



Be who You
are, because
those who
mind don't
matter and
those who
matter don't
mind.

MAY 2021

Questions about COVID-19 vaccine? Contact the Humboldt County Joint Information Center at: COVIDInfo@co.humboldt.ca.us or call 707-441-5000.

Independent Living Skills Program

The ILS Program is a voluntary program designed to assist youth in transitioning from the foster care system. All California counties are mandated to provide some form of Independent Living Skills services. Youth who have been in foster care after their 16th birthday are eligible for ILS services until the day before their 21st birthday. Youth are referred to the program by their Social Worker or Probation Officer. Humboldt County's ILS Program offers three types of services: **workshops, special events and individual services.** To encourage participation, the ILS Program provides incentives for participating in workshops. For more information about Humboldt County's ILS Program, call Brassily at 707-476-4944.

Free Services

Betty's Showers Tuesday, Thursday, and Saturday from 8-11 a.m. 35 W. Third St., Eureka. 707-407-3833

AHHA Upcoming Showers please Call 707-298-1466

Free Cell Phones and cell phone plans. 1-888-898-4888 SAFELINK Program 707-502-1462.

TAY
Transition
Age Youth
division

707-476-4944
433 M St. Eureka

Humboldt County Transition-Age Youth Collaboration (HCTAYC)

HCTAYC seeks to improve services youth receive as they transition to adulthood. HCTAYC believes that because young people are experts in the systems that impact them, this expertise is vital in system transformation. HCTAYC helps build skills in the areas of youth development, policy change, youth advocacy, community engagement and wellness. HCTAYC provides training related to engaging youth and developing youth-informed approaches.

In April, HCTAYC has done quiet a lot! To start us off, the Youth Advocacy Board presented to the Humboldt Allies for Substance Abuse Prevention on why they felt Social Host Ordinances had negative impacts on transition age youth. We also released a new values statement for our program, that can be found on our Facebook. Another highlight is that YAB Member Dalia lead a presentation at this year's CMHACY conference, with Alexis, Megan, and Calla also taking part. We also launched our lending library, and are planning our first ever digital youth leadership exchange for May! So much more exciting things on the horizon, stay tuned.

Resources

St. Vincent De Paul 11-1 p.m. daily, 35 Third St., Eureka. Free Meals

Salvation Army Monday, Wednesday and Friday, 11- 2 p.m. 2123 Tydd St., Eureka. Food Bags.

Betty Chinn Day Center Monday- Friday, 3:30-4:30 p.m. 133 Seventh St, Eureka. 707-407-3833

Food Not Bombs Sundays, 4 p.m. Arcata Plaza, and 3 p.m. Eureka Gazebo

Food for People Monday through Friday, 2112 Broadway, Eureka, 707-407-0447, call for an appointment

Free Produce Stand at Jefferson Community Project, Saturdays, 10 a.m., 1000 B St., Eureka

Farmers' Market at Arcata Plaza, Saturdays, 9 a.m. to 2 p.m. CalFresh accepted.

Transitional Housing Youth Services Bureau 707-443-8322

2-1-1 has a comprehensive list of resources available.

Humboldt Mutual Aid helps with groceries, hot meals, plant starts and gardening advice, humboldtmutualaid.org or covidmutualaid.hc@gmail.com

Raven Project Tuesdays & Thursdays 1:30-5:30, and Saturdays 12-5 p.m. 523 T St. Eureka 707-443-7099

TAY STAFF

ILS Coordinator

Brassily Ubedei 707-502-7159

SSA

Erica Carrillo 707-572-9795

Extended Foster Care

Social Workers

Sarah Rios 707-407-7758

Lauren Perez 707-298-7067

Alexa Costa 707-572-9967

Myles McClure 707-502-6169

HCTAYC Youth Organizer

Calla Peltier-Olson 707-382-7312

Rosemary Shultz 707-298-5190

Kelsey Reedy 707-298-5184

Peer Coaches

Stacey Farmer 707-273-8927

Cody Hoyt 707-296-5012

Sarah Fallgatter 707-502-6323

Selina Robles 707-502-5874

Counselors

Ryan Green 707-382-7855

Sarah Duncan 707-382-1642

Alyssa Thom 707-599-2413

Anna Anguiano 707-267-8286

Employment Training

Division Vocational Counselors

Garrett Snedaker 707-362-7668

Mental Health Case Managers

Sheri Daily-Comeaux 707-382-7881

Yolanda Bowdoin 707-382-0630

Alisha Fielder 707-298-8810

Brianna Penner 707-502-5029

TAY Supervisors

Dana Taylor 707-382-7663

Deidre Newton 707-502-4796

Sonya Levy-Boyd 707-496-0683



May Doings:

Mommy, Daddy and Me: 5/15 & 5/28 contact Stacey Farmer at 707-273-8927 for more information.

Mood: Meets weekly, Thursdays from 1-2:30 p.m. Contact Brianna Penner for more information or to sign up to attend at: bpenner@co.humboldt.ca.us

Hearing Voices Network (HVN): This is a community group. Meets weekly, Thursdays 3-4:30 p.m. Contact Dana Taylor for more information or an invitation at dltaylor@co.humboldt.ca.us

Hearing Voices Network (HVN) for Friends and Family: First Monday of every month, noon-1 p.m.

Contact Dana for more info at: dltaylor@co.humboldt.ca.us

TAY Gardening Club: 5/14 & 5/28 from 2-4 p.m. For more information, contact Lauren Perez at 707-298-7067.

Tie Dye Workshop: 5/5 from 2-4 p.m. Contact Erica Carrillo at 707-572-9795 to reserve supplies.

Macrame and Mindfulness Workshop: 5/11 from 2-4 p.m. Contact Sarah Fallgatter at 707-502-6323

Find Your Way: 5/27 HCTAYC workshop. For more information, contact Calla at 707-382-7312.

The Forgotten Initiative

The Forgotten Initiative's Foster Care Resource Center is located at 511 H St., in Eureka. They have free clothes, shoes, pajamas, blankets, toys, books, car seats, baby swings and toiletries. If you have questions, please call **Renee Burnett to schedule an appointment at 831-247-2335.**

TAY Vocational Counselor

TAY has a Vocational Counselor who is available to meet with you one-on-one. Services may include: educational support, job search guidance, resume building and interview practice. **Employment Training Division Vocational Counselor Garrett Snedaker 707-362-7668.**

TAY is open for services on Mondays, Wednesdays and Fridays from 1-4 p.m. We are currently a "No Chill" zone until further notice to prevent the potential spread of COVID-19. Upon arrival, you are expected to have your own mask/face covering. A health screening will be asked at the door, and you will have your temperature taken by a staff member. You must maintain 6 feet of social distancing, and only 2-3 people allowed at a time. Staff reserve the right to ask you not to enter for safety reasons. We're sorry for the inconvenience. Please contact the TAY Center staff you work with individually to set up appointments. Not all staff members will be available during these hours. HCTAYC and YAB activities are available through conference calls and via online communication.

WIOA STEP UP: For young adults 16-24

Looking for a job? Thinking about school? Apply for STEP UP! We offer: one on one case management, job search assistance, job related skills training, interview preparation, financial assistance for books, tuition, transportation, work clothing and more. You are eligible if you are between ages of 16-24, **AND** receive CalFresh or Medi-Cal, **OR** are involved with foster, juvenile or family court system, are pregnant or parenting, have unstable housing, found school to be challenging or have acquired a GED or high school diploma. Please contact our STEP UP case manager **Cassandra Crawford at 707-630-2922.**

H.E.A.P. (Homeless Emergency Assistance Program)

If you are age 16 to 26 and are houseless or couch surfing, you are eligible for resources and peer support at the TAY Center! In 2019, HCTAYC received a grant from HEAP, and the Youth Advocacy Board discussed and voted on which supplies will be available. All young people that qualify will be connected with services through peer support. They will also have access to food and essentials. Additionally, they qualify for access to on and offsite supplies such as camping gear, hygiene kits and other life necessities. For more information, please call the TAY Center at 707-476-4944.

May is Mental Health Matters Month

This year we're looking at how we can #HopeForChange - no matter how different that looks from person to person. Hoping for change can mean reflecting on learnings from recent pasts, owning the present, and preparing for the future. How can you #HopeForChange for yourself, a neighbor, or your community?

