

VOL. 7 ISSUE 1 • JANUARY 2026

# REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt,  
Lake, and Mendocino County

## Stepping into the New Year with Purpose & Vision

### OUR NORTH STAR



Canva

**A**s we enter the new year, it's a good time to remember what's important in our lives and what we want to strive for in the year to come. Here at Redwood Coast Regional Center we can look to our vision statement, one that was created in 1998 as a joint effort between our Board of Directors, RCRC employees and clients. To this day, our vision remains central to our work with the community. We hope it's an inspiration to you as it is to us and we wish you a Happy New Year!

#### ~ Preamble ~

Redwood Coast Regional Center recognizes that a vision statement is a projection of the ideal future. A vision statement provides a

picture of things, not as they are, but as they might be. It is the "North Star" that guides all journeys and which, like the North Star, remains a bright fixture on the horizon of all that is possible.

#### ~ Our Vision ~

It is the vision of Redwood Coast Regional Center that all people in our community, including individuals with developmental disabilities, will live, learn, work, travel, and play in the best, most inclusive environments.

We envision strong, healthy individuals and families whose emotional resources are renewed and supported by the community and the regional center.

Continued on next page

## Days to Remember

### January 1st

New Year's Day  
*RCRC will be closed*

### January 19th

Martin Luther King Jr. Day  
*RCRC will be closed*

### January 23rd

Ed Roberts Day





## Stepping into the New Year

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We envision full access to a complete array of health services throughout life.

We envision a system of services and supports that is determined by the individuals served.

We envision a process that is complementary to the individual's own life, and which does not intrude upon the person's chosen lifestyle.

We envision people residing in the living arrangement of their choice. We recognize that life is made meaningful by loving, being loved, and having friends and relationships.

We acknowledge that life is enhanced by contribution, responsibility and the opportunity to learn new ideas and to engage in new experiences, including educational opportunities, social interactions, and work activities.

We envision a system of services and supports which acknowledge the person's age, lifestyle preferences and culture, and which is fluid and ever-changing.

We envision all people being empowered to communicate with their own minds and hearts to determine their supports and services.

We also subscribe to a vision that represents the highest commitment to excellence.

We envision a commitment to honesty, compassion, trustworthiness, flexibility, responsiveness, accountability, accessibility, creativity and a passion for community service.

We envision a joyful and supportive environment in which trust is the cornerstone of all interactions, humor is appreciated and everyone participates fully in teamwork.

We envision one community. We value diversity and honor individuals.

We strive to be accessible, to be knowledgeable, to be accountable, to accomplish tasks in a timely and effective manner, and to offer and receive feedback formally and informally on how we are doing in fulfilling our mission and realizing our vision.

We envision all members of the support community having access to adequate resources, including funding, in order to provide

desired services and supports.

We envision a collaboration between members of the community which creates a whole of services and supports which is greater than the sum of its component contributors.

We acknowledge that shared learning, communication and planning activities will provide the greatest benefit for those individuals we mutually serve, as well as for our respective members.

We envision a culture in which all members of the community are respected, supported, honored, and recognized for their diverse contributions and valued services.

We envision educational efforts which focus on teaching relationship rather than caregiving; which teach support rather than control; which teach communication rather than regulation.

We promote informed exploration and risk-taking, with opportunities for feedback. We envision individual and community satisfaction as the standard by which all services are measured. ★

<https://redwoodcoastrc.org/about-us/rcrc-at-a-glance/>





## Advocacy Efforts Pay Off

### GOOD NEWS FOR THE NEW YEAR

By Elizabeth Hassler

**A**s we enter the New Year, we're excited to share the good news that some of our advocacy efforts in 2025 were successful!

Some people who have seizures use a medication to help stop the seizure. This medication can be inhaled through a nose spray. When a person is having a seizure, they need help to use this medication. Before, the law said that people without a medical license at a licensed program cannot administer this medication. Licensed program staff are people who work at some kinds of day programs or living facilities.

The old version of the law meant that some people couldn't choose to use a licensed program when they might have wanted to.

But the law has changed! Advocates knew this was a problem in the system that could change. Advocates (people with developmental disabilities, our families, and the people

who work to support us) talked about the issue with legislators and people in our government, including at ARCA Grassroots Day this past March 2025. We explained what a change would mean. We use real stories to explain the difference. The law passed to make that change. Now comes the part where every different part of the state will work together. They will figure out how to make that change happen.

Staff who work in licensed facilities will be allowed to choose to get training to help people use the medication.

We love to share good news. We will make sure to let you know when the policy is officially

changed. It's just another way we're all working together to make sure people have as many options as possible in what we choose to do in our lives and where and how we want to live.



To learn more, visit: [https://calmatters.digitaldemocracy.org/bills/ca\\_202520260ab1172](https://calmatters.digitaldemocracy.org/bills/ca_202520260ab1172)



Grassroots Day on the stairs of the Capitol, March 4th, 2025.





## Celebrating Community at the Capitol

**THE 94TH ANNUAL TREE LIGHTING  
HONORING CLIENTS, FAMILIES, AND  
ALL 21 REGIONAL CENTERS ACROSS  
CALIFORNIA**

By Susan Hernandez

It was an absolute honor to be part of the 94th Annual Capitol Tree Lighting Ceremony, where Governor Gavin Newsom joined representatives from all 21 regional centers, along with clients and their families, to celebrate the incredible community we serve. I've never been more excited to decorate a tree; especially knowing that nearly every ornament on ours was handmade by an RCRC client.

What made the day even more special was connecting with representatives from other regional centers and sharing the festive spirit together. When 8:00 pm. arrived, two five-year-old twins from the San Gabriel/Pomona Regional Center lit the 60-foot Capitol Christmas tree, along with all 21 regional center trees, illuminating the



Susan Hernandez, RCRC Diversity Outreach Specialist joins the celebration.

entire Capitol. It was truly magical, and I'm already looking forward to the 95th Ceremony in Sacramento, CA. ★

To learn more, visit: <https://www.dds.ca.gov/general/newsroom/capitol-christmas-tree-lighting/>

# Blue Envelope Program Grows

## RCRC COLABORATES WITH SEVERAL NEW POLICE DEPARTMENTS & COMMUNITY ORGANIZATIONS

By Ron Lee

As Redwood Coast Regional Center's (RCRC) Emergency Management Coordinator, I first became aware of the Blue Envelope Program during a Statewide Regional Center Emergency Management Conference in September of 2023. The San Diego Regional Sheriff's office had implemented the program across San Diego County in partnership with the San Diego Regional Center. More recently, San Bernardino County also rolled out the program across most of their county in partnership with the Inland Regional Center (ILC). In March of this year, ILC hosted a statewide webinar to discuss the program and share its success in their area.

In March 2025, RCRC was contacted by Captain O'Neal from the Fort Bragg Police Department in Mendocino County asking to partner in rolling out the program in the Fort Bragg area. He had

heard about the program while participating in a law enforcement conference. RCRC collaborated with Fort Bragg PD to conduct a Blue Envelope Kickoff event on June 3, 2025, at Bainbridge Park in Fort Bragg. Fort Bragg Police had a team of officers at the event, including Captain Patrick O'Neal and Social Services Liaison Officer Mellisa Johnson. Those that attended the event were able to share a hotdog lunch with the officers. After lunch, attendees had an option to practice interacting with officers in "mock" traffic

stops. Captain O'Neal walked participants through the process from the officer's perspective to help people understand how best to stay safe in these types of interactions.

In April of 2025, I provided a presentation to various Law Enforcement Jurisdictions in Humboldt County. Since then, RCRC has collaborated with several law enforcement jurisdictions to bring the Blue Envelope Program to the North Coast.

Rio Dell's Blue Envelope kickoff



RCRC Blue Envelope Brochure





## Blue Envelope Program Grows

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event was hosted by Rio Dell Family Resource Center and took place in June. Rio Dell Police Chief Josh Phinney and Sarah Reback of the Rio Dell Family Resource Center assisted in coordinating the event. Rio Dell Fire had firefighters at the event to answer questions and interact with attendees. The Humboldt Autism Alliance was present to provide families with information about their services and Reaching for Independence Client Advocates tabled the event to explain more about their peer led Person Center Planning support.

“I thought it was a great idea, and I wanted to bring some version of a program like that down to Rio Dell, so I worked with them to make it happen...The goal of it is generally the same, to improve interactions, but theirs is also a little bit more of a heads up. Let’s say I pull somebody over, I show up to somebody’s house, and I see the blue envelope. That keys me off at the moment.” said Chief Phinney in an interview with the [North Coast Journal](#).

Chief Allen, with the Cal Poly Humboldt University Police contacted RCRC in June to discuss bringing the Blue Envelope Program to the Cal Poly Campus. RCRC staff provided a presentation to Cal Poly Humboldt and Arcata City Police Officers in September and on November 6, the Cal Poly Humboldt University Police Department and Cal Poly Campus Disability Resource Center conducted a Blue Envelope kickoff event.

Lt. Janelle Jackson with Cal Poly Humboldt University Police stated the following about the Blue Envelope Program in the November 5th issue of the [Humboldt Magazine](#), “When engaging with the community, clear communication is essential to ensuring everyone’s safety...This program provides officers and community members with the tools and information needed to better support individuals with specific needs. By improving communication, we build trust and collaboration, creating a safer and more supportive campus community.”

On November 9, RCRC collaborated with Captain Melanie Currie from the Del Norte Sheriff’s office to conduct a Blue Envelope kickoff event at the Crescent City Fire and Rescue Washington

Headquarters. Present were representatives from the Del Norte County Sheriff’s office, Cal Fire, Crescent City Fire Department and paramedics from Del Norte Ambulance. Community members interacted with first responders, received information about the Blue Envelope Program and Blue Envelope Program supplies.

And most recently, in late November, RCRC, in collaboration with the Eureka Police Department, hosted a Blue Envelope kickoff event at the Eureka Wharfinger Building.

Eureka Police Public Information Officer Laura Montagna was very successful in connecting with the majority of law enforcement jurisdictions in Humboldt County. Law enforcement jurisdictions in attendance were the Eureka Police Department, Humboldt County Sheriff’s Office, Fortuna Police Department, Ferndale Police Department, Arcata Police Department, Blue Lake Tribal Police and the California Highway Patrol. The event was well attended by members of the community who were able to learn more about the Blue Envelope Program, obtain Blue Envelope materials, and interact with law enforcement officers in a low stress environment.

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## Blue Envelope Program Grows

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In an interview with [Redwood News](#) Commander Wayne Rabang with the Eureka Police Department stated that the Blue Envelope Program is important to help reduce anxiety for officers by providing information about a person's communication differences.

RCRC would like to acknowledge the guidance provided by staff from the IRC who met with RCRC staff on several occasions to share best practices and lessons learned from their experiences collaborating with agencies in their catchment area regarding the Blue Envelope Program. These information sessions were crucial in RCRC's success in partnering with agencies to implement the Blue Envelope Program locally.

★

*If you have any questions regarding the Blue Envelope roll out in your area, please contact Ron Lee, RCRC's Emergency Management Coordinator at 707-445-0893, ext. 383.*

# Calling all Entries!

**Do you have a client focused story, project or event you'd like to share in the newsletter?**

**We would like to hear from you!**

Please submit to Redwood Coast Regional Centers Social Media Coordinator for review and possible publication at [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)

*Note: photos of clients and their families require a signed photo consent form.*



**Redwood Coast Regional Center**  
Respecting Choice in the Redwood Community

## RCRC Newsletter

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## Getting to know our community

SAVANNAH KOPPENHAVER

### **What is your position at RCRC?**

I am the Adult Unit Team Lead in Lake County.

### **What inspired you to get into this field of work?**

I started working at the Lake Family Resource Center when I was 19, this was my first experience in social work. I enjoyed the position a lot as I helped families. At this point I wanted to get into teaching children, until I had my own. I then worked with adults at Redwood Community Services for a short period before my first born, these were adults with mental health needs, not developmental disabilities. I found I still enjoyed social work but took a hiatus while I learned about being a mother. I came to work with RCRC in December of 2020 for the Early Start Unit as an Associate Service Coordinator. I instantly fell in love with the job. I found that I felt for the first time I was truly helping others, more so than my

prior experiences because I saw the difference in the families and children's lives as time went on. I also came to learn so much about the community we serve and felt that RCRC truly showed me what I was meant to do. I have now been here five years and recently switched to the Adult Unit as the Team Lead, and found I enjoy it even more than I did Early Start, which I never thought possible. Seeing the clients we serve and just their genuine personalities truly makes this job enjoyable, and being able to make a difference for the adults we serve and their support systems is so rewarding. Due to the work I've experienced here at RCRC I have been working on my Master's in Social Work so I can continue to make a difference, hopefully for the foreseeable future, with RCRC.

### **Tell us about an inspirational experience working with RCRC?**

One of the most inspirational experiences I have had is seeing the progress that children make from those who start out as entirely nonverbal, and one year later have an immense vocabulary, that is always the most exciting to me. I have

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**“...being able to make a difference for the adults we serve and their support systems is so rewarding.”**



SAVANNAH KOPPENHAVER





## Getting to know our community

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also seen some absolute genius children who know their entire alphabet and know how to spell words at 2 years old! I think that

in Early Start I learned a lot about Autism Spectrum Disorder, and have even told a coworker that I want to someday write a book about ASD titled “how to find your superpower” because from what I have seen over the years, all of the clients

we serve have a superpower of some sort, whether it be art, music, cognitive functioning, having a big heart, being a great story teller, or having amazing humor. Some clients have their superpower early on, and some develop it at a later date, just as we all do!

**“...from what I have seen over the years, all of the clients we serve have a superpower of some sort, whether it be art, music, cognitive functioning, having a big heart, being a great story teller, or having amazing humor.”**

### What do you like to do in your spare time?

During my spare time, if I have any for myself, I try to go to the gym or take a drive with the music a little too loud in my car. During the summers I try to get out as much as I can to go swimming or floating. Usually I have my three littles, ages 1, 3, and 6 and we spend time doing arts and crafts or watching the latest kids movie that has music because all of them love music like I do. I used to play a lot of guitar and sometimes still do for the kids but lately I prefer arts and crafts with them. Honestly, most of our time together

consists of kinetic sand and slime play. We always try to go to the local events like the Christmas parades, the pear festival, or other family friendly events. Most of these events we spend with our besties so all of the kids can get their wiggles out together.



## Artist Spotlight!

**Redwood Coast Regional Center Newsletter** would like to celebrate client artists and their artwork in our Artist Spotlight page.

Do you know a client who would like to share their artwork with our community?

If so, please email [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)

- Your name
- A JPG of your artwork
- Title of artwork
- Materials you like to use
- Your favorite themes
- A signed consent form



Redwood Coast Regional Center  
Respecting Choice in the Redwood Community

## RCRC Newsletter

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## January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>New Years Day RCRC Closed</i>	2 First 5 Humboldt Rio Dell <u>First 5 Humboldt Willow Creek</u> Easterseals, Lakeport	3
4	5	6 First 5 Humboldt Orick <u>First 5 Humboldt Arcata</u>	7 First 5 Humboldt Orick <u>Easterseals,, Clearlake</u> <u>First 5 Humboldt Redway</u> Parent IEP Workshop, Zoom <u>Dance Therapy Loleta</u> RCRC Board Meeting Zoom	8 Multiplicity Caregivers Group Lakeport	9	10 Multiplicity Caregivers Group Samoa
11	12	13 <u>Play Group Lower Lake</u> Multiplicity Caregivers Group Redway	14	15 Parent Support Group <u>Lower Lake</u> Loleta Food Pantry, Loleta	16	17
18	19 <i>Martin Luther King Jr. Day RCRC Closed</i>	20 RCRC Spanish Parent Group Lakeport	21	22	23	24
25	26 Multiplicity Caregivers Group Ukiah	27 Play Group Lower Lake	28	29	30	31 Mendo Leap Neurodiversity Night, Ukiah

For more information, see event fliers.

# RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)





## FIRST 5 HUMBOLDT

### Play Group

Every Friday, 10:00am-12:00pm

Volunteer Fire Department of Rio Dell,  
50 Center St., Rio Dell

For more information, visit

<https://www.first5humboldt.org/for-families/playgroups/>.

## FIRST 5 HUMBOLDT

### Willow Creek Playgroup

Every Friday, 10:30am-12:30pm

Creskide Learning Center, 75 The Terrace, Willow Creek

For more information, contact Karen Diers  
at 530-629-3141 or email at [Karen.Diers@stjoe.org](mailto:Karen.Diers@stjoe.org).



## EASTERSEALS

### Early Learning Centers

Every Wednesday, 9:00am-12:00pm

14085 Lakeshore Drive, Clearlake

&

Every Friday, 3:00-6:00pm

1173 11th Street, Lakeport

For more information, contact 707-413-6920.

## RCRC Newsletter

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**FOR KIDS 0-5**

# ORICK PLAYGROUP

**TUES & WED, 9:30-11:30 AM**

Join us for a safe, welcoming space to connect, play, and share the parenting journey. Offered throughout the school year in partnership with First 5 Humboldt — **no commitment, no costs, come when you can!**

**JOIN OUR COMMUNITY!**  
Orick, Trinidad, Big Lagoon, and beyond — **you're all invited!**

**ORICK ELEMENTARY SCHOOL**  
120918 Highway 101, Orick, CA 95555  
(707) 488-2821



## FIRST 5 HUMBOLDT

### Orick Playgroup

Every Tuesday & Wednesday, 9:30am-11:30am  
Orick Elementary School, 120918 Highway 101, Orick  
For more information, contact 707-488-2821.

## FIRST 5 HUMBOLDT Arcata Playgroup

Every Tuesday, 1:00pm-3:00pm  
D St. Neighborhood Center, 1301 D St., Arcata

For more information, visit <https://www.first5humboldt.org/for-families/playgroups/>.

### Summer Playgroups Grupos de Juego de Verano



SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES
Paraiso *Year details, contact: J. Diaz diaz@paraiso.org 3248	Arcata Play Center 10-12 PM 1301 D St. Arcata *closed the last week of each month	Arcata Play Center 10-12 PM 1301 D St. Arcata *closed the last week of each month	Arcata Play Center 10-12 PM 1301 D St. Arcata *closed the last week of each month	McKinstryville 10:30-11:30 PM 2440 Down Prairie Rd. (Don's Prairie School, Room 36)	William Creek 10-12 PM 344 Willow Rd. (Crescent Park)
Gene Lucas Community Center (SLC) Playgroup 9:30-11:30 3000 Mendocino Rd. Fortuna bilingual español	Gene Lucas Community Center (SLC) Playgroup 9:30-11:30 3000 Mendocino Rd. Fortuna bilingual español	Gene Lucas Community Center (SLC) Playgroup 9:30-11:30 3000 Mendocino Rd. Fortuna bilingual español	Blue Lake 8:30-9:30 331 S. Railroad Ave. (Perkins Park) *Afternoon playgroup / Grupo de juego por la tarde	Blue Lake 10-12 PM 50 Cassin Street. (Vintners Fire Dept.) Blue Lake	Blue Lake 10-12 PM 50 Cassin Street. (Vintners Fire Dept.) Blue Lake
Shelter Cove 10:30-11:30 1055 Upper Pacific Dr. (Shelter Cove Childcare) Shelter Cove	Arcata Play Center First Year Playgroup 10:30-11:30 1301 D St. Arcata *closed the last week of each month	Arcata Play Center First Year Playgroup 10:30-11:30 1301 D St. Arcata *closed the last week of each month	Isletia 9:30-11:30 Loreta Comm Center 118 Church St. Playgroup in Spanish / Grupo de juego en español	Apollonia 3:30-5:00 PM Hwy 99 Orleans	Apollonia 3:30-5:00 PM Hwy 99 Orleans
	Centerline 10:30-11:30 14790 Alder point Rd Bioshore Point S. *first 10-12 PM for dates/times	Centerline 10:30-11:30 14790 Alder point Rd Bioshore Point S. *first 10-12 PM for dates/times	Blue Lake 8:30-9:30 Perkins Park 331 S. Railroad Ave. Blue Lake *Afternoon playgroup / Grupo de juego por la tarde	Redway 10-12 PM Redway Elementary Rm 33 344 Humboldt Av. Redway	Redway 10-12 PM Redway Elementary Rm 33 344 Humboldt Av. Redway

For classes and playgroup updates, follow First 5 Humboldt and our Playgroup communities on Facebook. Para actualizaciones y clases, siga a First 5 Humboldt y nuestras comunidades de grupos de juego en Facebook.

Scan QR for the latest calendar. Escanea el QR para ver el calendario más reciente.




## F5H FIRST YEAR PLAYGROUP



First Year Playgroup is a developmentally responsive play environment designed for infants in the first year of life and their caregivers. Funded in partnership with First 5 Humboldt.

Facilitate by Jaycee Perkins, a Humboldt-base International Board Certified Lactation Consultant (IBCLC)!

Ages: Newborn - 1 Year  
Location: D St. Neighborhood Center, 1301 D St. in Arcata  
Days: Tuesdays  
Time: 1-3 p.m.

Playcenter and First Year Playgroup are closed the last week of each month.





## FIRST 5 HUMBOLDT

### Play Group

Every Wednesday, 10-12pm  
344 Humboldt Ave., Redway

For more information, visit <https://www.first5humboldt.org/for-families/playgroups/>.

## RCRC Newsletter

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Multiplicity Therapeutic Services  
Lakeport Parent, Caregiver, and Family Event  
Thursday, January 8<sup>th</sup>, 2026

Please join our monthly event! This month event is  
being held at the Fun Zone Arcade!

### Parent, Caregiver and Family Event



Join us for snacks and arcade games!

- \*Pizza (cheese/pepperoni), vegetable platter and dessert!
- \*Free arcade games for the kiddos.
- \*Enjoy a variety of fun activities such as:
  - Sensory bean bin, crafts, balloons, coloring, magnet shapes, and games!
  - \*ABA training and handout



**WHEN:** Thursday, January 8<sup>th</sup> from 5-6 pm, Multiplicity Therapeutic Services will provide snacks (pizza, vegetable tray, & dessert) be supporting various peer engagement activities, holiday crafts, and caregiver training.

**WHERE:** Fun Zone Arcade, 2755 Mission Rancheria Rd, Lakeport, CA 95453

**RSVP:** RSVP is required. Limited availability.

Text or Call (707) 494-8511

Email: [schedule@multiplicityinc.com](mailto:schedule@multiplicityinc.com)

RSVP with the total number of adults and children.

## MULTIPLICITY THERAPEUTIC SERVICES

Client, family and caregivers group

Thursday, January 8<sup>th</sup>, 5:00-6:00pm

Fun Zone Arcade, 2755 Mission Rancheria Rd., Lakeport

Please RSVP at 707-494-8511 or e-mail

[schedule@multiplicityinc.com](mailto:schedule@multiplicityinc.com) with number of people attending.

## MULTIPLICITY THERAPEUTIC SERVICES

Redwood Caregiver Support Group

Saturday, January 10<sup>th</sup>, 10:00am-11:30am

Dream Athletics, 900 Vance Ave., Samoa

For more information, contact Alex at 707-601-8293 or email  
[alex@multiplicityinc.com](mailto:alex@multiplicityinc.com).

Redwood Caregiver Support Group

Saturday, January 10<sup>th</sup>

10:00AM – 11:30 AM

Parents & caregivers are invited to this support group for a chance to meet other caregivers, connect with support professionals, and an ability to "step away" for a time while trained support staff provide a fun time for their loved ones in a safe & engaging environment.

We Will Be Offering:

Trampolines  
And bounce house!



We Will Be Meeting At:

Dream Athletics

900 Vance Ave., Samoa, CA 95564

Bagels, muffins, snacks, and Drinks provided.

Please Text or Call Alex with Multiplicity Therapeutic Services with any questions!

Phone: (707) 601-8293

Email: [alex@multiplicityinc.com](mailto:alex@multiplicityinc.com)

Lake Family Resource Center



### PLAY GROUP

2<sup>nd</sup> AND 4<sup>th</sup> TUESDAY OF EVERY MONTH  
3PM-4:30PM

16170 MAIN ST SUITE D, LOWER LAKE, CA, 95457

WE WELCOME ALL LITTLE ONES (0-5 YEARS OLD)

IMPORTANT: PARENTS OR GUARDIANS MUST ALWAYS ACCOMPANY THEIR CHILDREN.

*Benefits for your child:*

- Social Skills: Let's be friends!
- Motor Skills: Let's play catch!
- Cognitive development: Let's be detectives and find all the fun toys!
- Emotional Connection: Let's learn about our emotions and how to self-regulate!
- We have a calming corner!
- Physical Activity: Jump, crawl, and get those wiggles out!
- Builds Confidence!
- Allow them to let their creative minds flow!

Come and enjoy fun activities, make new friends, and create lasting memories together! We look forward to seeing you and your little ones!

LAKE FRC's Family Engagement Center at  
(707) 279-0563 EXT. 204

Located at 16170 Main Street, C & D, Lower Lake, CA 95457

## LAKE FAMILY RESOURCE CENTER

Play Group

January 13<sup>th</sup> & 27<sup>th</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month  
3:00-4:30pm

16170 Main St. Suite C & D, Lower Lake

For more information, contact 707-279-0563, ext 204.

# RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)



## MULTIPLICITY THERAPEUTIC SERVICES

### Client, family and caregivers group

Tuesday, January 13th, 3:00-4:30pm

Southern Humboldt Family Resource Center

344 Humboldt Ave., Redway

For more information, contact Kathryn at 707-616-3600 or Ian at 540-818-8164.



**SoHum Caregiver Group**  
Multiplicity Therapeutic Services Inc. Meets Once Monthly

We invite you to join our monthly group. This group seeks to foster a community for Caregiver/Parent(s) of individuals with developmental disabilities to share information, personal stories, and resources in a safe and supportive environment while sharing a meal.

Activities & support provided for:  
Parent Caregivers Support each other for the day

Upcoming events:  
Jan 13<sup>th</sup>, 2025, 3:00-4:30pm  
Feb 10<sup>th</sup>, 2025, 3:00-4:30pm

<https://www.facebook.com/MultiplicityTherapeuticServices>

KATHRYN (707) 616-3600 | IAN (540) 818-8164  
[kathryn@multiplicityinc.com](mailto:kathryn@multiplicityinc.com) | [ian@multiplicityinc.com](mailto:ian@multiplicityinc.com)

Where: Southern Humboldt Family Resource Center  
344 Humboldt Avenue Redway, Ca

Multiplicity Southern Humboldt Family Resource Center

## LAKE FAMILY RESOURCE CENTER

### Parent Support Group

January 15th, 3rd Thursday of each month, 10:00-11:00am

16170 Main St., Suite C & D, Lower Lake

Register at: <https://forms.gle/UHm1cGkHvUTxbwFh8>

For more information, contact 707-279-0563, ext. 204.



**Lake Family Resource Center**

**PARENT TO PARENT  
SUPPORT GROUP**

3rd THURSDAY OF EACH MONTH  
at 10 A.M.

Where parents of children with disabilities can find support, local resources and learn topics to help their child thrive!

Register at: <https://forms.gle/UHm1cGkHvUTxbwFh8>  
16170 MAIN ST., SUITE C&D  
LOWER LAKE, CA, 95457  
FOR MORE INFORMATION CONTACT: (707) 279-0563 EXT 204

PLEASE SCAN QR CODE TO SIGN UP!



**LOLETA COMMUNITY RESOURCE CENTER  
(CENTRO DE RECURSOS COMUNITARIOS DE LOLETA)**

**LOLETA FOOD  
PANTRY  
(DEPENSA DE  
COMIDA)**

FOR MORE INFORMATION CALL  
(PARA MAS INFORMACION, LLAME AL):  
(707) 733-5239

ASK US ABOUT CALFRESH - MORE MONEY FOR YOUR FOOD BUDGET  
PREGUNTANOS SOBRE CALFRESH - MAS DINERO PARA COMPRAR COMIDA

OPEN EVERY THIRD THURSDAY OF THE MONTH FROM:  
(ABIERTO EL TERCER JUEVES DE CADA MES DESDE LAS):  
3 PM - 5 PM

@ LOLETA COMMUNITY CHURCH, 228 CHURCH ST., LOLETA

Providence Food for People CalFresh

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.  
En conformidad de la ley Federal y política de el Departamento de Agricultura, esta institución está prohibida de discriminar en las bases de raza, color, origen nacional, sexo, edad, o discapacidad.

## LOLETA COMMUNITY RESOURCE CENTER

### Loleta Food Pantry

January 15th, 3rd Thursday of each month, 3:00-5:00pm

Loleta Community Church, 228 Church St., Loleta

For more information, contact 707-733-5239.



## ASISTA, APRENDA Y COMPARTA! *El Centro Regional Redwood Coast*

El grupo de apoyo en español para padres de niños con discapacidades de desarrollo los invita a su reunión mensual cada tercer martes del mes a las 10:00 AM.

Accomplishment en español

Redwood Coast Regional Center  
950 3rd St.  
Lakeport, CA 95453

Si tiene preguntas  
llámenos, envíenos un  
mensaje, o mandenos un  
Whatsapp

(707)234-5415

**¡SU PARTICIPACION  
ES MUY IMPORTANTE!**

## RCRC SPANISH PARENT GROUP

**Attend, Learn, Share!**

January 20th, 3rd Tuesday of each month, 10:00am

RCRC office, 180 3rd St., Lakeport

For more information, contact 707-234-5415.

(This event is in Spanish)

## MULTIPLICITY THERAPEUTIC SERVICES

**Client, family and caregivers group**

Monday, January 26th, 5:30-7:00pm

Mendo Leap, 2146 S. State St., Suite A, Ukiah

Please RSVP at 707-494-8511 with total number of adults and children.

### Multiplicity Therapeutic Services Ukiah Parent, Caregiver, and Family Event

Monday, January 26<sup>th</sup>, 2026

Please join our monthly event! This month event is  
being held at the **Mendo Leap!**

### Parent, Caregiver and Family Event

Join us for Pizza at Mendo Leap!  
\*Sensory activities  
\*Enjoy a variety of fun activities such as:  
- play structures, adaptive equipment for  
all ages, sensory and room, art space  
\*ABA training and handout

**WHEN:** Monday, January 26<sup>th</sup> from 5:30-7 pm, Multiplicity  
Therapeutic Services will provide pizza and drinks, supporting  
various peer engagement activities, and caregiver training at  
Mendo Leap adaptive play center.  
\*Socks must be worn to enter the play area  
**WHERE:** Mendo Leap, 2146 S. State St., Suite A Ukiah, CA 95482  
**RSVP:** RSVP is required. Limited availability.  
Text or Call (707) 494-8511  
Email: [schedule@multiplicityinc.com](mailto:schedule@multiplicityinc.com)  
RSVP with the total number of adults and children.

**MENDO LEAP**  
PRESENTS

## NEURODIVERSITY NIGHT!

JOIN US FOR AN  
EVENING OF  
ADVOCACY,  
CONNECTION AND  
PLAY!

- ✓ Meet n' Greet With Local Experts & Advocates
- ✓ All included in general admission (\$15)  
(scholarships available)
- ✓ RCRC Families Play for FREE!
- ✓ Pizza (while supplies last)  
Sponsored by Slam Dunk Pizza!



The last  
Saturday  
of every month  
Play activities between  
5:00-7:00



2146 S. State St. Ukiah [www.mendoleap.com](http://www.mendoleap.com)

## MENDO LEAP

**Neurodiversity Night!**

January 31st, last Saturday of each month, 5:00-7:00pm

2146 S. State St., Ukiah

RCRC families play for FREE!

For more information, visit [www.mendoleap.com](http://www.mendoleap.com)



**YLF 2026**  
—  
**Parents and Families Information Session**



**Where & When**

Virtually held on Zoom  
Register now - <https://bit.ly/YLF2026info>

Thursday,  
December 11  
2025  
04:30 PM



Join us for a one-hour informational session for parents and families of prospective Youth Leadership Forum for Students with Disabilities (YLF) 2026 delegates. We will provide a brief overview of the YLF program including what a delegate can expect while at YLF, the benefits of being a YLF delegate, support services available at YLF, and hear from former YLF Alumni about their experience. We also will answer any questions you may have about the program or application process.



## YOUTH LEADERSHIP FORUM

### 2026 Cohort

July 13-July 18th

California State University, Sacramento

January 31st Application deadline

For more information, visit <https://www.dor.ca.gov/home/ylyf>, email [ylyf@dor.ca.gov](mailto:ylyf@dor.ca.gov) or call 1-855-894-3436

## SCDD NATIONAL CORE INDICATORS

### Family Surveys

To participate in the survey, email [QAProject@SCDD.ca.gov](mailto:QAProject@SCDD.ca.gov)

For more information, email [NCIHelp@dds.ca.gov](mailto:NCIHelp@dds.ca.gov)

**Let your voice be heard!**



**FAMILY SURVEYS**  
NATIONAL CORE INDICATORS (NCI)

Let your regional center and the Department of Developmental Services (DDS) know what you think about your services!

Surveys are confidential, and evaluate the services and supports you and your family member receive through your regional center and service providers.

Surveys are mailed directly to you from the State Council on Developmental Disabilities (SCDD). You may fill it out on paper, or online with the code in your letter.

Email [QAProject@SCDD.ca.gov](mailto:QAProject@SCDD.ca.gov) to participate in the survey.  
Email [NCIHelp@dds.ca.gov](mailto:NCIHelp@dds.ca.gov) for general questions about NCI.





## RCRC Newsletter

To include your event in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)



## WANT A CAREER THAT MAKES A DIFFERENCE?

Direct Support Professionals (DSPs) support people with disabilities to live, work, and thrive in their communities. The DSP Internship Program gives you training, mentorship, and a pathway to a meaningful job.

Apply today and start building a career that changes lives – including yours.

To learn more, visit: [dspinternship.allswell.com](https://dspinternship.allswell.com)

**DDS** DIRECT SUPPORT PROFESSIONAL (DSP)  
INTERNSHIP PROGRAM

DISCOVER A  
**CAREER**  
WITH **HEART**



Your Future Starts Now  
[dspinternship.allswell.com](https://dspinternship.allswell.com)

**DDS** DIRECT SUPPORT PROFESSIONAL (DSP)  
INTERNSHIP PROGRAM



## SERVICE PROVIDERS!

DDS' contractor All's Well recruits, screens, and then pays your intern's salary for three months while you train them to become valued team members.

You can decide to officially employ them at any time. That's hiring, made easy.

Take the first step by emailing [workforce@dds.ca.gov](mailto:workforce@dds.ca.gov) to get started.

To learn more, visit: [bit.ly/dsp-portal](https://bit.ly/dsp-portal)

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# SCDD and DDS Statewide Self-Determination Orientation

**Want to learn more?  
Contact your Service  
Coordinator at RCRC or a  
Participant Choice Manager.**

**Participant Choice  
Managers**

**Humboldt & Del Norte  
Counties:**

Alex Ostell  
(707) 445-0893, ext. 317  
aostell@redwoodcoastrc.org

**Mendocino & Lake  
Counties:**

Sheila Keys  
(707) 462-3832, ext. 254  
SKeys@redwoodcoastrc.org



## STATEWIDE SELF-DETERMINATION ORIENTATION



Join Us to Learn...

- What is SDP\*
- Steps to Enroll in SDP
- How SDP Works
- Key Roles in SDP
- The Principles of SDP
- Your Next Steps

\* Self-Determination Program

For more Information and Registration

Click the link below:

<https://scdd.ca.gov/sdp-orientation>



**POLI**



**KATIE**



**KION**

**...Are Self-Determined!**

**Learn if the Self-Determination Program is  
Right for You!**

A CERTIFICATE OF COMPLETION WILL BE PROVIDED.  
AN SDP ORIENTATION IS REQUIRED TO ENROLL IN SDP.





## LOCAL & REGIONAL RESOURCES

Find these and many more on our website at:

<https://redwoodcoastrc.org/resources-hub/local-resources/>



# MIND INSTITUTE



Redwood Coast Regional Center believes that access to information, supports, and learning is necessary for all people to achieve their life goals.

## RCRC Newsletter

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## Contact Us

Learn more about our services and programs.

## Redwood Coast Regional Center Offices

CONTACT YOUR NEAREST OFFICE FOR ASSISTANCE

### Ukiah Office | Corporate Office

1116 Airport Park Blvd.

Ukiah, CA 95482

Phone: (707) 462-3832

Fax: (707) 462-3314

***Mendocino County***

### Lakeport Office

180 3rd Street

Lakeport, CA 95453

Phone: (707) 262-0470

Fax: (707) 264-6537

***Lake County***

### Eureka Office

525 2nd Street, Suite 300

Eureka, CA 95501

Phone: (707) 445-0893

Fax: (707) 444-3409

***Humboldt County***

**(New office coming soon!)**

### Fort Bragg Office

270 Chestnut Street, Suite A

Fort Bragg, CA 95437

Phone: (707) 964-6387

Fax: (707) 964-0226

***Mendocino County***

### Clearlake Office

14888 Olympic Dr.

Clearlake, CA 95422

Phone: (707) 621-6169

Fax: (707) 264-6537

***Lake County***

### Crescent City Office

1301-A Northcrest Drive

Crescent City, CA 95531

Phone: (707) 464-7488

Fax: (707) 465-4230

***Del Norte County***

## Visit us online

[WWW.REDWOODCOASTRC.ORG](http://WWW.REDWOODCOASTRC.ORG)

 [@REDWOODCOASTREGIONALCENTER](https://www.instagram.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTREGIONALCENTER](https://www.facebook.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTRC](https://twitter.com/REDWOODCOASTRC)



**Redwood Coast Regional Center**

Respecting Choice in the Redwood Community

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