & Children):** a supplemental nutrition program (eligibility required), Tuesday, July 24 & Aug. 21, 9:30am-2:30pm, AN/Gualala, call WIC @964-7106; **WIC (Women, Infants & Children):** a supplemental nutrition program (eligibility required), Tuesday, August 7, 9:30am-2:30pm, Veterans Building/Pt. Arena, call WIC @964-7106.

For adults: Learning to Live Without Violence Program: Anger Management for Men, Monday, 3pm-4pm, AN/Gualala, \$20/session for court-ordered mandates, otherwise free; **Self-help Legal Access:** Thursdays, 4-5pm, by phone; **Life Coaching:** gain new perspective & take action with any challenging situation, Monday-Friday, 9am-5pm, AN/Gualala, free for existing AN clients.

Life, Liberty & Extreme Joy - Action Network Float Earns 1st Prize, Youth Entry



Action Network 4th of July Float. Clockwise, starting from the top: Hunter Free, Nicholas Lawrence, River Free, Goddess of Liberty - Janet Kukulinsky, and Float Man - James Platt



Recent Nutrition Class graduates. Clockwise: Socorro Barragan, Isabel Chavez, Monica Ramirez, Laura Ramirez, Kim Ghezzi (Facilitator), Danielli Coria, Karina Chavez, Gisel Gutierrez, Irma Estrada, Victor & Valerie Estrada. Photo by Javier

Upcoming!

- **Nutrition Basics Classes For-Teens!:** Learn to prepare easy-to-make, delicious recipes held @Action Network in Gualala; from July 18-August 15; 3:00-4:30 every Wednesday.
- **Sign up for this year's Gualala River Run,** held on Saturday, October 13, 2012 with brunch & raffle -- for weekend warriors & families!



Gualala River Run participants attend the Awards Ceremony for the 10K competitive run



Action Network in Gualala
39144 Ocean Dr., Cypress Village

Action Network in Gualala is located at 39144 Ocean Drive, just beyond the Physical Gym. To reach Action Network, turn off Shoreline Highway @Ocean Drive and head up the hill for about 100'. Turn left into the Cypress Village and drive to the end of the parking lot. Park in front of Action Network, which is the last building on your right, or park in the parking spaces just above on Cypress Street.

Action Network in Point Arena is located at 240 Main Street, between the Sign of the Whale and Uneda Eat.

For more information, call 884-5413, or, *En Espanol*, call 884-5414.