



# June

## What's Happening This Month

- June 6** Intermediate Life Skills At Work - 6-week Series of 4-hour Workshops
- June 8** Portola Community Blood Drive (2pm-5:45pm)
- June 8** Healthy Shopping On A Budget Workshop (2:30-4pm)
- June 13** Summer Skills Camps begin with several ongoing classes
- June 16** Women's Empowerment Workshop (10-11:30am)  
June's Topic: Self Care

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## Alcoholics Anonymous Meetings

- Sunday** 8:00pm - 9:00am
- Monday** 7:00pm - 8:00pm
- Tuesday** 7:00pm - 8:00pm
- Wednesday** 7:00pm - 8:00pm
- Friday** 8:00pm - 9:00am

Meeting at the PFRC, 165 Ridge Street.

For more information on any of these events, please call 530.832.1827

## June is National Safety Month!

Injuries are a leading cause of disability for people of all ages - and they are the leading cause of death for American ages 1 to 44. The good news is everyone can get involved to help prevent injuries!

During National Safety Month, the PCIRC / PFRC is working to help reduce the risk of injuries by getting the 'prevention word' out. We encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

*Prescription painkiller overdoses are a growing problem in the US, especially among women. About 18 women die every day from a prescription painkiller over dose - more than 4-times as many as back in 1999.*

*Transportation Safety is compromised in doing other activities while driving, such as texting or eating. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.*

*Slips, Trips, and Falls can lead to broken bones and other serious health problems. One in three older adults fall each year. You can make small changes to help prevent falls, such as doing exercises to improve your balance and leg strength, review medicines for dizziness as a side-effect, get your vision checked every year, and make your home safer by installing grab bars.*

Planning ahead can also help keep you and your family safe if there's an emergency, like a natural or man-made disaster. Emergencies can happen at any time, so it's important to make sure you are ready. Here's what you can do:

- Get an emergency supply kit
- Make a family emergency plan
- Learn what to do in different types of emergencies

Take action today! Make June YOUR month to make your home and work place safer. Get your emergency supply kit and plan in place. Take First Aid and/or CPR and learn as much as you can about surviving disasters and emergencies.

**June is National Safety Month... so take the time to learn about Being Safe!**



## SUMMER BIRTHDAYS?

The PFRC has Birthday Party Starter Kits available for your children's summer birthday parties, for those who qualify .

Call and ask about this new program today!

530.832.1827 and...Happy Birthday!

You have been online for 1 straight year. Do you want to log off and get a life?





### DOG FOOD COMES TO PFRC!

Plumas County P.I.T.S. has partnered with PCIRC / PFRC to provide dog food for those in need of food for their pets.

Plumas County P.I.T.S. is a 501(c)(3) non-profit organization, formed in 2012, to promote positive Pit Bull awareness and responsible ownership. They serve Plumas County and the surrounding areas providing education, adoption, and resource services to the public.

To participate in this new program, contact the PFRC office at 530.832.1827.

**24/7 Dad®** is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. An on-going group is available in Portola.

To participate call 530.832.1827.

Facilitated by Scott Cash,  
National Fatherhood Initiative.



### FREE SUMMER MEALS!

**WHAT:** Free Lunch  
**WHO:** Anyone 18 or under can receive meals for free!

**WHEN:** June 12 through August 19  
Monday through Friday,  
11:30am to 12:30pm

**WHERE:** Portola City Park,  
441 S. Gulling Street

**HOW:** No sign-up required

**JUST SHOW UP!**

FREE LUNCH!



### Crisis Line Volunteers Needed!

Want to give back to the community but don't know how...? Plumas Crisis Intervention & Resource Center is looking for a dedicated person like you who can volunteer your time on our crisis line. Opportunities to help serve on our crisis line are 24 /7.

**PCIRC will train you at no cost.**

**Interested? Call today!**

**Kasey: 530-993-1237**

Plumas Crisis Intervention and Resource Center (PCIRC) is a 501(c)3 non-profit organization serving the Plumas and Sierra Counties since 1983.



### WOMEN'S EMPOWERMENT WORKSHOP

When was the last time you spent time with other women talking about women's issues? Can't remember? Well, **NOW'S THE TIME** to join the **Women's Empowerment Workshop**.

We meet monthly (**June 16th this month**) from **10:00am to 11:30am**. Snacks and beverages are provided. (Let us know your childcare concerns.)

This month's topic is on Self Care. In health care, Self Care is any necessary human regulatory function which is under individual control, deliberate, and self-initiated. What does Self Care mean to you? A bubble bath? A dinner with friends? A quiet walk in the woods? Come talk and learn about how we can be caring to ourselves through Self-Care.

**Call 530.832.1827 for more information.**



### Counseling Services At PFRC

Everyone needs someone to talk to sometime, and the Portola Family Resource Center has someone you can talk to. Call Michelle Ridley to schedule an appointment or just walk-in. We're here for you! 530.832.1827.

Portola Family Resource Center - A PCIRC Wellness Center, Portola California

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