

VOL. 7 ISSUE 2 • FEBRUARY 2026

REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt,
Lake, and Mendocino County



Here There Be Monsters, *Kristin Hock*

Kristin Hock

FORT BRAGG ARTIST SHARES HER VISION

By Art Explorers

Kristin comes from a family of artists and has been making art her entire life. Photographs inspire her work as well as personal experiences and events; feelings,

moods and memories. Outside of the personal, she primarily draws things that she respects and wants to honor. Kristin's favorite art form is portraiture, and she

Continued on next page

Days to Remember

February

Black History Month

February 13th

Lincoln's Birthday

RCRC will be closed

February 14th

Valentines Day

February 16th

Presidents Day

RCRC will be closed

February 20th

National Caregivers Day



**Happy
Valentines
Day**





Kristen Hock

Continued from previous page

enjoys using pen and watercolors, as well as making bold and intricate monochromatic linoleum block prints. She has also always been inspired by fairy tales and mythology and likes to work in a very realistic style while using her imagination to create something unexpected. ★

To learn more visit <https://www.artexplorers.org/artists/kristin-hock>.



Kristin Hock with Lino print.



Mt. Lassen, *Kristin Hock*

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

- 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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Three Kings Day in Ukiah

By Periódico Al Punto

On January 6, 2026, the Día de Reyes Magos event was held in Ukiah, organized by Periódico Al Punto. This event was sponsored by Redwood Coast Regional Center, UVA Vecinos en Acción, Blue Zones-Mendocino, and Ceja Tires.

The Redwood Coast Regional Center LACC team posing with Los Reyes Magos (The Three Kings).

More than 200 children, along with their families, attended the event. Each child received a bag of candy, a gift card, and a piece of Rosca, in addition to the gifts provided at the information booths. And, of course, there was the opportunity to take a picture with the Three Kings.

This was the sixth year this event has been held to instill

in children these cultural traditions celebrated in several Latin American countries, and which are part of their cultural heritage.

We thank all the sponsors and volunteers for participating in this family event where families can come together in a healthy and joyful way.





Getting to know our community

SARAH COSTA

What is your position at RCRC?

Client Services Manager, Early Childhood, Lake and Mendocino Counties.

What inspired you to get into this field of work?

I knew from a young age I wanted to work with children. In the summers, I would work at the Ukiah Co-op Nursery school and I loved it. I studied child psychology and child development at Chico State and worked in the toddler classroom on campus while there. I loved the toddler age! I moved back to Ukiah and was looking for jobs working with that age group. I was originally hired with RCRC for a Transition age caseload but as soon as a position opened in Early Start I jumped on it and have been here ever since. I love following the babies and seeing the progress they make. After having my own children this job became even more meaningful to me and I developed tremendous empathy for the families I was working with.

Tell us about an inspirational experience working with RCRC?

There have been so many over the years. We have so many parents who express their appreciation for helping their children and so many babies who make tremendous progress and all of them are an inspiration to me. The resiliency some of our parents and children show is quite amazing.

What do you like to do in your spare time?

I spend time with my family and friends. I have two boys, Raven (18) and Soren (12) and they are my whole life. Soren loves baseball and Raven's passions are wrestling and motocross. I would spend all of my time watching them pursue their passions if I could. We love to go camping and our favorite places to go as a family are Shelter Cove and Jedediah Smith Redwoods/Smith River.



“We have so many parents who express their appreciation for helping their children and so many babies who make tremendous progress and all of them are an inspiration to me”.

FEBRUARY 2026 CALENDAR OF EVENTS

Del Norte

Humboldt

Mendocino

Lake

Virtual

- For more information on events hosted by or collaborated with RCRC visit our website calendar at <https://redwoodcoastrc.org/events/>.
- For more information on community led events, see contact information provided.

MULTIPLICITY THERAPEUTIC SERVICES

Client, family and caregivers group

Wednesday, February 18th, 5:00-6:00pm

Community Room at the Family Resource Center of the Redwoods
494 Pacific Ave., Crescent City

For more information, contact Alex at 707-601-8293.



FIRST 5 HUMBOLDT

Orick Playgroup, ages 0-5

Every Tuesday & Wednesday, 9:30am-11:30am - February 3, 4, 10, 11, 17, 18, 24 & 25

Orick Elementary School, 120918 Highway 101, Orick

For more information, contact 707-488-2821 or visit

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



FIRST 5 HUMBOLDT

Rio Dell Play Group, ages 0-5

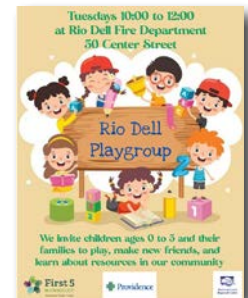
Every Tuesday, 10:00am-12:00pm - February 3, 10, 17 & 24

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

For more information, contact Rio Dell Community Resource Center at 707-764-5239 or visit

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

RCRC will be tabling this event on February 24th.



FIRST 5 HUMBOLDT

Arcata Playgroup, ages 0-1

Every Tuesday, 1:00pm-3:00pm - February 3, 10, 17 & 24.

D St. Neighborhood Center, 1301 D St., Arcata

For more information, contact Arcata Recreation Department at 707-822-7091.



RCRC Newsletter

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FOOD FOR PEOPLE

Humboldt County Distribution Centers

February 4, 10:00am-12:30pm

2331 Rohnerville Rd., Fortuna

For more information, visit <https://www.foodforpeople.org/distribution>
RCRC will be tabling this event.



LOLETA COMMUNITY RESOURCE CENTER

Dance Therapy

Every Wednesday, 5:00-6:00pm

February 4, 11, 18 & 25

Loleta Community Resource Center, 700 Loleta Dr., Loleta

For more information, contact 707-733-5239.



FIRST 5 HUMBOLDT

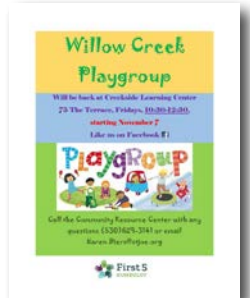
Willow Creek Playgroup, ages 0-5

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

February 6, 13, 20 & 27

Creekside Learning Center, 75 The Terrace, Willow Creek

For more information, contact Karen Diers at 530-629-3141 or email at Karen.Diers@stjoe.org.



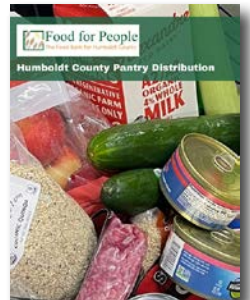
FOOD FOR PEOPLE

Distribution Centers

February 10, 10:30am-12:30pm

First Baptist Church, 1055 Redway Dr., Redway

For more information, visit <https://www.foodforpeople.org/distribution>
RCRC will be tabling this event



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MULTIPLICITY THERAPEUTIC SERVICES

Client, family and caregivers group

Tuesday, February 10th, 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.



FOOD FOR PEOPLE

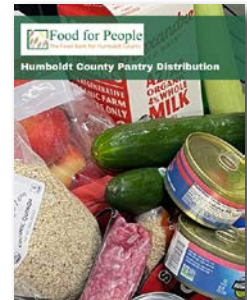
Distribution Centers

February 11, 10:00am-12:30pm

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

For more information, visit <https://www.foodforpeople.org/distribution>.

RCRC will be tabling this event



CAL POLY HUMBOLDT

Career Expo & Volunteer Fair

February 12, 11:00am-3:00pm

Cal Poly West Gym, Arcata

For more information, call 707-826-3341 or visit

https://app.joinhandshake.com/career_fairs/7513aa99-4873-4105-9fd7-280ab3ea36ef/student_preview

RCRC will be tabling this event



VALENTINES DANCE

A Night in Paris

February 13, 5:00-8:00pm

1531 J St., Eureka

Need transportation? Call Peggy at 707-442-4555.



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FIRST 5 HUMBOLDT

Redway Play Group, Ages 0-5

February 18, 10:00am-12:00pm

Redway Elementary, Rm. 22, 344 Humboldt Ave., Redway

For more information, contact Southern Humboldt Family Resource Center at 707-923-1147

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

RCRC will be tabling this event



LOLETA COMMUNITY RESOURCE CENTER

Loleta Food Pantry

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

February 19th

Loleta Community Church, 228 Church St., Loleta

For more information, contact 707-733-5239.



MULTIPLICITY THERAPEUTIC SERVICES

Redwood Caregivers Group

February 21st, 11:30-1:00pm

411 1st St., Eureka

For more information, contact Alex at 707-601-8293.



BRIGHTER FUTURES

Parent Support Group

February 22nd, 12:00-2:00pm

The Trading Post, 11716 Highway 96, Hoopa

Please RSVP to David at 707-502-9118.



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FIRST 5 MENDOCINO

Laytonville Play Group, Ages 0-5

Every Thursday of each month, 12:30am-2:00pm

February 5, 12, 19 & 26

200 Branscomb Rd., Laytonville

For more information, contact 702-340-1164.

RCRC will be tabling this event on February 19th.



RCRC BASIC TECHNOLOGY WORKSHOP

Learn Technology at Your Pace!

February 21st, 9:00am-12:00 pm

Raise & Shine, 419 Talmage Rd. #K, Ukiah

For more information, contact 707-234-5415

This event is in Spanish.



MULTIPLICITY THERAPEUTIC SERVICES

Client, family and caregivers group

Monday, February 23rd, 5:30-7:00pm

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

RSVP is required. Call or text 707-494-8511 or email schedule@multiplicityinc.com with total number of adults & children.

Socks must be worn to enter the play area.



MENDO LEAP

Neurodiversity Night!

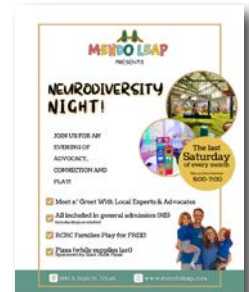
Last Saturday of each month, 5:00-7:00pm

February 28th

2146 S. State St., Ukiah

RCRC families play for FREE!

For more information, visit <https://www.mendoleap.com/>.



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EASTERSEALS

Early Learning Centers

Every Wednesday, 9:00am-12:00pm - February 4, 11, 18 & 25

14085 Lakeshore Drive, Clearlake

&

Every Friday, 3:00-6:00pm - February 6, 13, 20 & 27

1173 11th Street, Lakeport

For more information, contact 707-413-6920.



LAKE FAMILY RESOURCE CENTER

Lower Lake Playgroup, ages 0-5

2nd & 4th Tuesday of each month, 3:00-4:30pm

February 10 & 24

16170 Main St. Suite C & D, Lower Lake

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



RCRC SPANISH PARENT GROUP

Attend, Learn, Share!

3rd Tuesday of each month, 10:00am

February 17th

RCRC office, 180 3rd St., Lakeport

For more information, contact 707-234-5415.

This event is in Spanish.



LAKE FAMILY RESOURCE CENTER

Parents of children with disabilities Support Group

3rd Thursday of each month, 10am

February 19th

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

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

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



RCRC Newsletter

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MULTIPLICITY THERAPEUTIC SERVICES

Sensory-Friendly Movie Event

February 21st, 9:30am

Lakeport Cinema, 52 Soda Bay Rd., Lakeport

RSVP is required with the exact number of attendees. Text or call 707-494-8511.

For more information, email schedule@multiplicityinc.com



LAKE FAMILY RESOURCE CENTER

Parents of children with disabilities IEP Monthly Empowerment Workshop

1st Wednesday of each month, 2:00-4:00pm

February 4th

Visit the Zoom sign up [HERE](#).

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



TRI-COUNTY INDEPENDENT LIVING

Individuals with disabilities Peer Support Group

2nd Wednesday of each month, 4:30-5:30pm

February 11th

Zoom - Meeting ID: 821 4608 9868

Passcode: 967599 or Dial: 1 669 444 9171

For more information visit @TCIL78 on Instagram and Facebook.



RCRC CLIENT ADVISORY COMMITTEE MEETING

Client run public meeting

February 18th, 6:00-7:00pm

Zoom - Meeting ID: 882 2141 5395

Passcode: 413432 or Dial: 1 669 900 6833 (US)

Call your Service Coordinator for more information.



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CHANGING TIDES

Parent and Caregiver Support Group

4th Wednesday of each month, 9:30-10:30am & 6:00-7:00pm.

February 25th

To RSVP and receive Zoom information, call 707-444-8293 or email FEC@changingtidesfs.org.



RCRC PUBLIC MEETING ANNOUNCEMENT

Year End Performance Reports for FY 23/24 and 24/25

February 27th, 2:00pm

Zoom - <https://us06web.zoom.us/j/86217079277?pwd=zK9b0yauZMJGABuSdIChKAEGDo8Q2U.1>

Meeting ID: 862 1707 9277

Passcode: 496129 or Dial: 1 669 900 6833 (US)



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



Redwood Coast Regional Center
Respecting Choice in the Redwood Community

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

RCRC Newsletter

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RCRC CLIENTS AND FAMILIES

Redwood Coast Regional Center wants your help to learn about unmet service needs in our community. An unmet need is when there isn't enough of something important (something that helps keep people safe and healthy, or helps people make life choices and meet their goals). Your response will help RCRC understand what resources and services are needed by you .

Below is a link for a short survey . Please take a few minutes and complete the survey to help us understand and create services to meet your needs .

Please complete the survey no later than March 2, 2026 . If you have any questions about this survey please contact Leah Thompson, CPP Resource Consultant, at lthompson@redwoodcoastrc.org.

Survey Link:

<https://www.surveymonkey.com/r/KPTZZW8>



SCDD NATIONAL CORE INDICATORS

Family Surveys

To participate in the survey, email QAProject@SCDD.ca.gov

Families will have until the end of June 2026 to complete the surveys and send them back to SCDD.

For more information, email NCIHelp@dds.ca.gov

RCRC Newsletter

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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 or
aostell@redwoodcoastrc.org

Mendocino & Lake Counties:

Sheila Keys
(707) 462-3832, ext. 254 or
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

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