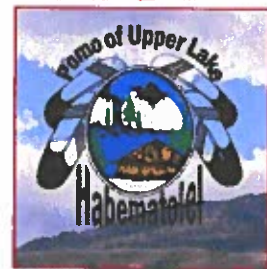


HPUL Education Newsletter



Youth Announcements-Sports



March, 2019

Signing day at SRJC

The next generation has committed...

GO BEAR CUBS!



DT - Tj Talamoni-Marcks Commits!

Tj Talamoni- Marcks a senior at Clear Lake High school and a 3 sport athlete (Football, Basketball & Track) has decided to continue his education and football career at Santa Rosa Junior College (SRJC) starting this summer 2019 signing his letter of intent on February 8th at SRJC!

Tj, who will be playing defensive tackle at 6'4, 320lbs is excited about his future as a Bear Cub! Tj has looked at a few other schools prior to the SRJC campus visit and had several more to visit who were attempting to recruit him, but he felt at home with the Bear Cubs. A few weeks prior to Tj's decision to sign with SRJC coach Lenny Wagner came to Lakeport to visit Tj and his mom, Kimberly Cobarrubia, that impacted him in a way that was different than any other coach had tried to do.

Tj would like to thank, his grandma (Georgeanne Marcks), mom (Kimberly Cobarrubia), step-dad (Prince "Leo" Cobarrubia), brother (Treppa Talamoni-Marcks), uncles (Michael and Will Marcks), aunties (Hope & Joy Marcks), great aunties (Leora,

...continued on page 2 of this newsletter

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Youth Announcement-Sports (continued from page 1)



Gail, Ginger Treppa and Vera Smith), and all his little cousins! Tj would also like to thank his basketball coaches Mike Brown, Mike Damiata, Scott DeLeon, Paul McGuire, Phil Psalmonds but most of all his football coach who believed in him and gave him the love to start playing the game freshman year Augie Perez. And finally he would like to thank our Tribe for all their support, the Tribe's gymnastics allowed him to develop his hand eye coordination as a little kid.

Good luck Tj! We're all so very proud of you and can't wait to see where you go and what else you do in the future!!!!

-Kimberly Cobarrubia

Youth Announcement-Sports



The HPUL Education Center would like to recognize both the Cardinals JV and Varsity boys basketball team for their league title, 14-0 record. Both the Talamoni-Marcks brothers (pictured

right: Treppa and Tj) play for Clearlake High School. While Treppa plays for the JV team, and an all around player (point, guard and center), brother Tj plays for the Varsity team, (down low). The JV team went 23-2 overall with a 14-0 league record. They took 1st place at the Paul Larrea Tournament, 3rd place at Buck Bailey Tournament and 1st place at Colfax Adidas Shoot Out where Treppa received MVP (most valuable player). Treppa finished with a triple double, 11 points, 13 rebounds and 10 assists in his last league game against Middletown. The

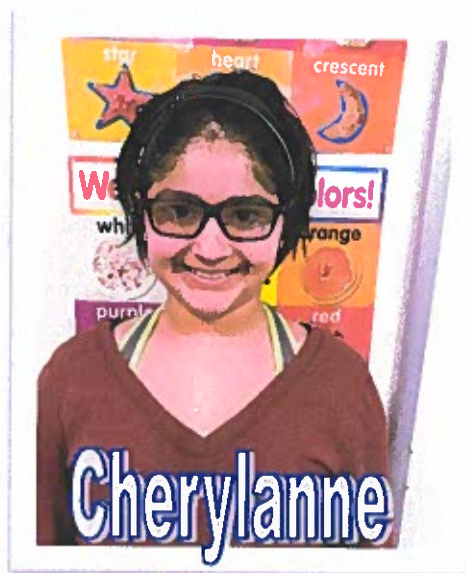
Varsity team is currently 24-2 and only need one more win to have the best record since 1988/89. They are currently seeded 3rd in Division 5. This is the first time both the JV and Varsity boys have gone undefeated in league. Although the JV's season has come to a halt on 2/6/19 after their last league game against Middletown the Varsity's next stop is the North Coast Section Division V playoffs on 2/20/19.



League Champions!

Youth Announcement-Citizenship

The HPUL Education Center would like to recognize Heart recipient Leyla Marcks and Star recipient Joleia Holstine for the month of February. The Heart Program recognizes students for their good deeds while the Star Program recognizes students for being studious. The HPUL Education Center would also like to recognize Student of the Month recipient Cherylanne Snow for the month of February. This award recognizes students for various attributes. Cherylanne was recognized for reaching personal goals. All recipients receive a personal pizza and soda from Treasure Cove Pizza (Upper Lake, CA). Students are picked monthly based on their positive attributes and efforts recognized by the HPUL Education Staff. Leyla, Cherylanne and Joleia keep up the great work!



Youth Announcement-School Scholars

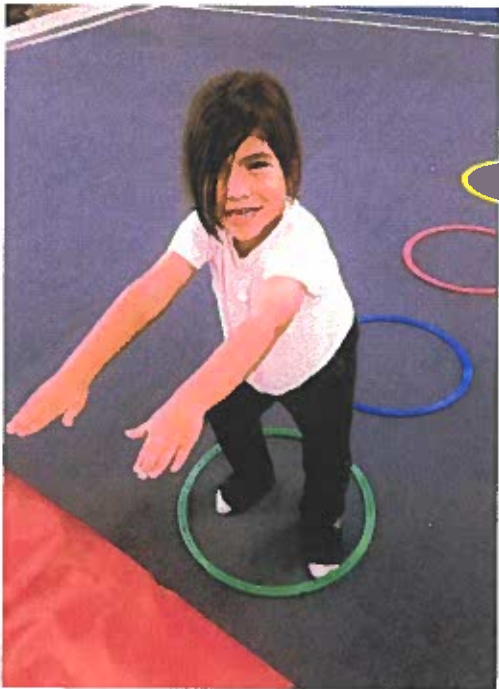
The HPUL Education Center would like to recognize the following students for their academic success for the 2nd grading quarter of the 2018/2019 school year:

- Alexandria Ambrecht, 4.0 GPA
- Jay Arroyo, 3.29 GPA
- Eleanor Burnett, 4.0 GPA
- Jonathan Cirelli 3.8 GPA
- J.Hope Marcks, II 4.0 GPA
- Leyla Marcks, 3.9 GPA
- Nya Marcks, 3.83 GPA
- Tj Talamoni-Marcks 4.0 GPA

- Treppa Talamoni-Marcks 3.14 GPA
- Atika Treppa 3.8 GPA
- Roman Treppa 3.5 GPA
- Nobalie Snow 3.8 GPA
- Kai Young 2.86 GPA
- Madeline Young 4.0 GPA

Please check out the Tribe's Student Grade Incentive Program on page 8 of this newsletter; shall you be interested in applying. Share with us your child's GPA and we'll recognize and share your child's success in the next newsletter.

Program Update-HPUL Gymnastics Program



Under the Tribe's Housing Department the Tribe is allotted free gymnastic classes/ services to all Members contracted through SkyCatch Elite Gymnastics Academy (888 Lakeport Blvd., Lakeport, CA). The Early Childhood Education Program (ECEP) conducts a private session every Tuesday and Thursday for all attending youth of the HPUL Education Center. This class is scheduled from 12:30-1:30 p.m. with limited transportation provided by the Tribe. the HPUL Housing Department is providing after school transportation every Tuesday and Thursday for all attending youth of the HPUL Education Center After School Program (ASP) for a session from 3:30-4:30 p.m. For more information in regards to this after school session please contact Cathy Berton, Housing Director at 707-275-0737 EXT 103.

Please note private HPUL summer sessions are conducted during the summer months. However, regular class schedules are offered to HPUL Tribal Members of all ages free of charge. HPUL Tribal Members interested in attending other gymnastics classes outside these 2 designated HPUL sessions (ECEP & ASP) can contact Jerae Berton, Business Owner & Gymnastics Coach of SkyCatch Elite Gymnastics Academy at 707-490-6053 for more information and/or for class schedules.

For information pertaining to the ECEP gymnastics session please contact Michael Y. Marcks, Education Coordinator at 707-275-8727 EXT 21. Pictured left, HPUL Tribal Member, Jack Marcks and pictured right Community Member, Avriella Guard-Dugger are demonstrating their "stick it" technique. Both youth attend the ECEP private session on a regular basis and enjoy floor exercises, the beam, rings, bars and tumble track.

Benefits of gymnastics include hand and eye coordination, confidence, strength, flexibility, strong bones, character building, social benefits, reduced risky behavior and school! Yes school! Gymnastics, like school, requires focus, concentration, discipline, listening skills, determination, and problem solving!



Transportation Program

Transportation operates daily from the Lakeport Unified School District to the HPUL Education Center. In addition, transportation operates daily from the HPUL Education Center to the Upper Lake Rancheria. Drop off is scheduled between 4:30 p.m. and 5:00 p.m. Youth may not be left unattended, therefore an adult must be present at the time of drop off. All youth utilizing either route must submit a Transportation Request Form directly to Vicky Hutchison, the new Transit Driver. All transportation arrangements must be made directly through the Transportation Department. The Transportation Department's direct phone number is 707-275-0737 EXT 111.

Transportation is a privilege and all youth are expected to behave while the of the Tribe's vehicles to ensure safety of all passengers and the driver. Please be advised, youth must follow all transportation rules. Youth unwilling to follow rules will immediately be brought back to the HPUL Education Center, and it will be the responsibility of the parent/guardian to transport the child home within the center's hours of operation.

Early Childhood Education Program

The Early Childhood Education Program (ECEP) operates Monday through Thursday from 11:00 a.m. to 2:00 p.m. for youth 3-5 years old. All participants must be fully potty trained. We do understand that accidents may occur, therefore, please provide an extra set of clothes when your child attends.

The ECEP will focus on cognitive, emotional, and social skill building on Mondays and Wednesdays at the HPUL Education Center, then focus on physical skill building at SkyCatch Elite Gymnastics Academy located in Lakeport, CA every Tuesday and Thursday from 12:30 to 1:30 p.m. Please remember to dress your youth accordingly for the gym.

If you are unable to send your youth with a packed lunch, a well balanced one will be provided for him/her. The HPUL Education Center requests that all lunches be soda and sugar free. Please note, in the event your child has soda or sugary treats the HPUL Education Center will hold onto them until it's time to go home.

Friendly reminder a registration packets must be updated and completed before attending this program. At this time the HPUL Education Center will pick up and drop off ECEP youth residing at the Upper Lake Rancheria daily at 10:45 a.m. (for pick up) and 1:45 p.m. (for drop off) a parent/guardian must be present at the time of drop off. Transportation arrangements must be made prior to the 1st day of school to secure transportation for your youth, in the event you have transportation requests, contact the new Tribal Transit Driver Vicky Hutchison at the tribal office or at vhutchison@hpultribe-nsn.gov to submit your request.

After School Program

With school in full swing, the HPUL Education Center sent out Back To School Gift cards back on, August 13, 2018 to help prepare your student for school readiness. For those students attending the HPUL After School Program please be sure to update your youth's HPUL Registration Packets beforehand. Vital information may include address change, contact information, medications and allergies, etc. It is mandatory that all attending youth are enrolled and packets are updated prior to attending our program. New registration packets can be obtained from the HPUL Education Center. Registration packets must be completed by the parent legal guardian.

The After School's Program will operate Monday through Friday from 2-5:00 p.m. during the 2018/2019 school year. The After School Program accepts students K-12th grade. The HPUL Education Center will follow suit with the tribe's and Upper Unified Lake School District (ULUSD) Calendar, meaning we will also be closed on legal and local holidays.

Please remember to arrange transportation for your youth at both the ULUSD and our After School Program prior to the 1st day of school. At this time, the HPUL Education Center will be transporting youth to the Upper Lake Rancheria daily at 4:30 p.m. (for drop off) a parent/guardian must be present at the time of drop off.

Computer Lab

The HPUL Education Center onsite Computer Lab is open Monday through Friday from 8:30 a.m.-2:00 p.m. daily to HPUL Tribal Members and households with the exception of legal and local holidays. The computer room is located in room #3 and offers free Wi-Fi and a color printer. Please check in with education staff to use the lab.

While utilizing the lab, we ask that you are mindful of others privacy. To protect yourself from fraud, please remember to log out of any sites or browsers that contain personal information. Finally, please remember there is absolutely no food or drinks allowed near the computer lab at any time.



Education Graduation Incentive Program

Friendly reminder, the Amnesty Clause deadline is set for 4/30/19.

- Middle School-computer award up to \$400.00
- High School-\$750.00 Stipend
- GED-\$250.00 Stipend
- Adult High School Diploma-\$500.00 Stipend
- Certificate Program-(Junior College) \$1,000.00 Stipend
- Trade/Vocational Program-\$2,000 Stipend
- AA Degree-\$2,000.00 Stipend
- BA Degree-\$4,000.00 Stipend
- Masters or Equivalent-\$6,000.00 Stipend
- Law Degree or Equivalent-\$8,000.00 Stipend
- PhD or Equivalent-\$10,000 Stipend
- Please visit us at upperlakepomo.com for guidelines & applications or contact Michael Y. Marcks, Education Coordinator at 707-275-8727 Ext 21 for all inquiries.

Tutoring and Preschool Tuition Reimbursement/Advancement Program

Tutoring

- Tutoring age 5-24
- Reimbursement up to \$200.00 per month
- Monthly progress and attendance report required
- Submit receipts within 30 days from receipt's issued date
- Reimbursement up to \$200.00 per month
- Proof of pre-school registration required
- Submit receipts within 30 days from receipt's issued date
- Please visit us at upperlakepomo.com for guidelines & applications or contact Michael Y. Marcks, Education Coordinator at 707-275-8727 Ext 21 for all inquiries.

Preschool Tuition

- Tuition age 3-5 or age 3 by 12/31/18

Educational Clothing Allowance Program

- TK-12th Grade
- Vouchers/Reimbursement Submissions Upon Approval
- Submit receipts within 30 days from its receipt date
- Preschool/TK \$100.00
- K-5th Grade \$200.00
- 6th-8th Grade \$250.00
- 9th-12th Grade \$300.00
- Proof of school registration required
- Please visit us at upperlakepomo.com for guidelines & applications or contact Joy Marcks, Education Director at 707-275-8727 Ext 15 for all inquiries.

HPUL Leadership Program

The HPUL Leadership Program is currently seeking applications to select up to 3 HPUL Youth to attend SuperCamp held at Stanford University. 12noon , March 15, 2019.



This academic camp teaches leadership and communication skills, builds longtime friendships and increases grades, confidence and motivation.

A one page essay entitled "Why You Should Choose Me," a minimum of one letter of reference, a current report card and a HPUL Leadership application must be submitted to Joy Marcks, HPUL Education Director by or before

This 6 day forum is as follows:

- Junior Forum 6-8th grade (ages 11-13); July 9-14
- Senior Forum 9-12th grade (ages 14-18); July 17-23

The HPUL Leadership Program covers the expenses of registration fees and travel.

For more information please visit SuperCamp at <http://www.supercamp.com/standford> or contact Joy Marcks at 707-275-8727 EXT 15.

HPUL Overachiever's Program

The Overachiever's Program is designed to encourage youth to excel academically above and beyond. To be eligible for this program youth must submit 100% test scores during the course of the school year to the HPUL Education Center; youth with the most accumulated test scores at the end of the 2018/2019 school year will receive a \$50.00 Visa gift card. In addition, youth with the highest GPA will also receive a \$50.00 Visa gift card. All youth participants will receive 1 complimentary Six Flags Discovery Kingdom (Vallejo, CA) day pass at the end of the school year.

HPUL Student Grade Incentive Program

The Student Grade Incentive Program is an incentive based program that awards HPUL Tribal Youth K-12th grades. Students who successfully achieve a mark of excellence are eligible to receive a stipend award. Students must submit an application and a current report card directly to Joy Marcks, Education Director within 30 days of the report card's issued date.

Students receiving a grade point average will be awarded \$10.00 per mark of excellence (A) and are capped at \$70.00. Students who do not receive a GPA will be awarded \$3.00 per mark of excellence (E,) and are capped at \$60.00. Students receiving a 4.0 GPA are capped at \$100.00. Students may only submit 1 application per report card. Please note Progress Report Cards do not qualify and can't be awarded under this program.

HPUL Seven Generations Scholarship Fund (SGSF)

- Higher Education
 - ⇒ \$10,000.00 4-year College or University
 - ⇒ \$5,000.00 2-year Junior/Community/City College
- Vocational/Trade School-\$5,000.00
- Adult Education-\$3,000.00
- Youth Education-\$1,000.00
- Pre-Elementary-\$500.00 maximum per cycle
- Electronic Device/Peripherals \$1,500.00
- Applications at <https://>

www.upperlakepomo.com/scholarships/

- Point of Contact Scholarship Fund Selection Committee: scholarship@hpultribe-nsn.gov
- The upcoming SGSF meeting will be held on April 3, 2019. Deadline to apply by the SFSC's next meeting is 4/1/19, 11:00 A.M.
- Applications can be submitted to the tribal office or at scholarship@hpultribe-nsn.gov



"There are no such things as limits to growth, because there are no limits to the human capacity for intelligence, imagination and wonder."

-Ronald Reagan

HPUL College Bound Program

- High School Juniors & Seniors/College Students
 - Application/Receipts
 - Offsets Costs Associated With Higher Education (Colleges, Universities & Credential Programs)
1. Application Fees
 2. Standardize Test Fees
 3. Test Prep Classes
 4. Tutoring
 5. Consultation Fees For College Advisor
 6. Costs Associated with Submitting Test Scores to Various Institutions
 7. Maximum Reimbursement \$1,500 Per Academic Year
 8. 120 Day Deadline from graduation date
 9. Point of Contact Michael Y. Marcks, Education Coordinator (contacts cited on page 16)



HPUL MoTiVaTeD! Program

To be eligible for this program for the 2018/2019 school year, students must submit their first and end of the year report cards directly to Joy Marcks, HPUL Education Director. The MoTiVaTeD! program is designed to encourage youth to strive for individual academic success. Youth achieving the most individual academic progress over the duration of the school year will be awarded a \$50.00 Visa gift card. For more information regarding this program please contact the HPUL Education Staff (contacts cited on page 16).

HPUL Adult Education Program

- Service Age 18-24
- Obtain Educational Goals
- H.S. Diploma/GED
- Scholarship Referrals
- Letters of Recommendation
- College Registration
- FAFSA-Financial Aid
- Chantell Martinez, Mendocino College Rep
- Point of Contact: Michael Y. Marcks, Education Coordinator (contacts cited on page 16)



HPUL Gymnastics Program

SkyCatch Elite Gymnastics Academy: 888 Lakeport Blvd., Lakeport, CA

- Free to HPUL Tribal Members (ALL CLASSES)
- ECEP Private Class Every Tuesday & Thursday 12:30-1:30 p.m. (ages 3-5)
- ASP Private Class Every Tuesday & Thursday 3:30-4:30 p.m. (ages 5 & up)
- Class Schedule open/available to all HPUL Tribal Members
- Kids Night Out Sessions
- ECEP Point of Contact: Michael Y. Marcks, Education Coordinator (contacts cited on page 16)

HPUL Reward Writing & Phonics Program

- Open to All HPUL Tribal Youth K-12th Grade
- Phonic & Literacy Building Skills
- 50+ Lessons Completed = 1 Free Admission Ticket to Golfland Sunspash (waterslides), Roseville, CA
- Most Lessons Completed = \$50.00 Visa Gift Card
- Point of Contact: Georgeanne Marcks, Education Coordinator (contacts cited on page 16)

Traditional Pomo Dancing

Traditional Pomo Dancing is taught onsite at the education center; 1 class per month. This class is typically held on a Friday and is available to all HPUL Tribal Youth K-12th grade. This class is taught by Pomo dance instructor Yvonne Quintero, Sherwood Valley Tribal Member. All youth interested in learning about traditional Pomo dance, how to, the respect of, why we dance and making healthy choices, are encouraged to participate.



Seeking Cultural Teachers

The HPUL Education Center is struggling to find cultural teachers; to compensate for their time:

- Youth Storytelling-Teacher
1 class per month/\$50.00 per class/duration 1 hour
- Youth Pomo Language-Teacher
1 class per month/\$50.00 per class/duration 1 hour

- Youth Traditional Dancing-Boys
Teacher, 1 class per month/
\$50.00 per class/duration 1 hour

If you are interested in working with our youth and preserving your Pomo culture or know someone who is, please contact Joy Marcks, Education Director at 707-275-8727 Ext. 15.

Tribal Cultural Gathering



The Tribal Cultural Committee (TCC) is hosting a Tribal Cultural Gathering on Saturday, March 16, 2019. This gathering is family friendly and will include cultural activities, crafts and refreshments. This gathering will be held at the HPUL Community Building, 9460 Main St., Upper Lake, CA 95485 from 2-5:00 p.m. Space is limited, therefore please try to RSVP by March 1, 2019. For more information, or to RSVP, please contact the TCC at cultural@hpultribe-nasn.gov or call 707-275-0737.

HPUL Programs-Schedule-Education Center



*Identifies programs that service HPUL TRIBAL MEMBERS ONLY

- 1.*Adult Education Program; service age 18-24*
2. After School Program (ASP); Monday thru Friday 2 p.m. to 5 p.m.; service age K-12th grades
- 3.*Apprentice Program; service age 12-18 (Operates during the summer)*
4. *Back to School Gift Cards; service age Pre-K-12th grades
5. Creative Communication Poetry & Art Contest (Spring, Fall & Summer)
6. *College Bound Program (college applicants only)
7. *Computer Lab (open Monday through Friday from 9 a.m. to 5 p.m. or by appointment, onsite room 6)*
8. Early Childhood Education Program (ECEP) Monday thru Thursday 11 a.m. to 2 p.m.; service age 3-5 & youth must be potty trained; guardian/parent volunteers welcomed
9. *Education Graduation Incentive Program (applications available at upperlakepomo.com)*
- 10.*Educational School Clothing Allowance Program (applications available at upperlakepomo.com); service age TK-12th grades; applications submitted directly to HPUL Education Center/Staff*
11. Easter Seals Assessments available upon appointment. This is a free service that provides assistance to ensure youth meet their "ages and stages" of development; service age 0-5
12. *Future Leaders of Habematolel (FLOH); service age 18-25*
13. Gymnastics Program private classes **EVERY TUESDAY & THURSDAY 12:30-1:30 p.m & 3:30-4:30 p.m.**; service age all attending youth; HPUL transportation provided
14. Heart Program (Operates during school year); service age 3 through 4th grade
- 15.*Higher Education Program; service age High School Juniors & Seniors only*
- 16.*Imagination Library Program; service age birth-5*
- 17.*Leadership Program; service age 6-12th grade*
18. Literacy Award Program; service age 5-12th grade; 2 awards; most improved; highest reader above grade level); Awards announced annually following ULUSD calendar
19. MoTiVaTeD! Program (Operates during the school year); service age K-12th grades
20. Overachiever's Program; (Operates during the school year); service age K-12th grades
- 21.*Pomo Language Class; 1 class per month, seeking teacher/instructor* contact Joy Marcks for more information at jmarcks@hpultribe-nsn.gov
22. Rewards Writing & Phonics Program (Operates during the school year); service age K-12th grades
23. Star Program (Operates during the school year); service age 3 through 4th grade
- 24.*Student Grade Incentive Program (Operates during the school year applications available at upperlakepomo.com); service age K-12th grades*
- 25.Student of the Month (service age 5th-12th grades)
26. Summer Program (Operates during the summer); service age K-12th grades
27. Summer Reading Program (Operates during the summer); service age birth-12th grade
- 28.*Traditional Pomo Dance Classes; seeking teacher/instructor* contact Joy Marcks for more information at jmarcks@hpultribe-nsn.gov
- 29.*Tutoring & Preschool Tuition Reimbursement Program; service age 3-24* (applications available at upperlakepomo.com); Contact Michael Y. Marcks, for more information at mmarcks@hpultribe-nsn.gov
30. *Y.E.S. Program; 10 week program; service age 5-12th grade*
- 31.*Youth Storytelling Classes; seeking teacher/instructor* contact Joy Marcks for more information at jmarcks@hpultribe-nsn.gov
32. Bake Sale Fundraiser (Note: Education Center accepts donated baked goods the day before or the day of GM meetings) Proceeds go towards youth incentives, etc.

Lake County Office of Education-Adult Programs

Career Tech Education

Adult training in certified nursing assistant

Medical assistant

Available for high school graduates and those who have passed the GED

Workforce Development

Teach Lake County supports teacher credentialing

Substitute Teachers support for those who have a Bachelor's Degree or higher

Healthy Start Program

Nurturing Families classes/parenting instruction offered in an environment for both parent and children

For additional information contact (707) 262-4100

Native Wellness Trainings-2019

Healthy Relationships

Training of Trainers

March 12-14

Miccosukee Resort Casino Miami, Florida

Being Trauma -Informed

March 12-14

Miccosukee Resort Casino Miami, Florida

Healing a Generation

April 16-18

Squamish Clearwater Casino Resort
Squamish, Washington

Healing the Community Healer and Helper

April 16-18

Squamish Clearwater Casino Resort
Squamish, Washington

Gathering of Native Americans (GONA)

Responding to Suicide

April 16-18

Squamish Clearwater Casino Resort
Squamish, Washington

Life Skills Training of Trainers

May 14-16

Seneca Niagara Resort & Casino
Niagara Falls, New York

Adults Working With Native Youth

Adults Working with Native Youth

May 14-16

Seneca Niagara Resort & Casino
Niagara Falls, New York

Adults Working With Native Youth

Gathering of Native Americans (GONA)

Responding to the Opioid Crisis in Indian Country

May 14-16

Seneca Niagara Resort & Casino
Niagara Falls, New York

Adults Working With Native Youth

Native Youth Wellness Warrior Camp

June 24-27

Uyxit Powwow Grounds
Grande Ronde, Oregon

Please note, these trainings would be eligible under the Tribe's Scholarship fund to members if you apply to assist with expenses (ie. registration and travel). Contact scholarship@hpultribe-nsn.gov for more information.

For additional information regarding trainings visit www.nativewellness.com

Lake County Tribal Health Consortium Youth Outreach

Y.E.S. (Youth Empowerment Support) Program

- 5th-12th Grade
- Consent Form Required
- 8-10 Week Program
- Confidential
- Sessions Include:
 1. Understanding & Talking About Feelings
 2. Learning Strategies to Cope With Trauma, Grief, Aggression, & Suicide Prevention
 3. Gain Sense of Pride, Self-Empowerment, And Culture
 4. Dark Horse Therapeutic Ranch Field Trip
- Point of Contact: Angela Knight, LCTHC, LMFT (707) 263-8382 EXT 1431 or at aknight@lcthc.org

LCTHC-Fitness

- K-12th Grade
- Diabetes Education
- Making Exercise Fun
- 1 Friday Per Month; Onsite @ Education Center
- Point of Contact: Yvonne Quintero, LCTHC Youth Lifestyle Coach 707-263-8382 ext. 1611 or yquintero@lcthc.org



LCTHC-Youth HDAC



- Youth Hinh'el Diabetes Action Council (HDAC)
- 3 HPUL Representatives
- 10 Years of Age & Up
- Diabetes Education
- 1 Meeting Monthly; Offsite
- Application Process
- Point of Contact: Yvonne Quintero, LCTHC Youth Lifestyle Coach 707-263-8382 ext. 1611 or yquintero@lcthc.org

Lake County Tribal Health Consortium (LCTHC)-Services Offered

Parent-Child Activity Group

Nurturing Parenting For Parents & Caregivers

Ages 0-5

Every Thursday 11 a.m -12:30 p.m.

Lunch Provided

For further information contact Angela Knight, LMFT at 707-263-8382 EXT 1431

Circle of Security Parenting Class

For Parents & Caregivers

Ages 0-5

10 Week Sessions

Thursdays 1-2:30 p.m.

Childcare & lunch provided

To Register Contact Debbie Robison at

707-263-8382 EXT 1313

Pre-Natal Support & Counseling

Wednesdays 11 a.m.-1:00 p.m.

707-263-8382 EXT 1303

Tribal Home Visiting

Native American Families

Ages 0-5 & expecting families

- ◊ Toy & Book Learning
- ◊ Play Areas
- ◊ Parenting Support
- ◊ Transportation to Important Appointments
- ◊ Child Development Education
- ◊ Family Goal Setting
- ◊ One-on-One Support
- ◊ Child Development Education & Information
- ◊ Family Dinners
- ◊ Play Group
- ◊ Men's Wellness Group
- ◊ Accessing Services
- ◊ Newsletter



For further information pertaining to the above programs contact Daphne Colacion, Program Coordinator at 707-263-8382 EXT 1302 or dcolacion@lcthc.org For other programs offered by LCTHC visit <https://www.lcthc.com/services/>

7 Tules Circle

The Circle of Native Minds presents 7 Tules Homework Circle from 3-5:00 p.m., Monday through Friday.

- Youth 4th-12th Grade
- Tutoring
- Educational & Culturally Related Activities & Crafts
- Snack
- Limited Transportation
- Point of Contact: Michelle Monlo, 707-263-4880 or michelle.monlo@lakecountycga.gov

Crisis Center Hotlines

*Lake County Suicide Prevention:

1-855-587-6373

*Lake County Behavioral Health Crisis Line:

1-800-900-2075

(Non Emergency 707-994-7090)

*Lake County Domestic Violence/Sexual Assault Hotline:

1-888-485-7733

(Non Emergency 707-279-0563)

*Lake County Child Abuse Hotline:

1-800-386-4090

(Non Emergency 707-262-0235)



IMPORTANT DATES

- **March 8 EC Mtg.:** Call Center, Upper Lake
- **March 10 Daylight Savings Time Begins**
- **March 13-15 LCTHC-Digital Storytelling Workshop,** Running Creek Casino, Upper Lake
- **March 16 Tribal Cultural Gathering,** Community Building, Upper Lake
- **March 21 ULUSD NAAC Mtg.,** Robinson Rancheria-Upper Lake Parents Welcomed!
- **March 29 FLOH Workshop,** Community Building, Upper Lake
- **March 29 YUBA College Native American Empowerment Day,** Yuba College, Lower Lake
- **March 31 Cirque Du Soleil,** Golden 1 Center, Sacramento
- **March 31 Mandatory DNA Testing Deadline**

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