



First 5 Humboldt Offerings

FOR FAMILIES & PROFESSIONALS

At First 5 Humboldt, we're dedicated to supporting our community through a variety of trainings and workshops tailored to meet your needs. Whether you're a school, organization, agency, caregiver, or family, we're here to collaborate with you.

Our services are also available in Spanish, and our community engagement team is committed to working closely with you to personalize our offerings, ensuring they align with your needs.

Training costs may vary. We are committed to working with you to accommodate your budget and ensure that our programs are accessible.



[**REQUEST FORM**](#)



 first5humboldt@co.humboldt.ca.us

 (707) 445-7389

We can't wait to work with you



First 5 Humboldt Offerings

FOR FAMILIES

First 5 Humboldt offers valuable learning opportunities for caregivers and families through our training sessions and workshops. We provide parenting support, self-regulation skills, and family bonding techniques. If you'd like us to facilitate a session or collaborate with your organization, please fill out the request form linked below

ABRIENDO PUERTAS/OPENING DOORS

Available Now

Abriendo Puertas is a ten-session program designed by and for Latino families, focused on leadership and advocacy for parents with children ages 0-5. The mission of Abriendo Puertas is to support parents as leaders of their families and as their child's first and most influential teacher in a home that serves as their child's first school. Abriendo Puertas provides a welcoming space for families to build social capital with information, resources, and activities they can use on a daily basis

TRIPLE P- POSITIVE PARENTING PROGRAM

Available Now

Triple P is an evidence-based parenting program supported by more than 35 years of ongoing research. Triple P provides parents with simple, practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior, and foster resilience. This is a 3-part series that is court-approved; each session can be attended individually.

INFANT MASSAGE

Available Now

First 5 Humboldt staff provide 5-session courses on the benefits of loving touch for caregivers and babies up to 12 months old. Infant Massage classes can be offered to groups of 5-6 families or on an individual basis.

COMMUNITY RESILIENCE MODEL (CRM)

Available Now

For both caregivers and providers

The Community Resiliency Model (CRM)[®] trains community members to help not only themselves but also others within their wider social network. The primary focus of this skills-based stabilization program is to reset the natural balance of the nervous system. CRM's goal is to help create 'trauma-informed' and 'resiliency-focused' communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

MAKE A REQUEST



To request training, click above or reach out to our community engagement team!

✉ first5humboldt@co.humboldt.ca.us

☎ (707) 445-7389



First 5 Humboldt Offerings

FOR PROVIDERS

First 5 Humboldt offers specialized trainings and workshops for organizations, agencies, and community groups. We tailor each session to your needs, focusing on early childhood development, trauma-informed care, and other strength-based approaches. To request a training, please fill out the form linked below

AGES & STAGES DEVELOPMENTAL SCREENING TOOLS ASQ

Available Now

The Ages and Stages Questionnaire is a developmental screening tool that helps identify children's strengths as well as areas where they can continue to grow. The ASQ honors parents and caregivers as the true experts on their child and encourages their administration and participation. First 5 Humboldt staff can provide training on what the ASQ is, how to administer and interpret the results, and how to discuss the ASQ with families and support them through the process.

We offer trainings on both the ASQ-3 and ASQ:SE-2.
[Click Here](#) to see the difference.

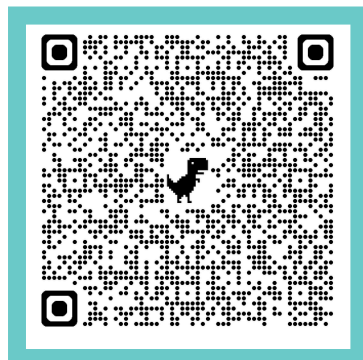
[MAKE A REQUEST](#)



To request a training, click above or reach out to our community engagement team!

 first5humboldt@co.humboldt.ca.us

 (707) 445-7389



BUILDING RESILIENT COMMUNITIES

Available Now

Adverse Childhood Experiences (ACEs):

First 5 Humboldt offers trainings on Adverse Childhood Experiences, the impacts of stress on the developing brain and body, and how to support children and families in building resilience. These trainings are offered by request and are designed to be tailored to meet the needs of various audiences, including schools, community organizations, early childhood, and healthcare.

Available Now

Strengthening Families:

The Strengthening Families Protective Factors Framework is a national and international initiative that aims to develop and enhance five specific characteristics (called protective factors) that help keep families strong and children safe from abuse and neglect. The framework helps professionals working with children and families promote the optimal development of all children while approaching families from a strengths-based perspective.

Available Now

Trauma-Informed Practice:

This training will introduce the subject of early trauma and its impact on young children's brains, behavior, learning, and development. We will look at brain science, our own triggers, and trauma-sensitive strategies to create environments that support children's health, healing, and resiliency.