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A NOTE FROM OUR DIRECTOR

Happy Love Month!

I hope this message finds you well as we step into February.

February is a big month, as our Winter Training begins on Tuesday, February 6th. It's not too late to join if you know someone who is interested in becoming a CASA.

We're excited to offer some valuable resources and workshops for your continued education. This month, we chose to focus on neurodivergence in children to supplement Ce Eshelman's course if you choose to partake.

In our lending library, we've added two new children's books focusing on teaching patience and overcoming loss. We encourage you to explore these resources and share them with your kiddos.

Looking ahead, we are already gearing up for our 6th annual CASAblanca Gala on Saturday, May 4th at the Klamath County Event Center. If you have suggestions for new sponsors or have a service, experience, or item suitable for our silent auction, please let us know!

I want to thank Bernie Wood and the Loom Ladies for hand-making and donating three boxes of beanies. Please stop by the office to grab one for each of your CASA kiddos!



I also want to give a special shout-out to our very own Hannah Levine! She and Rich La China won this year's Klamath County Chamber of Commerce "Entrepreneur of the Year" award for their company Ninja Mountain Bike Performance. She is a champion for the children we serve and there's no doubt this

award was well-deserved. Congratulations, Hannah and Rich!

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Thank you again for giving yourselves to help our local children. You are a true example of love and kindness. I hope to see you all soon!

Warmly,



Ce Eshelman's Schedule of Classes through June 2024!



Register for all classes here!

https://www.surveymonkey.com/r/CE_2023-2024

For registration assistance by phone, call 530.918.7222.



A Schedule of Classes

with

Ce Eshelman, LMFT

Attachment and Trauma Specialist and adoptive mom with a private practice, The Attach Place, in Sacramento. She is the facilitator of The Love Matters Parenting Society, an online annual membership for becoming great therapeutic parents while thriving at the same time. ce@attachplace.com

August 2023 to June 2024

These classes are for parents, educators, caregivers, and all who work with and have children in their lives.

Date All classes are on the 1st Wednesday (except Jan 10th) from 2:45-5:00pm	Class Title
August 2 nd	Back to School Anxiety — Tackle the Anxiety Traps
September 6 th	Helping Kids Crush Anxiety: Bringing Sunshine to Dark Corners
October 4 th	Parents — Tame Your Triggers — Part 1
November 1 st	Parents — Tame Your Triggers — Part 2
December 6 th	The Healing Art of Showing Up— for Your Children, Yourself, and others
*January 10 th	Supporting Neurodiverse Children and Youth (Challenging Behaviors) – Part 1
February 7 th	Supporting Neurodiverse Children and Youth (Challenging Behaviors) – Part 2
March 6 th	Stop Yelling 101
April 3 rd	Advanced Stop Yelling 201
May 1 st	Girls and Boys on the Edge — Part 1
June 5 th	Girls and Boys on the Edge — Part 2
Date Evening Classes with Ce All 2 nd Tuesday from 6:15-7:30pm	Class Title
September 12 th	Life's Challenges Through the Eyes of A Child
October 9 th November 14 th December 12 th January 9 th February 13 th	Teen Whisperer series for Parents of Teens

These partners are working together to bring these high-quality educational opportunities to participants at no cost.





March 12th







































EDUCATIONAL RESOURCES

Workshops

 Supporting Neurodiverse Children and Youth (Challenging Beahviors) - Part 2*
Ce Eshelman, LMFT

Articles

 Creating Communities That Help Support Neurodiverse Children*

By Sydney Reynders, ScB & Nicole Baumer, MD, MEd

• <u>Child Development - Supporting</u> <u>Neurodiverse Children in Times of Stress</u> and Crisis*

By Rebecca McNally-Keehn, PhD

Books

 Keep Dancing Through: A Boss Family Groove

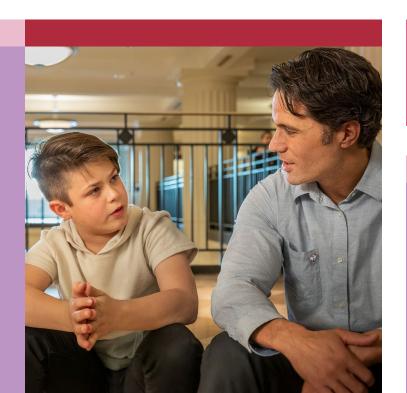
By Allison Holker Boss & Stephen "tWitch" Boss

Just One More Sleep: All Good Things
 Come to Those Who Wait . . . and Wait . . .

By Jamie Lee Curtis

*Clickable Link

Please remember to track your educational hours on Optima.



IMPORTANT DATES

February

- Black History Month
- Teen Dating Violence Prevention Month
- · Family Empowerment Month
- 2/1 Family Empowerment Day
- 2/2 Groundhog Day
- 2/6 CASA Training Begins
- 2/10 Lunar New Year
- 2/14 Valentine's Day
- Ash Wednesday
- 2/17 Random Acts of Kindness Day
- 2/19 President's Day

May

• 5/4 CASAblanca Gala

FEBRUARY BIRTHDAYS

- 2/14 Kaylee Nichols
- 2/26 Aja Phelps
- 2/26 Hannah Levine



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