



December
Week 2
2023

School-Based Mental Health & Wellness
Program and Community Partners Present:

Do Good December



Weekly
Activities & Events
for Families

Monday December 11th	<p><u>Do Good Tip: Buy an extra item and donate it to a local food bank.</u></p> <div> <p><u>What Do You Celebrate?</u> (Audiobook)</p> </div> <div> <p><u>Playgroup at Yreka Community Resource Center, 10:30 a.m.</u></p> </div> <div> <p><u>5 Healthy Eating Tips for Holidays</u></p> </div> <div> <p>31 <u>Hanukkah Recipes</u></p> </div>
Tuesday December 12th	<p><u>Do Good Tip: Be generous. Feed someone with food, love or kindness today.</u></p> <div> <p><u>SVBC Hot Lunch Program</u> Scott Valley Berean Church 12:00 pm - 1:00 pm</p> </div> <div> <p><u>The Gift of Ramadan</u> (Audiobook)</p> </div> <div> <p><u>Handmade Gifts for Holidays</u> Kahtishraam Wellness Center 5:30 pm- 7:30 pm</p> </div> <div> </div>
Wednesday December 13th	<p><u>Do Good Tip: See how many different people you can smile at today.</u></p> <div> <p><u>Songs and Stories @</u> <u>Mt. Shasta Library,</u> <u>10:30 a.m.</u></p> </div> <div> <p><u>Literacy Story Time</u> <u>Yreka Library</u> <u>11:00 a.m.</u></p> </div> <div> <p><u>Playgroup at HUB Resource Center,</u> <u>Montague, 10:30 a.m.</u></p> </div> <div> </div>
Thursday December 14th	<p><u>Do Good Tip: Share a happy memory or inspiring thought with a loved one.</u></p> <div> <p><u>Lego Club, Crosspoint</u> <u>Community Church, Yreka,</u> <u>5:30 p.m.</u></p> </div> <div> <p><u>Archie Celebrates Diwali</u> (Audiobook)</p> </div> <div> <p><u>Cardboard</u> <u>Gingerbread</u> <u>House</u></p> </div> <div> </div>
Friday December 15th	<p><u>Do Good Tip: Say hello to your neighbor and brighten up their day.</u></p> <div> <p><u>Printable Reindeer</u> <u>Hat</u></p> </div> <div> <p><u>Little Elves Workshop</u> <u>Mount Shasta City Park</u> <u>6:00 pm- 8:00 pm</u></p> </div> <div> <p><u>Family Blizzard Bingo Activity</u></p> </div> <div> </div>
Saturday December 16th	<p><u>Do Good Tip: Look for something positive to say to everyone you speak to.</u></p> <div> <p><u>The Muppets Christmas Carol at</u> <u>the Avery Theater, Etna @ 5:00 pm</u></p> </div> <div> <p><u>Ugly Christmas Sweater Run,</u> <u>YMCA @ 9:00 am</u></p> </div> <div> <p><u>McCloud Winter Fest: Character</u> <u>Brunch @ 10:00 am-4:30 pm</u></p> </div> <div> </div>
Sunday December 17th	<p><u>Do Good Tip: Give thanks. List the kind things others have done for you.</u></p> <div> <p><u>The Grinch at The Avery</u> <u>Theatre @ 5:00 pm</u></p> </div> <div> <p><u>Ugly Christmas</u> <u>Sweater Craft</u></p> </div> <div> <p><u>McCloud Winter Fest: Character</u> <u>Brunch @ 10:00 am-4:30 pm</u></p> </div> <div> </div>

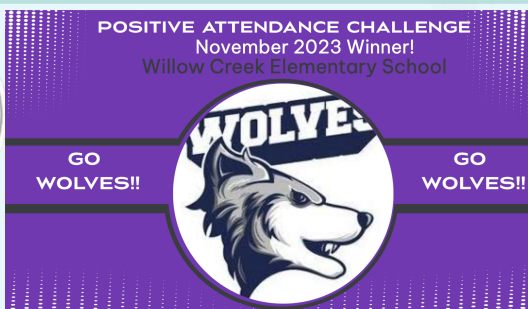


Happy Hanukkah!

Learn about the
history of Hanukkah.



4 Steps to
Positive
Thinking

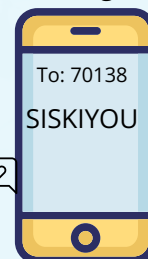


Parent Powered

Text messages to boost
your child's learning



Tips for
Holiday Mental
Health



Text SISKIYOU to 70138

