



# OTR RESOURCE BOOK V.V



## AFTER SCHOOL PROGRAMS

# COMMUNITY RESOURCES

**Think Together- 17270 Bear Valley Rd Ste E103 Victorville, CA 92395**

**ABOUT:** Think Together, a non-profit, is one of California's largest and leading providers of academically-focused extended learning time programs (early literacy, afterschool, summer learning, academic enrichment, etc).

### PROGRAMS:

-After School Learning Program: This after school program aims to keep people safe provides homework support and dynamic learning time, while helping working families. This program is for grades K-8th.

-College and Career Readiness- This program offers tutoring to high school students while working with them to intentionally prepare for their future. \ **Application/ Contact Info:** To see if their is program space for your child, please use the following link to inquire :

<https://thinktogether.org/enroll/>

**Contact directly at : Victorville  
17270 Bear Valley Rd Ste E103  
Victorville, CA 92395  
760.269.7456**



**think**  
TOGETHER

## COMMUNITY RESOURCES

### CHAMPIONS-15907 S Mojave Drive Victorville CA 92392

**ABOUT:** Champions has a great solution for busy working families: activities that combine fun and learning, together with the safety and convenience of a high-quality program right inside your school. Champions offers a variety of group and individual activities designed to keep your child exploring and growing. From art, dramatic play, math and science to problem-solving, language, motor skills and more, we help your child continue learning and developing essential life skills – whether school is in session or not.

#### **BEFORE & AFTER SCHOOL GRADES K-6TH:** Ages: 5 to 12 years

Dates: 2018-2019 School Year

Hours: 6:00 AM to bell and school dismissal to 6:30 PM

Champions provides busy, working families like yours the flexibility to extend the learning day before and after school for school-age children ages 5 to 12 years. With a balance of child-initiated and teacher-led activities, our programs serve your child's wide variety of interests and skills by giving them choice.

#### **HALF-DAY KINDERGARTEN:** Ages: 4 to 5 years

Dates: 2018-2019 School Year

Hours: 12:25 - 3:30 PM

Whether your child attends morning or afternoon kindergarten classes, we offer half-day programs that extend the learning all day. Creativity, language, math and sensory skills continue to be developed while you're still at work – all conveniently located at your child's school.

#### **PRICING:**

Before- and After-School: Grades K-6

Before-School

1-2 days: \$27 per week

3-5 days: \$45 per week

After-School

1-2 days: \$55 per week

3-5 days: \$100 per week

Half-Day Kindergarten

1 -2 days: \$28 per week

3-5 Days: \$38 per week



15907 S Mojave Drive  
VictorvilleCA 92392  
(760) 955-2808

# CHAMPIONS

BEFORE- AND AFTER-SCHOOL PROGRAMS

## COMMUNITY RESOURCES

### ASES PROGRAM- Victor Valley Union District

**ABOUT:** The ASES After School Programs offer a complete on site after school learning experience and includes the following below:

- The ASES Programs are grant-funded and at no cost to families.
- ASES Programs include daily academic support and enrichment opportunities aligned to Common Core State Standards and Expanded Learning Quality Standards.
- A daily meal (Supper) or snack, in collaboration with the Victor Valley Union High School District, Nutrition Services Department.
- Games, contests, music, theatrical performances, arts, sports and interests clubs are just a few of the exciting enrichment opportunities.
- Student's education and safety are our top priorities and that is why our staff will be on site every school day (unless otherwise notified) from the time school lets out until 6:00 pm. This also included minimum/early release days.
- In order to benefit from our activities, students must attend 5 days a week and remain for the course of the program.

**REGISTRATION :** Registration forms are available in the school (CIMS, Hook, Lakeview) offices. If there is a waiting list, students who register will be placed on the list and called when there is space available. Upon registration, parents will receive a parent information sheet that outlines program specifics.

**12484 Tamarisk Road, Victorville,  
CA 92395  
Phone (760) 955-3400 | Fax (760)  
261-7030**



# COMMUNITY RESOURCES

## A.S.A.P PROGRAM- APPLE VALLEY

**2019/2020 ASAP**

**\$45 PER WEEK**

**760-240-7880 for more information**

The following schools are offering ASAP programs for the 2019/2020 school year:  
Please call 760-240-7880 for availability.

- AAE
- Rio Vista
- Sitting Bull
- Sycamore Rocks
- Vanguard

Please contact our office or call 760-240-7880 if you have any questions or concerns, we will be happy to assist you.



## CHILDREN PROGRAMS: Victorville City Library

A variety of programs for children of all ages are offered at the Victorville City Library. Programs are all free of charge, and pre-registration is not required. There's a world of opportunity for kids to get involved at the Library!

### **Bilingual Story Time**

Explore new languages with stories & crafts!

Bilingual Story Time meets every Tuesday at 10:00 am for children ages 2-5 years.

### **Preschool Story Time**

Learn to socialize with peers through stories and activities.

Preschool Story Time meets every Wednesday at 10:00 am for children ages 18 months to 5 years.

### **S.T.E.A.M. for Kids**

Find solutions to problems using Science, Technology, Engineering, Arts, and Math.

STEAM for Kids meets every Wednesday at 4:00 pm for children ages 6-9 years.

### **Kindergarten Prep**

Get ready for school by learning letters, sounds, numbers, colors, shapes, etc.

Kindergarten Prep meets every Thursday at 10:00 am for children ages 4-5 years. This program is intended for those entering Kindergarten in the next school year.

### **Craft Club with Darcy**

Reading comprehension is taught with weekly stories and crafts.

Craft Club meets every Thursday at 4:00 pm for children ages 5-12 years.

### **S.T.E.A.M. for Tweens**

Find solutions to problems using Science, Technology, Engineering, Arts, and Math.

STEAM for Tweens meets every Friday at 4:00 pm for children ages 10-12 years.

### **Dreams for Teens**

Experience a variety of activities including crafts, games, science experiments, and more.

Dreams for Teens meets every Friday at 5:00 pm for teens age 13-17 years.

**If your child needs college assistance, please utilize the following website resources:**

**A Resource Family may access the following information in providing assistance to a child or nonminor dependent interested in attending college:**

**(1) Application for admission.**

(A) An application for California community colleges can be found online at <http://www.cccapply.org>.

(B) An application for California State Universities can be found online at <http://www.csumentor.edu>.

(C) An application for Universities of California can be found online at <http://universityofcalifornia.edu/admissions>.



**(2) Contact with a Foster Youth Success Initiative (FYSI) Liaison.**

(A) FYSI liaisons at all California community colleges can be found online at <http://extranet.cccco.edu/Divisions/StudentServices/FosterYouthSuccessInitiatives.aspx>.

**(3) Financial aid.**

(A) A Free Application for Federal Student Aid (FAFSA) can be found online at: <http://www.fafsa.ed.gov/options.htm>.

(B) An application for a Board of Governors fee waiver for California community colleges can be found online at <http://www.icanaffordcollege.com>.

(C) An application for the Chafee Education and Training Voucher grant program for foster youth can be found online at <https://www.chafee.csac.ca.gov/default.aspx>.

**(4) Participation in Extended Opportunity Programs and Services (EOPS) and Disability Support Programs and Services (DSPS).**

**(5) Placement in college courses.**

**(6) College orientation and course planning.**

**(7) Enrollment.**

**(8) Payment of fees.**

**(9) Access to miscellaneous higher education resources.**

(A) General college planning information can be found online at <http://www.college.gov/prepare-for-college>.

(B) A listing of California community colleges can be found online at <http://californiacommunitycolleges.cccco.edu/maps/alphaList.asp>.

(C) Information about academic support, such as Guardian or Renaissance Scholar programs available to foster youth attending college.



## COMMUNITY RESOURCES

**Do you have concerns about your child's education? If your child is struggling to learn in their current school setting? If so, they may qualify for the following services:**

**The IEP (Individualized Education Program) team** makes the actual determination of eligibility for special education and related services, based upon a series of evaluations, observations, and reports. The determination of eligibility is not a single person decision, and the decision is not made solely by the assessment personnel nor by the parent.

Federal and state regulations establish eligibility criteria for all students seeking special education services. In order to qualify as an individual with exceptional needs under the eligibility criteria, the assessment must demonstrate that the student's impairment:

1. Adversely affect his/her educational performance and
2. Requires special education services.

**\*\*Parents are advised to consult with their child's teacher, school principal, and or school psychologist for further explanation and to address any concerns\*\***

**REFERRAL PROCESS:** If you have concerns about your child's progress, the best place to start is with his or her teacher. You may wish to hold an SST (Student Study Team) meeting to further discuss your child's needs. Team members for this meeting will consist of you and your child's teacher, and may also involve other teachers, the school psychologist, principal, or special education teacher/resource specialist. You may also wish to bring someone along who knows your child and can help in the problem solving process, such as a tutor or babysitter.

At an SST meeting, the team discusses the student's strengths, relevant background information, and areas of concern. To address areas in which your child is struggling, the team should choose interventions to implement, as well as ways to monitor his or her progress. Additionally, the team will create goals for your child, so that the team can continue to follow up on the effectiveness of the interventions and make changes as needed to ensure that your child makes progress.

The following is a simple checklist to help parents and/or guardians through the IEP meeting process:  
<https://cahelp.org/parents-students/services/iep-mtng>

**CONTACT:** 12219 2nd Avenue,  
Victorville, Ca 92395 |  
Phone (760) 245-1691 |  
Fax (760) 245-6245





### Psychiatric Walk-in Clinic



We are pleased to introduce you to a FREE Psychiatry Walk-In Clinic in Victorville for your IEHP Members. This service helps support quality patient care and improve access!

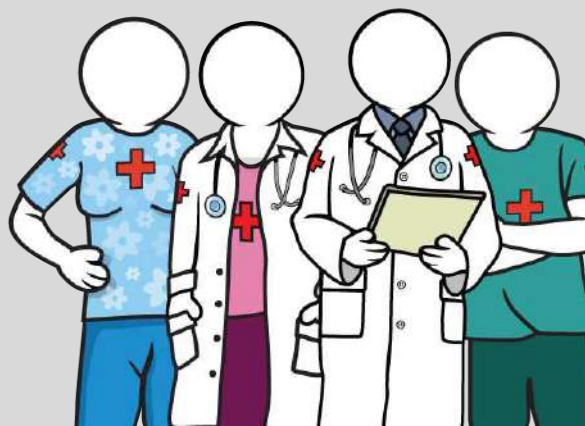
If your IEHP Members need a refill of their medications for their behavioral health condition or have been waiting too long to get an appointment to see a Psychiatrist for medication management, you can send them to this FREE Psychiatry Walk-In Clinic in Victorville. There's no appointment or prior approval needed!

This clinic will offer the following services:

- IEHP Members can get outpatient access to psychiatry.
- IEHP Members can see a Nurse Practitioner or Psychiatrist for consultation.
- IEHP Members can get a refill of medications (if appropriate) for their behavioral health condition.

**NOTE:** IEHP Members who have Kaiser IPA as their health care provider should contact Kaiser Permanente for Behavioral Health Services. Members whose secondary insurance is IEHP should contact their primary insurance.

14390 Park Avenue  
Victorville, Ca 92392  
(442) 321-9311



## Inland Regional Center



**Do you think your child may have a developmental delay?....**

Inland Regional Center is a springboard to greater independence for people with developmental disabilities in the Inland Empire.

### **Intake/Assessment process**

The assessment process for an individual to qualify for Inland Regional Center (IRC) services is called Intake. During this process, Inland Regional Center will gather social, psychological, and medical information to determine eligibility.

The Intake process varies slightly depending on the age of the applicant. In this section, you will find Intake information for applicants over age 3, as well as Early Start Intake information for infants/toddlers younger than 36 months.

### **Pre-Application - Individuals OVER 3 Years Old**

Please go to the following link and submit a pre-evaluation form:

<https://www.inlandrc.org/pre-application/>

### **Pre-Application - Birth-3 Years Old**

#### **Step 1: Contact Inland Regional Center**

To begin the Early Start Intake process a parent, or legal guardian\*, must contact IRC's Early Start Intake department. During this phone call, the Coordinator will gather information about the applicant, in the following areas:

fine and gross motor abilities

cognitive development

communication

abilities

social and emotional development

The Intake Coordinator will also discuss the reason for referral and any areas of concerns the parent/guardian may have about the applicant.



**San Bernardino County Early Start Intake – (909) 890-4711**

Desert Behavioral Health: A Family Counseling Corporation, provides behavioral health services to the Victor Valley. We are a multi-disciplinary team of Marriage and Family Therapists, Social Workers, Psychologists, Psychiatrists and Drug and Alcohol Counselors. We offer individual, family, child and couple therapy; medication management and EAP services. Groups and classes include Anger Management and Parenting groups for adults. Some classes are presented in Spanish. Most medical insurances are accepted.

### We specialize in:

- |                                 |                      |
|---------------------------------|----------------------|
| Depression and Anxiety Therapy  | Marital              |
| Christian Counseling Management | Eating Disorders     |
| Chemical Dependency             | Anger                |
| Adoption Issues                 | Childhood Issues     |
| Stress Management               | Adolescent Behaviors |
|                                 | Parenting            |

Contact us at:  
16195 Siskiyou Road, Suite 120-A  
Apple Valley, California, 92307  
(760) 946-2070  
(760) 946-1511 FAX  
desertbehavioralhlth@msn.com

## DESERT BEHAVIORAL HEALTH



AGES : 7 +  
COST: Desert Behavioral Health takes most private insurance or you can call for out of pocket fees

## FAMILY ASSISTANCE PROGRAM

### PROGRAMS/SERVICES

**The FAM Spot-** The FAMSpot provides a positive environment and offers tools to help youth reach their full potential.

The FAMSpot gives our youth a safe environment to build healthy, long lasting, positive relationships. Our main focus is on exposing the youth to new experience's such as, educational field trips, theme park and sport field trips, online tutoring (provided by School-On-Wheels), community involvement and outreach, all at no cost to the youth.

**AGES:** 12-21 are invited to hang Tuesday – Saturday from 2pm-8pm at The FAMSpot.

**LOCATION:** Our safe, all-inclusive location can be found at 16857 C Street Victorville, CA 92395. Rec room and computer lab available. Free snacks and WiFi.

**\*\*We offer courses to our youth that we encourage them to attend every Thursday at 3:30 p.m. alternating between the two topics\*\***

**Anger Management Class**

**Healthy Relationship Class**



## VICTOR COMMUNITY SUPPORT SERVICES

**ABOUT :** VCSS offers a multitude of services to a very extensive list of target populations residing in the communities they serve. Some of the many services include: Wraparound, Specialty Mental Health Services, Therapeutic Behavioral Services, Foster Care Assessment and Treatment, Juvenile Justice Assessment and Treatment, 0-5 Services, Co-Occurring Disorders Treatment, Prevention and Early

### **SERVICES:**

- Early Identification Intervention Services
- Foster Care Assessment and Treatment
- Incredible Years
- Infant Massage
- Infant-Toddler Mental Health Services
- Katie-A (Pathways to Wellness)
- Nursing Child Assessment Satellite Training
- Parent Child Dyad Art Therapy
- Parent-Child Interaction Therapy
- SUCCESS 1st Early Wraparound
- Screening Assessment Referral and Treatment
- Set for School
- Watch, Wait, Wonder



### **CONTACT:**

**15400 Cholame Rd**  
**Victorville, CA 92392**  
**Phone: 760-243-5417**

# COMMUNITY RESOURCES

## MENTAL HEALTH SERVICES



**VALLEY STAR CRISIS WALK IN CENTER–  
12240 Hesperia Road, Suite A Victorville, CA 92395**

**\*Serving individuals needing immediate crisis intervention and stabilization\***

**This Crisis Walk-in Center (The CWIC, pronounced “Quick”) serves children, adolescents, adults, and older adults in need of immediate crisis intervention and stabilization. The CWIC is voluntary and offered in an unlocked setting with a stay of up to 23 hours. Individuals admitted into the crisis stabilization unit are provided with services and supports to ensure their safe transition to the next level of care, or back to the community.**

**Services include: Crisis stabilization and intervention  
Individual counseling; Medication management; Family  
counseling; Education**

### Contact Info

**Victorville Crisis Walk-In  
Center**

**12240 Hesperia Road, Suite A  
Victorville, CA 92395  
Map & Directions**

**Referrals: (760) 245-8837  
General information:  
hdcwic@starsinc.com**

**Rick Klotz  
Phone: (760) 853-4888  
rklotz@starsinc.com**

**Silvia Rodriguez  
Phone: (760) 245-8837  
sirodriguez@starsinc.com**



**Valley Star Crisis  
Walk-in Center**

**The CWIC**

## Community Crisis Response Team (CCRT)

**\*\*\*If you have a client who may be struggling with suicidal thoughts or are experiencing a mental health emergency, please feel free to contact CCRT to have your child assessed\*\*\***

*The Community Crisis Response Team (CCRT) utilizes specially trained mobile crisis response staff to provide crisis intervention and linkage and referrals to appropriate behavioral health and non-behavioral health resources and services.*

*CCRT responds to community locations throughout the County and are committed to assisting consumers in the least restrictive manner by providing behavioral health services where the consumer is experiencing their crisis.*

*CCRT responds to community locations through collaboration with law enforcement, schools, Department of Behavioral Health (DBH) clinics and DBH Contractors, specialty programs, group homes, Board and Care (B&C) facilities, family members, and self-referrals.*

*CCRT teams are available for field response from 7:00 am to 10:00 pm, 7 days a week, with the exception of Morongo Basin which is available from 8:00 am to 5:00 pm, 5 days a week.*

**Community Crisis Response  
Team (CCRT) – A, C, F, MH, P  
(view legend)**

**Hesperia, CA 92345**

**Ph: (760) 956-2345 • Fax: (760)  
956-3761**

**\*Pager number (760) 734-8093  
(7 Days a Week 7:00 a.m. – 10:00  
p.m.)**



## COMMUNITY RESOURCES

### DEPARTMENT OF BEHAVIORAL HEALTH (Hotline number for services)

If your child is struggling emotionally or developmentally, call the access line for help and guidance on what programs are available to your kids in san Bernardino county.

Consumer Information: Access & Referral is available 24 hours a day, 7 days a week and can be reached by calling (888) 743-1478 or 711 for TTY users





# COMMUNITY RESOURCES

### **FAMILY RESOURCE CENTER BARSTOW – 170 North Yucca Avenue, Barstow, CA 92311**

The Family Resource Centers (FRCs) offer various programs that are tailored to be culturally and linguistically competent and meet the identified needs of the communities they serve. Services offered include prevention and leadership programs for children, youth and transitional age youth, mental health education workshops, community counseling, adult skill-based education programs and parenting support.

This program serves all ages and includes the following: personal development activities, parent/caregiver support and education; behavioral health education workshops, after school programs for children/youth/transitional age youth, health education workshops, adult skill-based education

(e.g. education and employment assistance), community counseling, and individual counseling. No referral is needed. Individuals may contact agency directly

**CONTACT: (760) 256-9060**



## MENTAL HEALTH SERVICES

# COMMUNITY RESOURCES



### Individual and Group Therapy

Join a trained therapist for group or one-on-one consultations in a safe and open setting. Weekly individual and group therapy sessions generally last 50 minutes.

### Adolescents

Adolescents face many stressors as they transition from childhood into adulthood. Their behavior and attitude are good indicators that they might be struggling or having difficulty coping with things going on in their lives.

Our therapies for adolescents focus on the following areas:

- Behavior disorders
- Divorce or separation
- Learning challenges & school performance
- Loss
- Trauma

### COVENANT COUNSELING

(HELENDALE)– 15055 Vista Rd. Ste. 5 .  
Helendale, CA 92342

We specialize in treating a range of mental health conditions including depression, anxiety, substance abuse, anger management, post-traumatic stress disorder, grief/bereavement, and mood disorders.



**Office in Sliver Lakes**  
**15055 Vista Rd. Ste. 5**  
**Helendale, CA 92342**

**office@covenantcounselingstl.org**  
**(760) 241-6044**

# COMMUNITY RESOURCES

### **Lutheran Social Services – 309 E Mountain View St #100 Barstow, Ca 92311**

Our community care centers support the mental and behavioral health needs of Rural San Bernardino County's most vulnerable residents. Our presence throughout this expansive county includes remote and hard to reach locations. We help those in crisis every day with counseling and services ranging from anger management, child abuse and batter's intervention to family counseling and life skills training. Many individuals and families rely on our services to help them successfully live as integrated members of their community.

**Referral Services** – helps clients gain access to healthcare, food, shelter, childcare and education resources available in their communities. This includes assistance with MediCal insurance applications and CalFresh applications.

**Case Management** – Collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and/or family's comprehensive mental and/or physical health needs

**Individual & Family Counseling** – A branch of psychotherapy that works with individual, families and couples in intimate relationships to nurture change and development

# COMMUNITY RESOURCES

## *MOURNING SUN CHILDREN'S FOUNDATION*

The Sunrise Center offers a place of hope and healing for children, teens and their families that are struggling with grief and loss due to the death of a loved one, being placed in foster care or having a parent/loved one diagnosed with a terminal illness. We provide peer support groups in a safe, supportive and understanding environment with the supplies they need to be able to communicate effectively. In doing so, children and adults will realize they are not alone and may begin to heal by expressing their emotions and feelings, together.

### SUPPORT GROUPS

**GRIEF GROUP:** A support group for children and teens who are experiencing grief due to a death. A concurrent adult support group is provided for the parents of grieving children.

**FOSTER YOUTH SUPPORT GROUP:** A support group for children and teens who are in the foster care system. A concurrent adult support group is provided to support the adults who are caring for foster children.

**OUR JOURNEY GROUP:** A support group for children and teens that have a parent or loved one diagnosed as terminal, but have not yet died. A concurrent adult support group is provided to support the adults who are caring for the grieving children as well as those that are dying



**CONTACT: 760-221-6181**

**[jennifer@mourningsunchilren.com](mailto:jennifer@mourningsunchilren.com)**

**MONDAY - FRIDAY  
09:00 AM - 05:30 PM**

**17100 Bear Valley Rd. #533  
Victorville, Ca 92395**

# COMMUNITY RESOURCES

**BONANZA PRESCHOOL - 14624 Bonanza Rd, Victorville, CA 92392**

We strive to meet the individual needs of every child, focusing on the development of the whole person. We help children to develop socially, emotionally, cognitively and physically. We also Potty Train.

**Our group time begins at 8.30 AM and focuses is on the following areas:**

- Science
- Math
- Manipulative Activities
- Cooking
- Creative Art
- Music/Movement
- Language Experience

**FEES:**

**30 hours or less - \$165 a week**

**30 + hours - \$250 a week**



**REGISTRATION/APPLICATION:** For further questions or to enroll your child, please use the following contact information:

760-241-7800

Open: Monday - Friday 6:00 AM - 6:30 PM



# COMMUNITY RESOURCES

### **VICTORVILLE HEAD START STATE PRESCHOOL 14029 Armagosa Rd. Victorville, CA 92395**

Head Start is a program of the United States Department of Health and Human Services that focuses on assisting low-income and disadvantaged families and children. The program was created in 1965 as part of President Lyndon Johnson's war on poverty. The program was designed to help break the cycle of poverty by providing a comprehensive program that would meet the emotional, health, nutritional and psychological needs of preschool children from low-income and disadvantaged families. Our central premise is that "family" is the most fundamental factor influencing the lives of children. Aside from children's educational needs, they also need a supportive, healthy home environment combined with stable and reliable relationships with adults and caregivers. In short, if you strengthen families, you automatically strengthen children.

**AGES: 3-5**

**REGISTRATION/APPLICATION:** Parents and caregivers can find the application at <http://hs.sbcounty.gov/psd/Pages/default.aspx>. Parents are to fill the application out completely and accurately and mailed back to:

**Preschool Services Department  
Attention: CEU Unit,  
662 S. Tippecanoe Ave.  
San Bernardino, CA 92415-0630**

**FEES: NO COST**

Contact: (760) 245-9147



# COMMUNITY RESOURCES

## Apple Valley Unified School District Preschool

**AVUD Preschool- 12555 Navajo Rd. Apple Valley CA 92308**

AVUSD currently provides a three hour Preschool opportunity that has developmentally appropriate activities and instruction that are purposeful, engaging and playful which are offered to income eligible children aged three and four. Our teaching and support staff are highly qualified. Our classrooms offer a nurturing environment to foster self-confidence, problem solving and independence, in the hopes of preparing each child for a positive attitude towards his/her learning years ahead. The child to staff ratio is 8:1.

These Preschool classrooms are located on nine of our AVUSD campuses and one county campus which are:

- Desert Knolls Elementary
- Mariana Academy
- Phoenix Academy
- Rancho Verde Elementary
- Sandia Academy
- Sitting Bull Academy
- Sycamore Rocks Elementary
- Vanguard Preparatory
- Yucca Loma Elementary
- Apple Valley County Early Education Center.

### Enrollment:

If you are interested in enrolling your child please call:

**(760) 247-2052 Ext. 30203 from 8:30 am to 4:00 pm.**

Once your child is on our list, the AVUSD Preschool Office staff will call the most eligible families for an appointment. Space is limited; eligible four year olds are placed first. We continue to enroll throughout the school year as spaces become available at all school sites.



school



# COMMUNITY RESOURCES

## Preschool/Day Care

### Smart Start Academy- Apple Valley 21482 Yucca Loma Rd, Apple Valley, CA 92307

#### Curriculum:

- Our classes begin at age 2 and continue until children enter Kindergarten. Curriculum is developmentally based, meaning that new concepts and activities are introduced at the appropriate developmental stage.

1. **Language Arts – pre-reading skills, letter recognition, letter sounds, early writing, rhyming words, story time**
  2. **Math – counting, number recognition, shapes, sequencing, sorting, matching, measuring, graphing**
  3. **Art – color recognition, crafts, painting, drawing, coloring, collage, cutting with scissors**
  4. **Science – animals/habitats, color mixing, cooking, environment, water cycle, gravity, weather, various science experiments**
  5. **Music – singing, dance, tempo/beat, musical instruments, music appreciation**
  6. **Dramatic Play – encouraging imagination, dress-up, puppet theater, role-play,**
  7. **Gross Motor – outdoor play facility, parachute play, ball play, jump rope, obstacle courses, teacher-led exercises/stretching**
- **Fine Motor – Lacing beads, stacking blocks, worksheet activities**

#### Hours:

We offer a full-day (up to 10 hours) or half-day (8:00-12:15pm) program for ages 2 to 5.

Daily activities are as follows:

6:00am – 8:30am . . . . Free Play

8:30am – 9:00am . . . . Breakfast

9:00am – 9:30am . . . . Circle Time

9:30am – 10:15am . . . Outdoor Play

10:15am – 11:00am . . . Learning Centers

11:00am – 11:30am . . . Storytime

11:30am – 12:00pm . . . Lunch

12:00pm – 12:30pm . . . Lunch Clean-up/Nap

Preparation

12:30pm – 2:30pm . . . . Naptime

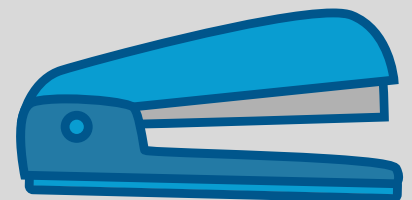
2:30pm – 3:00pm . . . . Nap Clean-up/Afternoon Snack

3:00pm – 4:00pm . . . . Outdoor Play

4:00pm – 4:15pm . . . . Circle Time

4:15pm – 4:30pm . . . . Learning Centers

4:30pm – 6:00pm . . . . Afternoon Childcare



To Enroll your child, please contact us at:  
[info@smartstartchildren.com](mailto:info@smartstartchildren.com) (760) 247-1029



## COMMUNITY RESOURCES

**LA PETITE ACADEMY OF VICTORVILLE - 14040 Bear Valley Parkway Victorville, CA 92392**

### *Preparing Every Child for Kindergarten*

To engage and nurture your child, we provide a balance of freedom and instruction. Our early childhood education classroom is designed as a learning community, where your child not only builds skills vital to success in kindergarten, but also gains respect for others, and a strong sense of confidence.

The Preschool program provides a focus on:

- Fostering independence
- Cooperation & communication skills
- Hands-on learning
- Literacy and number concepts

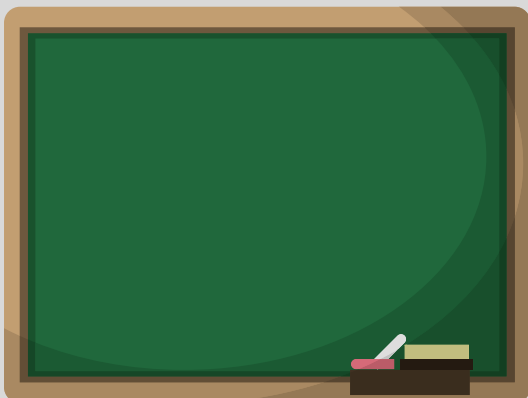
### **FEES:**

### *To Schedule a Tour or Register Your Child...*

Go online and schedule a tour here: <https://www.lapetite.com/your-local-school/victorville-ca-7200/>

OR

Call- (833) 375-4582



# COMMUNITY RESOURCES



### CHILDREN SUMMER PROGRAMS: Victorville City Library

#### Kids Club, Ages 6-12

A summer camp program that offers themed weeks which include games, sports, activities, skits, crafts and swimming (summer only). Program is held at Doris Davies Park - Bears Den, 14227 Austin Road, Victorville, CA 92395.

#### When

Kids Club is offered each year during Summer break for 9 to 10 weeks, June to August. Children can enroll for 3, 4, or 5 days each week; half-day or full-day.

#### Times

Full Day, 7:30am-5:30pm

Half Day, 9:30am-2:30pm



#### Hot Tot Summer Program, Ages 3-5

A summer camp that offers themed weeks which include games, sports, songs, crafts and water play! Program is held at Hook Community Center, 14973 Joshua Street, Victorville, CA 92394.

#### When

June through August

Monday & Wednesday or Tuesday & Thursday

#### Times

9:30am-2:30pm

For additional information on youth program fees and enrollment deadlines, use the link above to view the Rec Pages Activity Guide. Register at Hook Community Center, or use the link above to register online. For further information call Hook Community Center at (760) 245-5551.

## SUMMER ACTIVITIES/PROGRAMS

# COMMUNITY RESOURCES



### LAKESIDE ACADEMY - VICTORVILLE

Dive into Summer Camp at Lakeside Academy! Spend the summer with friends splashing in the pool, going on field trips, making arts and crafts and learning new things!

This program is for kids ages 5-13 and all schedules include snacks and lunch. Field trips are an extra \$10.

We are open 6am-6:30pm M-F, closed on major holidays only, no charge for those days.

#### Weekly Tuition (Plus Registration)

2 Days - \$78

3 Days- \$117

4 Days- \$156

5 Days- \$ 195

(Includes Snacks, Drinks, Activities, lunch, & Crafts)

A photograph of three young children (two girls and one boy) in colorful swimsuits crouching at the edge of a swimming pool, smiling. The background shows a pool deck with a yellow and blue inflatable.

**Lakeside Academy**  
Summer Day Camp  
May 31<sup>st</sup> to Aug. 12<sup>th</sup>, 2019  
Monday - Friday 6am- 6:30pm  
Ages 5-13 years old  
12303 Ridgecrest Road Victorville, CA 92395  
Weekly Themes • VBS • Field Trips • Daily Swimming & Activities  
**CALL TODAY TO REGISTER**  
**760-245-8680**  
WWW.LAKESIDEACADEMY.COM  
Fun for Kids 5 yrs to 13 yrs old

# COMMUNITY RESOURCES

## Get Air Trampoline Park

### Activities:

- Dodge ball
- Ninja activities
- Kiddie Court
- Foam Pit
- Slam Ball
- Fidget Ladder



### Pricing

#### BIG AIR

One Hour – \$13.99

Two Hours – \$22.99

Three Hours – \$25.99

Jump Socks\* – \$3

#### LITTLE AIR\*\*

One Hour – \$7.99

Two Hours – \$13.99

Three Hours – \$16.99

### Hours

Mon 10:00 am - 10:00 pm

Tue 10:00 am - 10:00 pm

Wed 10:00 am - 10:00 pm Open now

Thu 10:00 am - 10:00 pm

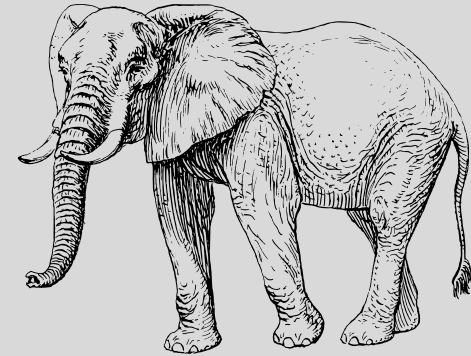
Fri 10:00 am - 12:00 am

Sat 10:00 am - 12:00 am

**12410 Amargosa Rd Ste A Victorville, CA 92392**

## COMMUNITY RESOURCES

## Hesperia Zoo



Open since 2001, the Hesperia Zoo is home to native, rare and endangered species from six continents. Our goal is to provide a fun, unique and exciting experience for the whole family. With an overall mission to bring people and wildlife together, to promote the welfare of animals, to strengthen the human-animal bond and safeguard the rights of responsible animal professionals through public information and education.

**Guided Tours:**

Saturdays and Sundays@ 4PM

Adults 13+ - \$7

Children 2-12 - \$5

Seniors 62+- \$5

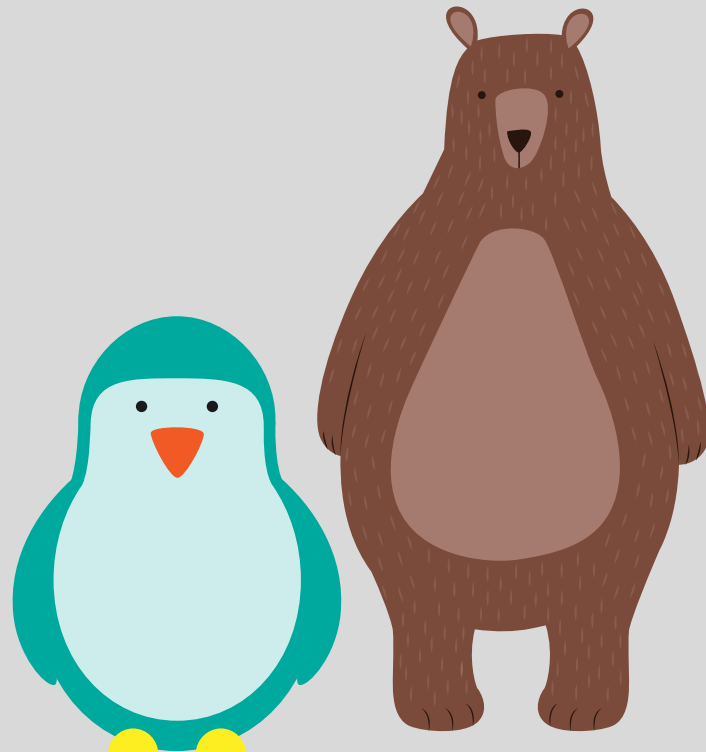
**Guided Tours With Feeding****Frenzy:**

Saturdays and Sundays@ 4PM

\$20 per person

\$30 per person with feeding tout

& T-Shirt



19038 Willow St Hesperia, CA 92345  
(760) 948-9430

# COMMUNITY RESOURCES

## Scandia Family Fun Center

12627 Mariposa Rd Victorville, CA 92395

### Activities:

- Arcades
- Miniature Golf
- Batting Cages
- Race Cars
- Rides

### Hours:

- Mon-Thur : 3pm-10pm
- Fri: 3pm-11pm
- Sat: 12pm-11pm
- Sunday: 12pm-10pm



# SCANDIA

RIDES • GOLF • ARCADE • BASEBALL

No Card Sharing. Once you begin an attraction or game your pass will be unusable until the completion of your chosen activity

**DIAMOND PASS** BEST VALUE

**UNLIMITED Rides & Golf**  
(1 Screamer Ride not unlimited)  
**25 Fun Points for Arcade or Batting**  
**Only \$23.50** (\$120 Value)  
Only Available Friday after 3:30 and Sat-Sun & Holidays

**GOLF & PLAY**

**UNLIMITED Golf**  
**100 Fun Points for the Arcade or Batting**  
**Only \$19.95** (\$30 Value)

**UNLIMITED GOLF**

**Plus 10 FREE Fun Points**  
**\$9.95** 50 Points (Ages 12-59)  
**\$7.95** 36 Points (Ages 4-11, 60+, Military)  
**Ages 0-3 FREE with Playing Adult**

One Card Per Person for All Unlimited Options

**FUN POINTS**

Good for ALL Rides, Golf, Batting, Arcade

<b>\$5</b>	For	<b>25 Points</b>
<b>\$10</b>		<b>50 Points</b>
<b>\$20</b>		<b>105 Points</b>
<b>\$35</b>		<b>190 Points</b>
<b>\$50</b>		<b>275 Points</b>
<b>\$100</b>		<b>600 Points</b>

RELOAD POINTS AT KIOSK

Points and Tickets Never Expire  
 Fun Cards with Points Can Be Shared

Register Your Card at Kiosk for 10 More FREE Points

One time new card activation fee \$1  
**SORRY NO REFUNDS**

## Victor Bowl

12277 Mariposa Rd Victorville, Ca 92395 760-241-7396



Enjoy a family night at your local bowling center. Activities Include:

- Neon Nights
- Birthday parties
- Youth and adult clubs
- snack bar

## Pricing

### Monday

#### All Day

**\$3.00 Per Game**  
**\$2.00 Domestic Bottle Beer**  
**\$1.25 Hot Dogs**

### Tuesday

9pm-11pm

**\$2.00 Games & Rental Shoes**

### Wednesday

9pm-11pm

**Bowl 3 Games for \$5.00**

### Thursday

9am-11am

**Bowl 3 Games for \$5.00**

### Friday

9am-5pm

**\$2.65 per Game**

### Saturday

**Neon Bowling**

9:00pm-1:00am

**\$60 per lane (up to 6 people)**  
**2 Hours (Includes rental shoes)**

### Sunday

9am-2pm

**Bowl 3 Games for \$5.00**

## Hours

### Hours of Operation

**Sunday thru Thursday**

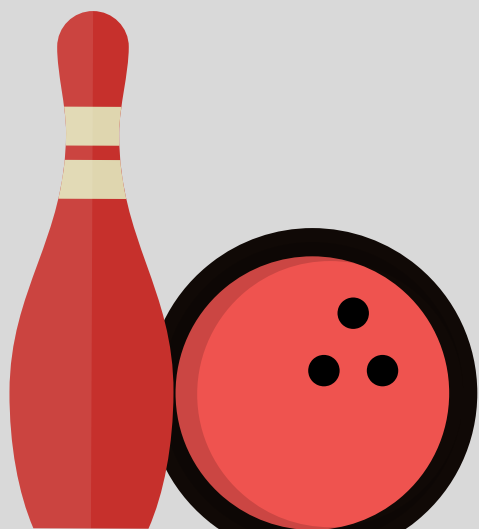
**9am—11pm**

**Friday**

**9am—12am**

**Saturday**

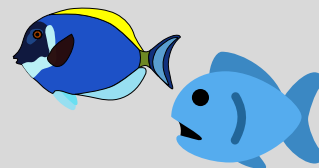
**9am-1am**



## Jess Ranch Lakes

11495 Apple Valley Rd, Apple Valley, CA 92308

## Jess Ranch Lakes



***Bring your children to the Angling Pond where they can experience the ease of fishing.***



Open 7am-3:45 Friday-Sunday  
General Adult Admission 13+ - \$3  
Child Admissoin 12 & below - Free  
Fishing Pole Rental- \$5



Hours:  
Friday - Sunday  
7am-4pm  
No Fishing License Required



COMMUNITY RESOURCES

## Victor Valley Museum in Apple Valley

Discover your own backyard through programs and exhibits about the cultural and natural heritage of the High Desert. Preschoolers can explore their own backyards.

### ADMISSION:

\$5 (adult), \$4 (senior/military), \$2.50 student/child under 5 free. Museums for All participants with EBT Card: \$1 (maximum 9 in party). The Victor Valley Museum is a participant in the Bank of America Museums on Us program, which allows Bank of America or Merrill Lynch cardholders free admission on the first weekend of every month. Go to the Bank of America: Arts & Culture website for program qualifications.

### Hours:

Wed- Sun 10AM-4PM  
Closed on all County-  
observed holidays.

### Location:

11873 Apple Valley Road,  
Apple Valley, CA 92308  
(760) 240-2111



# COMMUNITY RESOURCES

## PARKS

Sunset Ridge Park- Victorville

Location:

12808 Eucalyptus St Victorville, CA 92392



Mojave Narrows Regional Park

Location:

18000 Yates Road Victorville CA 92392

Hours of Operation: 7:30 a.m. - 4:00 p.m.

Closed Tuesday and Wednesday



Civic Center Park

Location:

14999 Dale Evans Pkwy, Apple Valley, CA 92307



# COMMUNITY RESOURCES

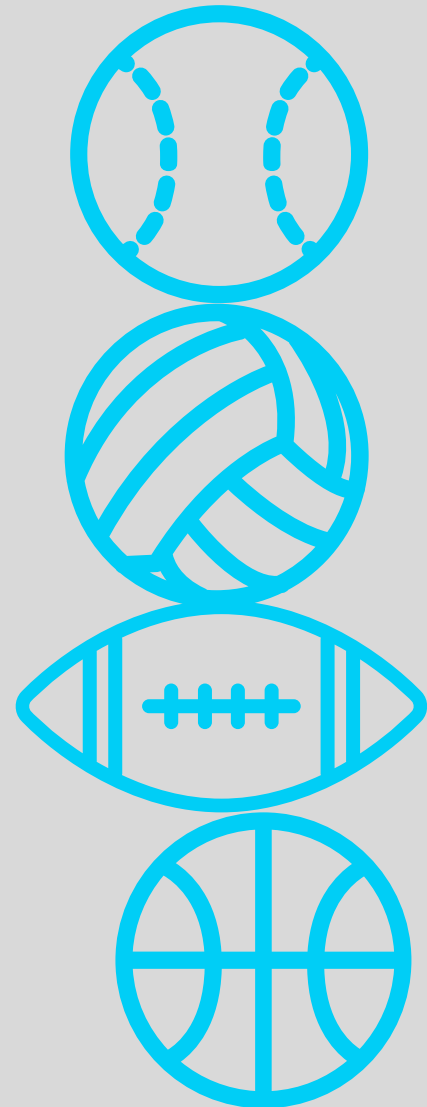
## Youth and Pee Wee Sports

### Get in the Game!

A variety of sports leagues for children are offered throughout the year for Pee Wees age 3 to 4, or Youth age 5 to 17. Seasons are 6 to 8 weeks long, with practices starting 1 to 2 weeks prior to the season. Enrollment deadlines are typically 6 to 8 weeks prior to the start of any season.

### Programs are offered as follows:

- Pee Wee Sports Seasons
- Winter Basketball - January to February
- Tee Ball - April to May
- Summer Basketball - July to August
- Indoor Tee Ball - September to October
- Indoor Soccer - October to December
- Youth Sports Seasons
- Winter Basketball - January to March
- Tee Ball - April to June
- Volleyball - April to June
- Summer Basketball - July to August
- Flag Football - October to December



Register at Hook Community Center, 14973 Joshua Street, Victorville, 92394 or use the link below to register online: <https://apm.activecommunities.com/victorvillerec>

# DEVELOPMENTAL MILESTONE ACTIVITIES

**Tummy Time-** During tummy time, babies get the benefit of important sensory input along with movement experiences that lead to strengthening, hand eye coordination, and more!

**Music/Singing-** Speaking of songs, singing to babies and playing music is great not only for calming and comforting, but also to help a baby discriminate between auditory input (e.g. telling the difference between mom's familiar voice and someone singing on the radio). Music can also be a great distraction during tummy time or to begin to encourage a baby to turn his head from one side to the other.

**Simple Toys-** Simple rattles, easy-to-grasp balls, and soft books are great for getting a baby's visual attention and, as time goes on, her gaze will follow her grasp and she'll want to look at what she's holding – the beginning of eye hand coordination.

**Floor time outside of a carrier, stroller, or swing-** One of the absolute most important developmental experiences we can offer to babies at this age is plenty of time on the floor – on their tummies, on their backs, on their sides. It seems like such a simple thing, but babies get so much of the movement and sensory input they need when they're allowed the time and opportunity to explore how their bodies work outside of a carrier, stroller, or swing!

**Rocking and swaying-** This is an activity that most caregivers of infants do instinctively, but – as with carrying and wearing a baby – rocking and swaying with an infant has more benefits than meets the eye! Rocking in a rocking chair or holding your infant while bouncing gently on an exercise ball is another great way to provide calming vestibular input for little ones, input that helps them learn about where their body is in space. Pair rocking and swaying with a song, and you'll add the benefit of auditory input as well.



# DEVELOPMENTAL MILESTONE ACTIVITIES

As babies become more alert and engaged, there are all kinds of new movement and play activities to try! At this stage, babies become a little more sturdy too, so you can begin to play in ways that will encourage rolling and head control.

**1. Songs and Finger Plays:** Old favorites like The Itsy Bitsy Spider, 5 Little Monkeys, and The Wheels on the Bus are great ways to get a baby's visual attention during tummy time and play on the floor.

**2. Rocking and rolling-** During diaper changes and playtime on the floor, gently rocking your baby from side to side from her shoulders and then from her legs is a great way to help her learn how to feel and use the different segments of her body to move and start to roll. Once your baby is comfortable with this kind of movement and is beginning to initiate some of the movement on her own, you can also assist her in rolling from her back to her tummy (helping her support her head and neck if needed).

**3. Books-** Books are another good way to support interaction and visual engagement during tummy time, while baby is lying on his back, or just while you're holding your little one in your lap.

**4. Upright play/supported sitting-** It's important to be patient and wait for your baby to show signs of readiness before trying to sit her up on her own. Play on the floor in tummy time and on her back are the best ways to get there. But it's also great to provide infants with the experience of being upright, whether it's bouncing on your knees, in a wrap or other carrier, or just holding and carrying her in an upright position.



# DEVELOPMENTAL MILESTONE ACTIVITIES

To encourage babies to learn how to start sitting up on their own, there are lots of fun and easy play ideas you can try.

## 1. Pre-crawling practice

When your baby is just showing signs of learning to crawl, sit on the floor with your legs outstretched. Place a toy on or between your feet and place your baby on her tummy on your legs facing the toy. Gently move your legs, rocking baby from side to side or bouncing both legs together. With her arms and legs draped over your legs toward the floor, she'll begin to get a sense of play in an all fours position without having to take all of her weight by herself.

## 2. Bean bag balance

This is a favorite of infants, toddlers, and even older kids too! In sitting, place a bean bag on the child's head and show her how to lean her head forward to dump it off into her hands, lap, or a plastic container.

## 3. Push toys

Push toys are great for practicing balance and the ability to alternate feet for stepping forward. You can also weigh down a laundry basket with a stack of books and let baby push it around the floor!



# DEVELOPMENTAL MILESTONE ACTIVITIES

**1. Read 20 minutes to your child each Day:** Read to your child! He is soaking up so much information at this age. If possible, aim for at least twenty minutes of reading per day. While looking at a book, ask him questions such as: "Where is the teddy bear?"

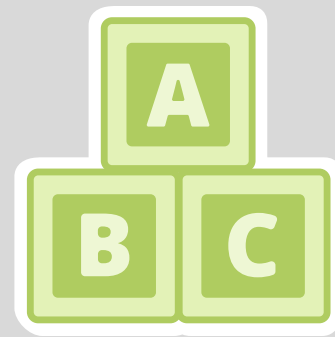


**2. Listen to Music With your Child: Sing songs with your child.** Listen to music in the house and in the car, and choose music that you won't mind listening to again and again (and again). He'll start to sing along, and you may even recognize what he's singing from time to time!



**3. Teach your Child about Shapes and Numbers:** Talk about shapes, colors, and numbers all day long. "That's a round, red ball." "We have only one banana left." "Let's find your green T-shirt."

**4. Teach your child about their body parts-** Teach your toddler the names of his body parts and then ask him to point to his nose, eyes, ears, etc. Ask him to point to your nose, eyes, and ears.



**5. Use Instructions when playing with your child:** Play games with instructions. Your child is increasingly able to follow simple directions and will be so proud of himself when he can do what you ask. This might include closing the door or bringing you the purple ball.

# DEVELOPMENTAL MILESTONE ACTIVITIES

**1. Throwing Games:** Another great way to help little ones gain control of their motor skills is to play throwing games. Hopscotch is a perfect option because kids must toss a rock or a bean bag onto a particular square. This tests their aim and is a fun game to play together!

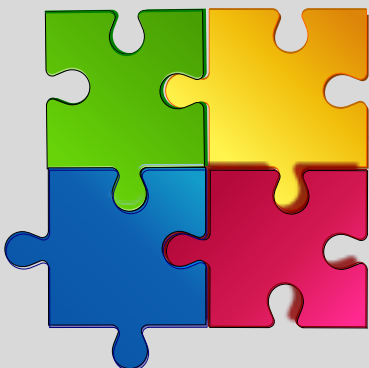
**2. Do A Scavenger Hunt:** Another basic ability that preschoolers should understand is to identify the colors of the rainbow. Instead of simply pointing to things and asking your children what color they are, have a scavenger hunt! Send your kiddos into the yard to find something from every shade of the rainbow. Soon they'll come back with a purple ball, red bike, yellow leaf and more. It's a fun way to get kids into their environment while thinking about color identification.

**3. Try an Information Game:** Little ones should know a few key pieces of personal information when heading into preschool. Parents can help their kids learn full names, addresses, parents' names and phone numbers by playing games. Cut out cards with the letters of your kids' names and then have them rearrange the cards until they make the correct name. You can even sing a song that lists all this info in one place - the melody can help them remember.

Read more at

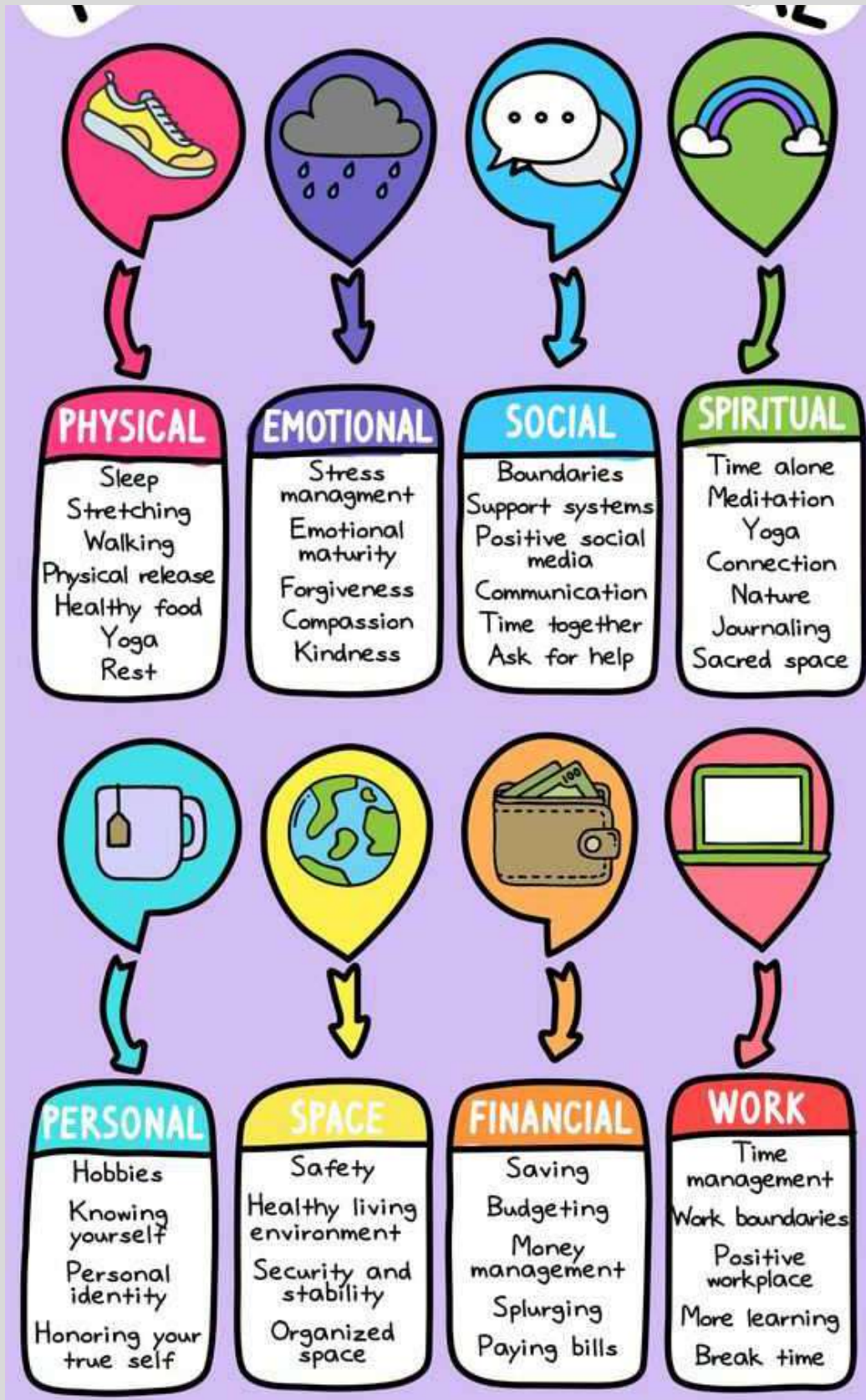
**Arts and Crafts:** School-age children might use colours, textures and shapes to communicate feelings, ideas and messages. For example, they might use lots of bright colours to show happiness. They might also use symbols and words to show the difference between things or add meaning to drawings.

You might notice that your child has a better understanding of colour, shapes, patterns and details. For example, your child might be drawing people with five fingers and toes. Where your child used to draw scribbles and squiggles for trees and flowers, now you can see leaves, branches, trunks and petals.





# WELL-BEING/SELF-CARE FOR CHILDREN



# WELL-BEING/SELF-CARE FOR CHILDREN

## MY COPING SKILLS CHECKLIST

When I Feel Mad, Sad, Worried or Unfocused I Can...

Draw or Color



Get a Drink of Water



Use a Breathing Board

Push Against the Wall and Then Relax

Try Wave Breathing



Help Someone or Do a Chore

Read a Book or Look at Feel-Good Pictures



Try 5 Finger Breathing



Exercise or Play a Sport



Ask for Help



Build Something or Do a Puzzle



List 3 Positive Things I Am Grateful For



Get a Hug



Journal or Write a Letter



Think of a Happy Memory or Peaceful Place



Use Positive Self-Talk



Stretch or Do Yoga



Squeeze Then Relax My Muscles (Try "Rocks & Socks")



Use a Tool from the Calm Box



Take Slow Breaths & Just Sit with My Feelings



## WORRY JAR

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

It can  
helpful to  
pick a time  
during the  
day – **and**  
**only that**  
**time** – where  
you are  
allowed to  
go back into  
the jar and  
worry about  
these  
thoughts.



# WELL-BEING/SELF-CARE FOR CHILDREN

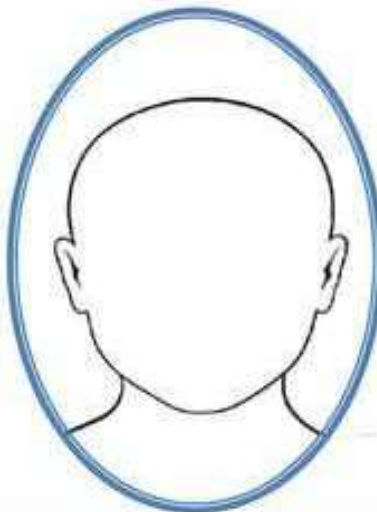
Name:

## My Positivity Chart

Things I'm good at

Things I enjoy

People I like



My favourite things

What makes me happy

Your name \_\_\_\_\_

# Anger Map



**What kind of face do you have when you are angry? ▼**



**What things do you say? ▼**



**How do you behave when you're angry? ▼**

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**What happens to your body when you're angry? ▼**

**Other ways of handling my anger ▼**

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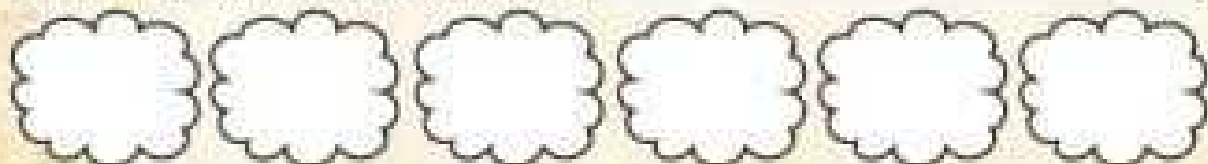
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**What could your anger help you to achieve? ▼**



**What helps when you're angry?**

**Have you learnt anything about your anger? ▼**



# BEHAVIOR WORKSHEETS



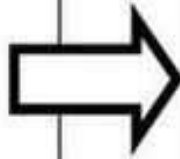
## MY BEHAVIOR

★REFLECTION★



**WHEN I DID THIS,**

**THIS HAPPENED:**



**NEXT TIME, I WILL...**

## CONTRACT

**NEXT TIME, I WILL MAKE  
BETTER CHOICES.**

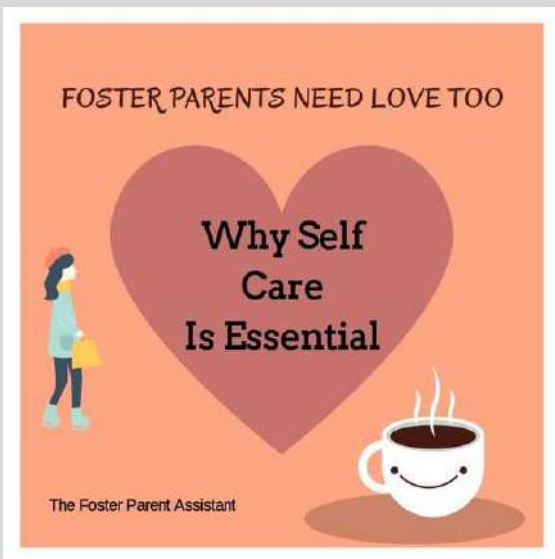
\_\_\_\_\_  
STUDENT SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SCHOOL COUNSELOR SIGNATURE

\_\_\_\_\_  
DATE

# SELF CARE FOR FOSTER PARENTS



Foster parents are expected to be at their best, however, if you are burned out, completely exhausted, and broken, you are ineffective. I learned that lesson the hard way and I know many foster parents who have also.

Taking care of yourself is one of the most important skills a foster parent can learn. You spend so much time teaching your kids to cope with stress, yet, we don't model this attribute for them. Remember, they learn from watching you.

## \*TIPS FOR SELF-CARE\*

**RESPITE:** Foster parenting is hard and if you are caring for a child with extreme issues, it is necessary to take a break. I know many are afraid to do so, for the sake of their foster child, however, you have to think of your health too.

**Join a parent support group.** Meeting with other parents who have similar experiences and feelings is one of the most powerful and renewing activities for anyone raising children who have special needs. Just knowing that you are with people who "get it" is affirming.

**Give yourself permission to need something.** It is okay to ask for help. Having needs and trying to meet them is not a sign of incompetence or weakness. It is part of healthy family life.

**Keep it simple.** Make life choices that fit your family. Develop consistent routines. Create a safe environment. Understand and respect both your limits and those of your children. Resist the impulse to over-commit what little time you have.

**Stop comparing yourself to other adults and families.** They do not live your life, and they are not raising your children. Get comfortable with compromising and being different. Your child may talk, think, achieve, behave, and live differently than other children. Instead of measuring your family's worth by other people's standards, set expectations for your family based on your children's capabilities and your family's reality.

**Accentuate the positive.** It may not be easy, but as you step back to evaluate how you and the family are doing, find time to laugh at the silly situations that come up. Recognize the good in yourself and your children.

# WEBSITE RESOURCES FOR FOSTER PARENTS



**THE NATIONAL VOICE OF FOSTER PARENTS:**

<https://nfpaonline.org/?fbclid=IwAR3rcZ5h8Uj6scG7cz5DW-fLRVov1nE9pbuznNH2iOIKX9E16408njJ5YIk>

**CENTER FOR PARENT INFORMATION & RESOURCES**

<https://www.parentcenterhub.org/fosteradoptive/>

**FOSTER CARE, FAITH, AND FAMILY**

<https://droppinganchorsblog.com/2017/04/03/meet-the-mama-kelli/>

**THE FORGOTTEN INITIATIVE**

<http://www.theforgotteninitiative.org/blog/>

**FOSTER 2 FOREVER**

<https://foster2forever.com/>

**SCCOP: A BLOG BY THE NATIONAL FOSTER CARE ASSOCIATION**

<https://blog.nfpaonline.org/>



Created by Olivia Chavira

LIC 366427986

