

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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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



2020-2021



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

Updated July 1, 2020 Revisado 1 de July, 2020

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 Locally 800-340-5411
 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
 SHINE 760-648-3075

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
 SHINE 760-648-3075

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 Police Department 760-965-3700
 First 5 Mono 760-924-7626
 MCOE/Adult Education 760-934-0031

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

First 5 Mono 760-924-7626
 Mono County Child Care Council 760-934-0031
 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 (IMACA CCCC) 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**

Bridgeport Preschool 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
 SHINE 760-648-3075

**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>