

## Strengthening Families with the 5 Protective Factors

- 1. Resilience**  
Resilience is the ability to bounce back from all types of challenges. It means finding ways to solve problems, building and sustaining trusting relationships, taking care of you, and knowing it is OK to seek help when necessary.
- 2. Social Connections**  
Everyone needs to feel cared for and connected. Friends, family members, neighbors and community members provide emotional support, help solve problems, offer insights and give concrete assistance.
- 3. Knowledge of Parenting & Child Development**  
Being a good parent is part natural and part learned. Parents, who understand child development, are responsive to their child's needs and practice positive parenting strategies will feel more engaged and empowered. Kids thrive in an environment that fosters secure attachments and healthy development.
- 4. Concrete Support in Times of Need**  
Everyone faces challenging times. It is important to know where to access support services and that it is OK to ask for help.
- 5. Teach Children Social and Emotional Competence**  
Be a good role model. Teach children to communicate clearly and express their feelings effectively. Help them learn how to be a good friend. A child/youth who is able to interact positively with others, self-regulate their behavior and effectively communicate their feelings will be able to build and sustain healthy relationships throughout their lifetime.

**For More Information on the 5 Protective Factors visit**

**The Center of the Study of Social Policy**  
<http://www.cssp.org/reform/strengtheningfamilies>

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Mono Strengthening Families/Facebook

## Fortaleciendo Familias con los 5 Factores de Protección

- 1. Resiliencia**  
Resiliencia es la habilidad de recuperarse de todo tipo de desafíos. Significa encontrar maneras de resolver problemas, desarrollar y mantener relaciones de confianza, cuidar de si mismo, y saber que está bien buscar ayuda cuando sea necesario.
- 2. Conexiones sociales**  
Todo el mundo necesita sentirse querido y conectado. Amigos, miembros de la familia, vecinos y miembros de la comunidad proveen apoyo emocional, ayudan a resolver problemas, ofrecen entendimiento y dan asistencia concreta.
- 3. Conocimiento de la crianza del niño y del desarrollo del niño**  
Ser un buen padre es una habilidad en parte natural y en parte aprendida. Aquellos padres que entienden los principios del desarrollo del niño, responden a las necesidades del niño y practican estrategias de crianza positivas se sentirán más comprometidos y fortalecidos. Los niños progresan en un ambiente que fomenta apego seguro y desarrollo saludable.
- 4. Apoyo concreto en momentos de necesidad**  
Todo el mundo enfrenta momentos difíciles. Es importante saber dónde encontrar servicios de apoyo y que está bien pedir ayuda.
- 5. Enseñe competencia social y emocional a los niños**  
Sea un buen ejemplo. Enseñe a los niños a comunicarse claramente y a expresar efectivamente sus sentimientos. Ayúdelos a aprender ser un buen amigo. Un niño quien puede interactuar positivamente con otros, auto-regular su comportamiento y comunicar efectivamente sus sentimientos podrá desarrollar y mantener relaciones saludables a través de su vida.

**Para más información acerca de los 5 Factores de Protección visite el Centro de Estudios sobre Política Social**  
<http://www.cssp.org/reform/strengtheningfamilies>

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## Mono County Community Resource Guide

### Guía de Recursos Comunitarios de Mono County



2019



Mono County Child Abuse Prevention Council (CAPC)  
[www.mono.ca.gov/capc](http://www.mono.ca.gov/capc)

**EMERGENCY SERVICES/SERVICIOS DE EMERGENCIA**

Fire, Ambulance, Sheriff's, California Highway Patrol 911  
 Mammoth Hospital--Emergency Department 760-934-3311  
 Mono County Sheriff's Dispatch 760-932-7549

**LAW ENFORCEMENT/ORDEN PÚBLICO**

California Highway Patrol 760-932-7995  
 Mammoth Lake Police Department 760-965-3700  
 Mono County Animal Control 760-932-5630  
 Mono County Probation, Bridgeport 760-932-5570  
 Mono County Probation, Mammoth Lakes 760-932-1730  
 Mono County Sheriff's Department 760-932-7549

**FIRE DEPARTMENTS/DEPARTAMENTO DE BOMBEROS**

Antelope Valley 530-495-2900  
 Benton 760-933-2252  
 Bridgeport 760-932-7353  
 June Lake 760-648-7390  
 Lee Vining 760-647-6400  
 Long Valley 760-935-4545  
 Mammoth Lakes 760-934-2300

**24-HOUR HOTLINES/TELÉFONOS DE EMERGENCIAS**

California Youth Crisis Line 800-843-5200  
 Child Abuse Hotline 800-422-4453  
 Child Abuse -- To Report Local 800-340-5411/760-932-7755  
 Mono County Behavioral Health Access Line 800-687-1101  
 National Domestic Violence Hotline 800-799-7233  
 National Drug & Alcohol Treatment 800-622-2255  
 National Parent Support Line 855-427-2736  
 National Sexual Assault Hotline 800-656-4673  
 Suicide Prevention Lifeline 800-273-8255  
 Wild Iris Crisis Line 877-873-7384

**HOSPITALS/HEALTH CLINICS****HOSPITALES/CLINICAS DE SALUD**

Mammoth Hospital & Clinics 760-934-3311  
 Mono County Public Health, Bridgeport 760-932-5580  
 Mono County Public Health, Mammoth 760-924-1830  
 Toiyabe Indian Health Project 530-495-2100

**HEALTH INSURANCE ASSISTANCE****ASISTENCIA CON SEGURO DE SALUD**

Covered California Enroll Online <http://www.coveredca.com>  
 Mono County Department of Social Services 760-924-1770

**SUBSTANCE ABUSE PREVENTION & TREATMENT PREVENCIÓN Y TRATAMIENTO PARA ABUSO DE SUBSTANCIAS**

Alcoholics Anonymous, Alanon & Alateen 800-851-1304  
 California Smokers Helpline 800-662-8887  
 Mono County Behavioral Health 760-924-1740

**COUNSELING/SERVICIOS DE TERAPIA Y ORIENTACIÓN**

Mono County Behavioral Health 760-924-1740  
 North Star Counseling Center 760-924-7926  
 Wild Iris 760-934-2491

**FINANCIAL, FOOD &/or CLOTHING****FINANCIAMIENTO, ALIMENTACION y/o ROPA**

Antelope Valley Senior Center, Walker 530-495-2323  
 IMACA 760-934-3343  
 Mono County Department of Social Services 760-924-1770  
 Salvation Army Food Pantry 220 Sierra Manor 760-872-2124  
 Wild Iris 760-934-2491

**HOUSING &/or ENERGY ASSISTANCE****ASISTENCIA de VIVIENDA y/o ENERGIA**

IMACA 760-934-3343  
 Mammoth Lakes Housing 760-934-4740  
 Mono County Department of Social Services 760-924-1770  
 Wild Iris 760-934-2491

**NEW PARENT SUPPORTS****APOYO PARA PADRES PRIMERIZOS**

First 5 Mono 760-924-7626  
 Mono County Child Care Council 760-934-3343  
 Mono County Public Health, Bridgeport 760-932-5580  
 Mono County Public Health, Mammoth 760-924-1830  
 Mono County Resource & Referral 760-934-3343  
 Sierra Park Pediatric Clinic 760-924-4000  
 Women, Infant and Children (WIC) 760-924-4610

**PARENT EDUCATION/EDUCACION PARA PADRES**

Car Seat Checks  
 CHP, Bridgeport 760-932-7995  
 Mammoth Lakes Fire Department 760-934-2300  
 Mammoth Lakes Police Department 760-965-3700  
 Community Service Solutions/SNAP-Ed 530-495-2700  
 First 5 Mono 760-924-7626  
 MCOE/Adult Education 760-934-0031  
 Wild Iris 760-934-2491

**EARLY CHILDHOOD RESOURCES****RECURSOS PARA LA NIÑEZ TEMPRANA**

First 5 Mono 760-924-7626  
 Mono County Child Care Council 760-934-3343  
 Mono County Libraries & Raising-a-Reader 760-934-8670  
 Mono County Public Health, Bridgeport 760-932-5580  
 Mono County Public Health, Mammoth 760-924-1830  
 Mono County Resource & Referral 760-934-3343  
 Sierra Park Pediatric Clinic 760-924-4000  
 Women, Infant and Children (WIC) 760-924-4610

**CHILD CARE CENTERS/PRESCHOOLS****CENTROS PREESCOLARES Y DE CUIDADO DEL NIÑO**

Benton & Bridgeport Preschools 760-932-7443  
 IMACA Head Start & CA State Preschools 760-934-3343  
 (Mammoth Lakes, Lee Vining & Coleville)  
 IMACA for a list of Family Childcare Providers 760-934-3343  
 Kids Corner 760-934-4700  
 Mammoth Lutheran Preschool 760-934-4051  
 Mono County Office of Education 760-934-0031

**SCHOOL DISTRICTS & SCHOOLS/DISTRITOS (K-12)****ESCOLARES Y ESCUELAS (K-12)**

Eastern Sierra Unified School District Office 760-932-7443  
 Antelope Valley Elementary School 530-495-2541  
 Bridgeport Elementary School 760-932-7441  
 Coleville High School 530-495-2231  
 Edna Beaman Elementary School 760-933-2397  
 Lee Vining Elementary School 760-647-6460  
 Lee Vining High School 760-647-6366  
 Mammoth Unified School District Office 760-934-6802  
 Mammoth Elementary School 760-934-7545  
 Mammoth High School 760-934-8541  
 Mammoth Middle School 760-934-7072  
 Mono County Office of Education (MCOE) 760-934-0031

**LIBRARIES/BIBLIOTECAS**

Mono County Library Administration 760-934-8670  
 Benton 760-933-2542  
 Bridgeport 760-932-7482  
 Coleville 530-495-2295  
 Crowley Lake 760-935-4505  
 June Lake 760-648-7284  
 Lee Vining 760-647-6123  
 Mammoth Lakes 760-934-4777

**HIGHER EDUCATION/EDUCACIÓN SUPERIOR**

Cerro Coso Community College 760-934-2875  
 MCOE/Adult Education 760-934-0031

**JOB SERVICES/SERVICIOS DE TRABAJO**

Mono County Department of Social Services 760-924-1770

**DEVELOPMENTAL SCREENINGS (AGES 0-3 years)/ REVISIÓN DE DESARROLLO (Edades 0-3 años)**

First 5 Mono 760-924-7626  
 Great Steps Ahead 760-872-2270  
 Kern Regional Center 760-873-7411  
 MCOE/Early Start 760-934-0031  
 Sierra Park Pediatric Clinic 760-924-4000

**SPECIAL EDUCATION (AGES 3-21 years)/ EDUCACIÓN ESPECIAL (Edades 3-21 años)**

MCOE/Pre-K (Ages 3-5) 760-934-0031  
 Contact School of Attendance (Ages 5-21) - SCHOOLS/ESCUELAS

**DISABILITY ASSISTANCE/ASISTENCIA POR DISCAPACIDAD**

Community Services Solutions 530-495-2700  
 Disabled Sports of the Eastern Sierra 760-934-0791  
 Disability Rights -- Advocacy 800-776-5746  
 Mono County Department of Social Services 760-924-1770

**ELDERLY ASSISTANCE &/or SENIOR PROGRAMS/ ASISTENCIA A LA TERCERA EDAD y/o PROGRAMAS PARA ANCIANOS**

Antelope Valley Senior Center 530-495-2323  
 Community Services Solutions 530-495-2700  
 Eastern Sierra Area Agency on Aging 877-462-2298  
 Mono County Department of Social Services 760-924-1770  
**NATIVE AMERICAN TRIBES/TRIBUS NATIVO AMERICANAS**  
 Bridgeport Indian Colony 760-932-7083  
 Mono Lake Kutzadika 760-605-6263  
 Utu Utu Gwaitu Paiute Tribe Benton 760-933-2321

**ADDITIONAL NATIVE AMERICAN RESOURCES/ RECURSOS NATIVO AMERICANOS ADICIONALES**

Bishop Paiute Tribe 760-873-4477  
 Owens Valley Career Development Center  
 Benton Tribal TANF 760-933-2426  
 Coleville Tribal TANF 530-495-1000  
 Toiyabe Indian Health Project 760-873-8461

**LEGAL SERVICES/SERVICIOS LEGALES**

Mono County Child Support Services 866-901-3212  
 Mono County District Attorney 760-932-5550  
 Mono County Probation, Bridgeport 760-932-5570  
 Mono County Probation, Mammoth Lakes 760-932-1730  
 Mono County Recorder 760-932-5530  
 Mono County Superior Court 760-924-5444  
 Self-help & Family Law Assistance 760-258-7372

**TRANSPORTATION/TRANSPORTE**

California Road Conditions 800-427-7623  
 Dial-a-Ride (Mammoth Lakes Only) 760-924-3184  
 Eastern Sierra Transit 760-872-1901

**RECREATION/RECREACIÓN**

Mammoth Lakes Welcome Center 760-924-5500  
 June Mountain Ski Area 760-648-7733  
 Mammoth Mountain Ski Area 760-934-2571  
 Town of Mammoth Lakes, Recreation 760-965-3690

**VETERAN SERVICES/SERVICIOS PARA VETERANOS**

County of Inyo-Mono Veteran Services 760-873-7850

**WELLNESS PROGRAMS/PROGRAMAS DE SALUD**

Mammoth Hospital 760-934-3311  
 Mono County Behavioral Health 760-924-1740  
 Toiyabe Indian Health Community Wellness 760-873-8851

**COUNTY & TOWN OF MAMMOTH LAKES GOVERNMENT/ GOBIERNO DEL CONDADO Y PUEBLO DE MAMMOTH LAKES**

Mammoth Lakes Town Council/Clerk 760-965-3600  
 Mono County Board of Supervisors/Clerk 760-932-5530

**ADDITIONAL COUNTY & TOWN OF MAMMOTH LAKES BOARDS & COUNCILS/JUNTAS Y CONSEJOS ADICIONALES DEL CONDADO Y PUEBLO DE MAMMOTH LAKES**

<http://www.ci.mammoth-lakes.ca.us>  
<http://www.mono.ca.gov/boards>