



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

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Action Network Family Resource Centers Located in Gualala and Point Arena

January 15, 2013

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Free Tax Preparation Assistance in Gualala

Earn It! Keep It! Save It!, partnering with the United Way of the Bay area, will be providing free tax preparation services to low-to moderate-income households again this year.

Earn It! Keep It! Save It! (EKS) is a coalition of Bay Area organizations that provides free tax preparation to households earning less than \$50,000 a year. They know the benefits of free tax preparation and tax refunds on taxpayers and their households.

Providing the highest quality free tax preparation is at the forefront of an Earn It! Keep It! Save It! tax preparer's mind. One of their goals is to ensure that

clients get all the tax credits they are entitled to. The Earned Income Tax Credit (EITC) is a refundable credit given to low-wage workers. The EITC can be well over \$5,000, yet it is often not claimed because people do not know about it, or it can cost money to prepare the additional form.

Earn It! Keep It! Save It! supports United Way's goal of helping low-income families become financially stable.

Action Network will be supporting this Program through our Gualala office. Call us for more information, 884-5413 or en espanol 884-5414.

When you are going to get your taxes prepared, be sure to bring the following items with you:

- Photo identification (for you and your spouse, if filing jointly)
- Social Security card or ITIN for each family member
- W-2 forms for all jobs held in 2012 and all 1099 or 1098 forms
- Child care provider information
- Landlord's Name, Address and Phone number for the CA renter's credit
- A voided check for direct deposit
- Last year's tax return

January is National Mentoring Month

When you were a child or young adult, was there someone in your life—a teacher, neighbor, relative, coach, friend, or boss—who encouraged you, showed you the ropes, and helped you become who you are today? That person was a mentor to you.

Research has shown that volunteer mentors can play a powerful role in reducing drug abuse and youth violence as well

as boosting academic achievement. Mentors help to build young people's character and confidence, expand their universe, and help them navigate a path to success.

Take a minute to thank your mentor today. ...and then consider returning the favor. Mentoring programs in our community need more volunteers. You don't need any

special skills to be a mentor—just an ability to listen and to offer friendship, guidance, and encouragement to a young person growing up today. And you'll be amazed by how much you'll get out of the experience. Turn your lifetime of experience into the experience of a lifetime. Share what you know...Mentor a child. Call Action Network today for more information on how you can mentor a child.

Tips on Nurturing Your Child's Social-Emotional Development

Relationships are the way babies come to know the world and their place in it. Positive parent-child attachment provides the loving context necessary to comfort, protect, encourage, and offer a buffer against stressful times. It is through relationships that young children develop social-emotional wellness, which includes the ability to form satisfying relationships with others, play, communicate, learn, face challenges, and experience emotions. In addition, nurturing relationships are crucial for the development of trust, empathy, compassion, generosity, and conscience.

In a nutshell, social-emotional wellness is the developing capacity to experience and regulate emotions, form secure relationships, and explore and learn — all in the context of the child's family, community and cultural background.

First 5 Sonoma County offers the following tips on how parents can promote young children's healthy social-emotional development:

- ◆ Be affectionate and nurturing
- ◆ Provide your child with responsive care
- ◆ Help your child learn to resolve conflict in a healthy, appropriate way
- ◆ Help your child experience the joy found in the "give-and-take" of relationships
- ◆ Nurture your child's respect for differences
- ◆ Limit TV and other "screen time"
- ◆ Promote an appreciation for your own and others' culture

About First 5 Sonoma County First 5 Sonoma County funds children's health insurance and programs that improve childcare quality, help children succeed in school, and help parents provide safe and nurturing environments for their children. For more information on First 5 Sonoma County and its programs, please call 565-6626 or visit www.first5sonomacounty.org

Free Triple P (Positive Parenting Program) Starts at Action Network this Month

Imagine being able to spend all the time and energy you usually devote to sorting out kids' behavior problems on something enjoyable! Imagine having an organized, orderly family routine with ground rules that everyone knows and follows. Imagine being able to balance work and family without constant stress and worry. Imagine being confident that your parenting style is giving your kids the best start to life.

While Triple P is almost always successful in improving child behavior problems, more than half its emphasis is on developing positive attitudes, skills and behavior. This helps prevent problems arising and fosters family relationships that encourage children to realize their full potential. There is often a high level of

stress involved in parenting with confusion and misinformation coming from every direction. Triple P cuts through that confusion and gives you clear and simple strategies to turn problems around and also to prevent problems from developing in the first place.

The great thing about Triple P is that you can choose how you'd like to 'do' Triple P. You may enjoy the interactivity of a group course. Perhaps you'd rather to talk to a Triple P practitioner on an individual basis. Or you may prefer to do Triple P on your own at home using the self-help resources. It's up to you!! **You** choose a Triple P option to suit **your** needs.

Once you've done Triple P, you'll be amazed at how much more enjoyable family life can be.

Triple P suggests simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works and uses the things you already say, think, feel and do in new ways that:

- Create a stable, supportive and harmonious family.
- Encourage behavior you like.
- Deal positively, consistently and decisively with problem behavior.
- Build positive relationships with your children, so that conflict can be resolved.
- Plan ahead to avoid or manage potentially difficult situations. Take care of yourself as a parent.

Call Action Network at 884-5413 for more information about this rewarding program!