



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

Vol. 2, #1

Action Network Family Resource Centers Located in Gualala and Point Arena

January 2014

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AN/Pt. Arena: 882-1691
En Espanol: 884-5414

www.ActionNetwork.info

HAPPY 2014!

MEET THE ACTION NETWORK STAFF

Janet Kukulinsky, BS, MS.: Executive Director since 2002. Janet leads Action Network's Programs and is our chief Grant writer. Janet helped develop Action Network as a Family Resource Center in 2002 and has been the guiding force ever since.

Paul Plakos, M.A., MFT. Paul Plakos is Action Network's Mental Health Consultant and oversees our counseling programs.

Kim Ghezzi: Family Educator and Life Coach. Kim supervises Action Network's Learning Through Play and Playgroup programs in Gualala and Point Arena. Kim is a certified Level 2,3,4 Triple P program provider to our families and offers life coaching counseling. Kim has been with Action Network since 2008.

Javier Chavez: Family Advocate. Javier has been with Action Network since 2002 and is our senior Advocate, Cultural liaison and bi-lingual, bi-cultural translator. Javier is, amongst other things, a certified Level 2,3,4 Triple P program provider, Anger Management Counselor, and community organizer.

Heidi Marshall, BS and Licensed Midwife: Our Prenatal/Infant Specialist, Heidi provides prenatal and breastfeeding support to local families and is also an experienced Crisis Counselor.



Back, l-r: Janet, Javier, Leah, Claudia, Kim, Paul. Front: James, Heidi, Frances

Leah Kirby: Youth Activities Coordinator for Action Network. Leah works with our Learning Through Play program and older Youth through a program called Girl's Circle, plus numerous

other Youth oriented programs and workshops. Leah is also ASIST Suicide Prevention trained.

Claudia Hillary BS, MS: Business Manager. Claudia provides accounting for all our Grants, and administers all Grants and programs.

James Platt, PhD: Mentoring and Tutoring Manager and Gualala River Run Director, sadly leaving us in 2014 after 9 years of outstanding service. James will remain the Gualala River Run Event Director though.

Frances Anderson: Office Administrator. Frances works with Claudia to assist in Grants, program and office administration and is the hub of the office, orchestrating activities and keeping the community informed.

UPCOMING EVENTS

Call 884-5413

January 10th, 2014—Music Together Winter session starts. 10 classes, Fridays, + makeup. \$120 per child.

February 4th: Fatherhood Engagement presentation. 5:30pm—ANFRC Gualala.

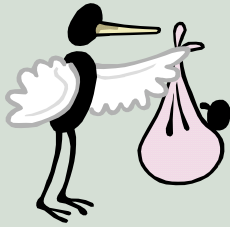
February 9th: Reception for Adele and James Platt 3pm at ANFRC—Gualala

February 13th: Mendocino Private Industry Council—MPIC—meeting, for Youth 17-21, 11am-1pm—Gualala Action Network FRC

Mothering Our Mothers and Preventing Postpartum Depression

by Heidi Marshall CPM, LM (California Licensed Midwife)

Postpartum depression is a condition that occurs for some women most commonly between 3 days to 6 months postpartum. The most common risk factors for postpartum depression include an unsatisfactory birth experience, a feeling of isolation, and a lack of support during pregnancy and postpartum.

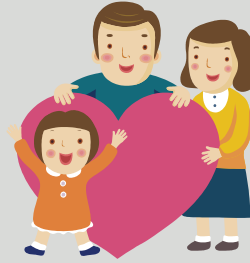


Isolation and lack of support are common obstacles to all families living in our rural region due to limited services, transportation issues and the great distances involved in getting to where you need to go. New mothers in our area are at a greater risk of feeling overwhelmed by the above factors, thus contributing to a greater risk of postpartum depression.

For most women postpartum depression is preventable. Making sure the new mother has adequate support early on is the primary key to prevention. Adequate postpartum support involves home visits and/or phone contact by a care-provider in the first weeks after the baby's birth with information regarding breastfeeding, normal postpartum changes, newborn care, adequate nutrition and fluids, rest and/or exercise, referrals for services, and assistance with problem solving when needed. Often simple support to cope with the emotional and physical changes during the postpartum period is all that is needed to prevent normal postpartum depression. As important as it is for a family to know the normalcy of feelings associated with postpartum depression it is just as important for the family to have the information of the signs and symptoms of when it is time to get professional counseling.

Do you know a family in our community who has just given birth or is about to? A great resource in our community for new families is Action Network in Gualala and Point Arena. They can be reached at 884-5413.

Action Network is a great place to connect with other parents, get breastfeeding support, prenatal and childbirth education classes, access postpartum depression prevention services, find out about food assistance programs, take a parenting class or just connect with other parents during the play groups that happen several times a week. Action Network can connect you with all the available resources for raising healthy children in our community.



NEWS

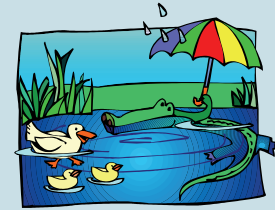
HOT OFF THE PRESS!

DONATE SECURITIES TO ACTION NETWORK

Action Network is now able to take donations in the form of stocks and bonds through our new brokerage account. Donating stocks directly to a non-profit can be very advantageous to you, the donor. Please check with your tax consultant, and call Janet Kukulinsky, Action Network's Executive Director, for more information. 884-5413

Gualala Western Union Office.

We are all very sorry that Copy Plus had to close in December, and realize that many in our community rely on Western Union for their financial transactions. Action Network is to become the local Agent. We will advertise the Grand opening date, and new times of operation in the ICO, Lighthouse Peddler and Post Office, just as soon as the date is known.



Programs at Action Network

Looking for fun and interesting activities for your child to do this the Spring? Don't forget that Action Network offers a full schedule of programs to whet your child's curiosity appetite.

Gualala:

Learning through Play— Pre-K prep— Mon, Wed & Thur 10-am—1pm, drop off

Playgroup: 0-5—Wed 10am-12noon, Friday 11-noon

Music Together—Fridays, Jan 10-Mar 28, 10-11am

Point Arena:

Playgroup -Tues, Fri, 1-3:30pm

After School Enrichment—Tues, Fri 3:30-5pm

Girls Circle—PCCS time TBD

Kashia: Tribal Center

After School Enrichment—Wed 2:30-4:45

MENDOCINO PRIVATE INDUSTRY COUNCIL (MPIC)

GUALALA MEETING at ANFRC THURSDAY, FEB 13, 11am-1pm

MPIC offers Employment, Internships and Training opportunities for young adults. Young people, aged 17-21, from low income families are invited to attend to learn more about this innovative program. "YouthWorks" is designed to give Youth the tools they need to find the right job, give them real world experience and help them build a resume, create a social network and have fun! Learn about local Internships, resume preparation, tuition scholarships, adult school and much more. Call Action Network 884-5413 or, MPIC 707-964-4674 for more detailed information.