



NOVEMBER NEWSLETTER



Happy Fall everyone!

October was yet another successful month. We had 11 students begin a program here at Colusa County Adult Education. Please be on the lookout for surveys and messages from the Adult Education Navigator as we strive to give you all the recourses and support, we can.

Our first Community Event was a complete success, former student Eduardo Ramirez Spoke to our students about his success in the CNA program and beyond. It is incredible to see long-term goals being met by our students. Career Technical Education courses are available at Colusa County Adult Education. These courses include; Accounting, QuickBooks, Microsoft Word, Microsoft Excel, Keyboarding, Certified Nursing Assistant, and our Colusa County Office of Education Fire Academy! These courses are in place as a steppingstone to future careers.

Each month a student who has been going above and beyond is chosen to be featured in the "Student Spotlight" column of our newsletter. I would like to introduce to you Laura E. Perez. Read all about it here! →

NOVEMBER SELF CARE TIPS:

- TRY A RELAXING ACTIVITY
- SET GOALS AND PRIORITIES
- PRACTICE GRATITUDE
- FOCUS ON POSITIVITY

Meet Laura E. Perez!

Laura is currently enrolled in the HiSet course with Mr. Monroe. Her main goal after completing this course is to return to college and revalidate her management degree she completed in Mexico. Choosing Colusa County Adult Education was ideal for her due to being close to home. Laura likes the afternoon schedule that is put in place for our courses and the Aztec program used for HiSet preparation.

Laura enjoys working with numbers especially in accounting. She enjoys meeting new people and learning from those who cross her path. Other careers she is interested in is Human Resource and Organizational Behavior.

When Laura is not in school, she enjoys traveling and learning about new cultures, places, and trying new foods. Not only does she like trying different restaurants but she takes the initiative to try cooking new recipes. Laura describes herself as a restless person. She liked to keep her mind occupied by staying productive. She is very orderly, organized and determined to keep her mind on her goals.

A few words of wisdom from Laura:

"Do not be afraid to try to do new things, life is about learning, we learn from the good, the bad, the easy, the difficult, but all we learn is wealth."

Make sure to say Hello to Laura when you see her on campus, thank you to our student for participating this month as the student spotlight student!

STUDENT SPOTLIGHT

LONG TERM GOAL: Get MY High School Diploma!



SHORT TERM GOAL:
INCREASE CASAS SCORE



SHORT TERM GOAL:
COMPLETE HOMEWORK



SHORT TERM GOAL:
ATTEND CLASS



COLUSA COUNTY ADULT SCHOOL
EDUCATION FOR LIFE

Goal Setting Tips:

It's time to set some goals! Goals are more than a vision of something we hope can happen. Goals can be described as decisions and commitments we take to reach our objectives. Writing down your goals can map out the steps needed to meet or will allow you to envision the actions you need to take to meet your goals. Setting short and long-term goals is a simple way to break each goal into smaller attainable goals. Attached is a Goal Road Map form to help you! Text of call (530) 868-8525 if you wish to sit down with the Adult Education Navigator to map out your success story!

GOAL ACTION *plan*

GOAL

WHY

MOTIVATION

START DATE

DEADLINE

REWARD

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

LITTLE STEPS

NOTES

Student Success

Eduardo Ramirez, from Maxwell, always knew he wanted to work in the medical field. He has a strong passion for helping people and making a difference in his community. When he heard Colusa County Adult Education offered a CNA course, he knew this was the right course to get him into his dream job. Eduardo expressed his gratitude for the CNA instructor as he felt supported in his program, through course material and hours served in his practice he learned the necessary skills to be prepared to take his state exam.

After his CNA course with Colusa County Adult Education, Eduardo successfully passed his exam to become a Certified Nurse Assistant. With his knowledge, experience, and tools in hand he was granted a CNA position with the Colusa Medical Center in Colusa. He has been able to serve as a medical professional with the Colusa Medical Center team for over a year now and has taken the next step to take additional medical-related courses at Butte College. Eduardo is dedicated to one day becoming a registered nurse and continuing to serve his community. He encourages anyone who wishes to serve in the medical field to apply for the CNA course with Colusa County Adult Education!



FINISH THE PROGRAM IN ONLY **8 WEEKS!**

¡TERMINA EL PROGRAMA EN SÓLO **8 SEMANAS!**

CERTIFIED NURSE ASSISTANT

Now Accepting Applications through January 19, 2024!

¡Aceptamos aplicaciones hasta el 19 de Enero de 2024!

CERTIFIED NURSE ASSISTANT PROGRAM

Upon successful completion of the course, the student will be able to test for the competency evaluation and once passed receive their CNA license. The student will be eligible to apply for employment as a CNA.

English language support for the course, tutoring opportunities, and office hours available!

PROGRAMA DE ASISTENTE DE ENFERMERÍA CERTIFICADO

Al completar el curso, el estudiante podrá realizar la prueba de evaluación de competencias y una vez aprobado recibirá su licencia CNA. El estudiante será elegible para solicitar empleo como CNA.

¡Apoyo en idioma inglés para el curso, oportunidades de tutoría, y horarios de oficina disponibles!

For more information contact Colusa County Adult Education
Para obtener más información comuníquese con la Educación de Adultos del Condado de Colusa!

(530) 473-1350

 COLUSA COUNTY ADULT SCHOOL
EDUCATION FOR LIFE



Parenting Education Programs

Colusa County CAPC & Family Resource Center

Program Schedule 2023.24

Mondays

11AM

Nurturing Parenting for Families in Substance Use, Treatment, & Recovery

Parents develop self-awareness and build nurturing skills to strengthen family recovery by exploring effects of substance use on themselves and their families.

17-27 Lessons

Tuesdays & Thursdays

9-10:30 AM

Nurturing Parenting & Playgroup

Parents and children can attend together in a fun, engaging environment to build social skills and foster early learning. Parents learn to replace old parenting habits for more gentle, nurturing ones. Parenting is 16 lessons, Playgroup follows school-year

Tuesdays

11-12 AM

ABC's for Parents

Parents learn ways to encourage and support children's success in school through effective communication and life skills.

7 Lessons

Wednesdays

11-12:30 AM

Parent Project

Parents learn how to address adolescent and teen out-of-control behaviors by offering concrete, step-by-step solutions.

Thursdays

11-12 AM

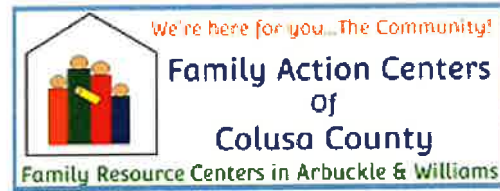
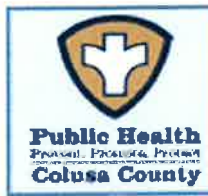
Nurturing Parenting for Parents of Children with Special Needs & Health Challenges

Parents receive the support they need to successfully navigate the journey of parenting children with special needs, behaviors, and health challenges.

12 Lessons

For detailed information: www.colusacapc.net

Call: 530-458-7678 or info@colusacapc.net



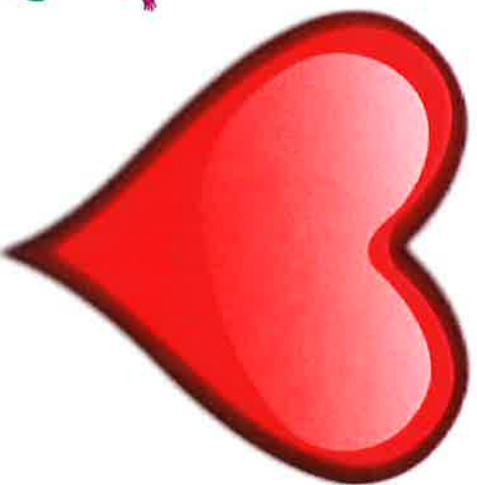
**Do you or your children need health insurance?
We may be able to help you.**

**¿Usted o sus hijos necesitan seguro médico?
Es posible que podamos ayudarlo.**

- * **Application Assistance / Asistencia de solicitud**
- * **Renewals / Renovaciones**
- * **Copies / Copias**
- * **Translation / Traducción**
- * **Problem Solving / Resolución de problemas**

**Arbuckle Family Action Center
812 King St. / P O Box 751
Arbuckle, CA 95912
facebook.com/AFAckids & www.AFAckids.org
530.473.4311~Monday-Friday 8:30-4:30**

Feel the ZUMBA



Join ZUMBA with Toni

for an hour class of Fitness Variations and Dance

Tuesday – Thursday

4:30pm-5:30pm

Williams Community Center

First class is FREE!
\$3.00/class or
\$35.00/month (12 classes)
ALL Williams students under the age of 18 ~ FREE!





PNEUMACARE

COMMUNITY HEALTH SERVICES

PNEUMACARE is a program designed to aid you in the process of getting Medical, Dental, Behavioral, and Housing Care established. Working within the community, we offer support and ongoing care to see that your needs are met.

We can provide:

- Help with finding and making Doctor and Dental appointments
- Transportation to your appointments
- Fill and pick up any needed medications from your Pharmacy
- Motel vouchers & shelter referrals
- Support with Behavioral Health including Mental Health and Substance Use Disorders
- Housing Security, applications, deposits for rentals, first month's rent, utilities, etc., household needs up to \$5000.00(for those who qualify)
- Medical Respite Services and assistance with IHSS
- Food, including special meals to meet special dietary needs
- Rent help, eviction prevention, and utility shut-off support
- Clothes Closet, new clothes for job interviews or disability appointments

For more information and
to see if you qualify for these services call

530-473-9050

Williams Family Action Center

499 Marguerite St., Williams

530.473.0212



wfackids.org



wfackids

November

2023

Events & Programs

1	Growing Start: Wednesdays	9– 10:30 am
8	Weekly playgroups for families with children 6 weeks through age 5.	
15		
29	*Pre-registration is required.	
2	Food Distribution: Drive-Thru	10:00 am
	A food distribution for those in need. If you are unable to pick up for yourself, one dated and signed note per year is required. First come, first served.	
	* Change of week due to the holiday.	
3	PlayConnect	9–10:00 am
	A playgroup for families with children 0–5 with special needs.	
6	Growing Start: Mondays	9– 10:30 am
13	Weekly playgroups for families with children 6 weeks through age 5.	
20		
27	*Pre-registration is required.	
6	CalFresh Drop in Assist Mondays	1:00–4:00 pm
13	Drop in to find out more information, check qualifications or to apply!	
20		
27		
14	CSFP Senior Food Box Distribution	10:00 am
	For those age 60+ and pre-registered can pick up their boxes at our drive-thru in front of the Education Village MPR.	
	*Pre-registration is required.	
15	Make Parenting A Pleasure	9–11:00 am
	A program that promotes family resiliency by bringing parents together to learn, share, and develop a support network.	
17	Bumps & Beyond Coffee Talks	10:30–11:30 am
	A parent support group for new and expectant parents. * Change of week due to the holiday.	



We're here for you...The Community!

Family Action Centers
Of
Colusa County

Family Resource Centers in Arbuckle & Williams



FIRST 5
C O L U S A



COLUSA
HOLIDAY
CRAFT FAIRE

NOVEMBER
18TH & 19TH

9AM-4PM

100+
VENDORS

FREE
ENTRY

PHOTOS
W/SANTA

Colusa
Fairgrounds