



Six Stones Wellness Center

Hello Members, friends & community partners

We cannot believe that the holidays are soon upon us and the year is coming to a close. It seems like time is going by so quickly, we want to make sure we make every day count. We have many exciting things happening at Six Stones and some changes coming soon.

Six Stones is growing in more ways than one. We have hired new staff. We will also be starting services in Mt. Shasta. We will be working out of the Behavioral Health Building in Mt. Shasta on Thursdays. Be on the lookout for more information. We will also have transportation for those in outlying areas in South County as well.

Six Stones is excited to be partnering with Basecamp, our low barrier shelter in Yreka. NVCSS was lucky enough to hire Tara Kilcollins, who wrote the grant for Basecamp. While the shelter will operate at night, Six Stones will be providing the day services for those who want to participate in working towards their wellness. Stay tuned for updates on our Grand Opening.

Tara Kilcollins

THE FACE OF BASECAMP

Our new faces



Francine Ortiz

DRIVER FOR SIX STONES

Self care is important all year, the holidays are no exception

Check in on your friends this holiday season. Your friends without family or friends nearby, friends that might be navigating hard times, experienced loss recently, those who experience mental health challenges.

The holidays can be hard on many of us. Not only do we encounter the normal stressors, but we also feel the obligations that come with gift giving, hosting festivities and keeping up the façade of a cheery disposition. Here are some tips for practicing good self care this holiday season.



our partnerships

01 The year in review

Six Stones has been lucky to create some wonderful partnerships in 2023. By collaborating with other community based organizations we reach a broader scope of individuals who can benefit from our services. In the upcoming year our goal is to branch out more and continue to grow throughout Siskiyou County.

02 Recharging with ease

- Deep breathing
- Being in Nature
- Playing/Listening to Music
- Time Alone
- Reading
- Dancing
- Deep Thought
- Enjoying “Me” Time
- Tapping
- Meditation
- Move our bodies

03 The four gift rule

I know many of feel that Christmas should not be about gifts
jSomething they want, something they need, something to wear, something to read.



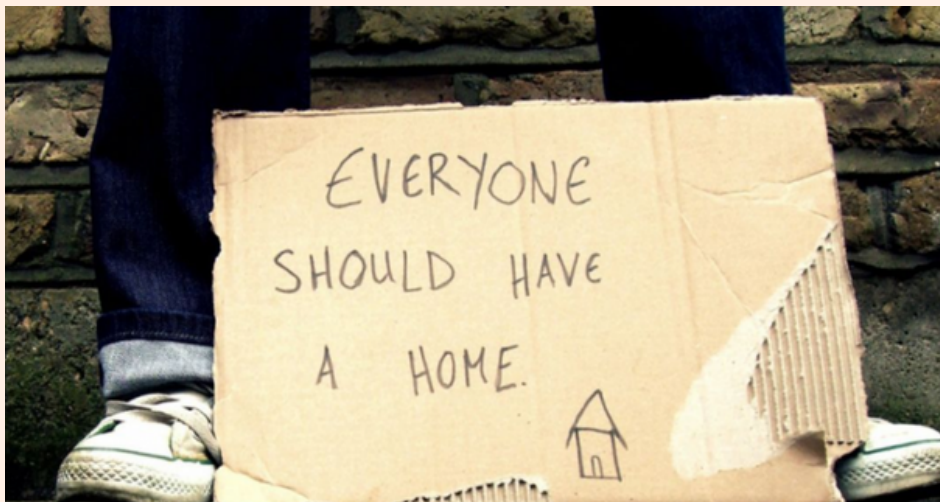
Yreka Basecamp

Introducing (the soon to be) Yreka Basecamp - a haven for those in need. 🌟 As a non-profit low-barrier homeless shelter, we're dedicated to providing a safe space and essential resources for individuals experiencing homelessness. Our mission is simple: offering warmth, shelter, and support to those seeking a fresh start. Stay tuned for regular updates on our journey, warming shelter dates, and final opening date!

Follow us on Facebook and Instagram for the latest news and ways to get involved. Together, let's create a caring community where everyone feels valued and supported.

Your support means the world to us! 🤝

#YrekaBasecamp #SupportingOurCommunity
#HomelessnessAwareness



Six Stones is excited to be partnering with Basecamp



happy holidays

FROM THE SIX STONES TEAM



The cool thing about working at Six Stones Wellness Center is that we not only get to help our members work towards their wellness, we get to help and encourage each other. We often share how grateful we are to be able to work in a place where it is safe to express how we are feeling without the fear of judgement or ridicule.

We have a team of rock stars, just watch us as we continue to do amazing things!

Much love,
from Six
Stones



Merry Christmas!

from Six Stones Wellness Center



Six Stones Wellness Center had a great 2023. We nearly doubled our membership this year. We have also created new groups and classes. We have been collaborating and creating new partnerships with community agencies to better serve our members. We have been asking for feedback from our members and community about what they would like to see as far as groups and activities go, our monthly calendars reflect those ideas. Please come to Six Stones, join us for a group and share your ideas with us.

JAZZ VIBES

Things have been busy so far this winter at Six Stones, we are averaging about 20 members a day!! This time of year can be very difficult not only because of the harsh weather but also because of the holidays and the feelings that come along with it. There have been some really great moments in the Grief Support group recently as we've focused on grief during the holiday season. One of our members has officially become the guardian for their granddaughter and we were able to assist them with combining their human services cases. We are very excited to have helped one of our members obtain their Social Security Disability after a very long process back and forth with the state. We are also happy to be welcoming one of our members to our Six Stones Staff!



The Night Before Christmas: A Homeless Shelter Tale

Add a Winter's crisp darkness settled over the large, brick homeless shelter. Chicago winds whooshed snow across a frozen parking lot. Christmas Eves at homeless shelters are not very different from other nights. Volunteers from a local church carried trays of steaming spaghetti inside. A hundred hungry women, children and men dressed in tattered coats stood around outside, waiting for the shelter to open for dinner. Nearby, a lone man shuffled toward the shelter slowly—carefully—over an icy sidewalk. His massive boots made a soft crunching sound on frozen salt crystals. The man's coat and hat—while heavy—were unable to block the biting chill of this cold winter night. At least his long, tangled beard kept his face warm. People often stared at his beard and clothing. It had taken time, but he had grown used to people staring. In fact, he barely even noticed anymore. When the man reached the shelter, he dropped a black garbage bag in the snow. No one noticed. A man carrying a garbage bag of belongings is a common sight at a homeless shelter. A woman in a coat four sizes too large smiled at the man and offered a broken candy cane. He politely declined, rubbing his hands together to keep warm. Finally, the door to the shelter opened and everyone formed a line to go inside. The line moved like molasses. Some people had lost their shelter ID cards. Others paused for a weary staff member to wave a metal detector at their overstuffed pockets. The man with the heavy coat and long beard waited patiently. When it was his turn, the staff member greeted him by name and welcomed him in with a tired smile and sincere "Merry Christmas." The man heaved his heavy, drained body into the warmth. His thick boots tracked dirty snow inside. Fluorescent lights buzzed overhead, casting harsh light onto rows of tables stuffed into the room. Different smells—some pleasant, others not—filled the air. Sugary, buttery cookies and strong, black coffee were the strongest. A volunteer approached the man. The woman was elderly, thin, and wore a sweater with a reindeer on it. She greeted him with a tray of drinks in Styrofoam cups: decaf coffee or orange Kool-Aid. The man picked up a cup of coffee and took a sip. It was too strong, bitter and hot, but instantly he felt warmer as the rich dark coffee warmed him from the inside.

The man nodded to people he knew. This was not his first night at a shelter. He had been coming for years... many years... far too many years.

He vividly remembered last Christmas Eve here. And the year before... and the year before that, and...

The person in charge of the shelter spotted the man from across the room and hurried over. She knew that whenever he showed up, chaos always followed. By getting to him quickly, she hoped to prevent any problems this time.

The woman motioned the man toward a separate room, away from everyone else. The man picked up his garbage bag and followed without complaint. He knew the drill.

In an empty room, she had him sit in a single red chair—that was missing some of the stuffing—

The Night Before Christmas: A Homeless Shelter Tale

before she left to attend to other matters.

Even though he was inside, the man didn't take off his coat or hat. This is not uncommon in places where people own only one winter coat and cannot afford to lose it.

A few minutes passed in gloomy silence.

A young girl—about five years old, with curly dark hair and brown eyes—wandered into the room by herself. She was eating a cookie shaped like a Christmas tree decorated with thick green frosting.

The man looked up at the little girl, expecting to see fear in her eyes.

Children were often afraid of him. Children living in homeless shelters, though, grow comfortable around strangers because of the thousands of volunteers.

The little girl—green frosting squishing between her fingers—walked right up to the man. She noticed that he had a sorrowful look on his face. As much time as he had spent in homeless shelters, seeing children living in them still made him sad.

It was clear to the girl that the man was trying to hide his feelings from everyone.

She understood what that was like.

A boisterous commotion broke out in the hallway behind the girl, but she didn't notice. Shelters are noisy places. It moved closer, but the little girl just stood there. Suddenly, a dozen young children tumbled into the room, trailed by an overwhelmed staff person.

The children froze when they saw the man, their eyes wide.

He sat up straight...
took a deep breath...
and yelled at them...

“Ho! Ho! Ho! Merry Christmas!”

The little brown-haired girl crawled onto the man's lap. Presents wrapped in shimmering paper with colorful bows spilled from the garbage bag. The other children giggled, scrambling to form a line.

Looking up at the man, the little girl asked, “What do YOU want for Christmas?”

He was silent. He imagined a world without homelessness. A world without shelters. A world where every child—every person—has a home.

A smile slowly spread across the little girl's face as she understood.

“Me too. That's what I want too, Santa.”

To see the illustrated version of this story and hear it read by Actor Emilio Estevez, go to <https://www.homelesstraining.com/books/a-homeless-christmas-story/>

Peace,
Ryan



Yreka Community Resource Center located at

201 S. Broadway Street, Yreka

Phone (530) 842-1313

- Parent Education
 - Playgroups (Ages 0-5)
 - Commodities Food Giveaways
 - Homeless Care Management
 - Mental Health Wellness
 - Broadway New to You Thrift Store
- Siskiyou Community Resource Collaborative is A 501 © 3 nonprofit organization



24-hour Advice Nurse: Not sure if you should go to the ER? Call PHC's 24-hour Advice Nurse line: [\(866\) 778-8873](tel:(866)778-8873); 24 hours a day, 7 days a week.

Mental Health and Behavioral Health: PHC's mental health and behavioral health services are covered through Beacon Health Options. To learn more about your coverage call: [\(855\) 765-9703](tel:(855)765-9703); 24 hours a day, 7 days a week.

Transportation: Need transportation call MTM: [\(888\) 828-1254](tel:(888)828-1254)

PHC's vision services are covered through Vision Services Plan (VSP). To learn more about your coverage call: [\(800\) 877-7195](tel:(800)877-7195); 5 a.m. to 8 p.m. Monday – Friday; 7 a.m. to 8 p.m. Saturday and Sunday 7 a.m. to 7 p.m.

Pharmacy Services: Pharmacy services are provided by Medi-Cal RX. For questions about your pharmacy benefit call: [\(800\) 977-2273](tel:(800)977-2273); 24 hours a day, 7 days a week, or 711 for TTY Monday - Friday, 8 a.m. to 5 p.m.



Care. Hope. Compassion.

Based on the Recovery Model, the Northern Valley Talk Line (NVTL) provides non-crisis peer-to-peer telephone service to the community

7 days a week from 4:30 pm—9:30 pm.

Someone to talk to when life presents challenges...

- Confidential
- Non-crisis
- Peer-to-peer support
- Empathetic listening
- County-wide resource referrals

Northern Valley Talk Line works in partnership with Butte County Department of Behavioral Health as well as Tehama County Health Service Agency and is funded by the Mental Health Services Act (MHSA).

Toll-Free: 855-582-5554

Talk Line does not accept calls from blocked numbers.

COUNTY OF SISKIYOU BEHAVIORAL HEALTH
COMMUNITY/BEHAVIORAL HEALTH AGENCY

530-841-4100

2060 CAMPUS DR
YREKA, CA
96097-9538

COUNTY OF SISKIYOU BEHAVIORAL HEALTH

SISKIYOU COUNTY

Health and Human Services Agency

818 South Main Street

Yreka, CA. 96097

(530) 841-2700



We value

INCLUSION
DIVERSITY
TOLERANCE
LOVE
RESPECT
EQUALITY

Always.

woodburnpress.com

NATIONAL

SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org



Let's talk
about addiction
and mental health



LGBTQ+
SUICIDE
PREVENTION
RESOURCES

IF URGENT MEDICAL
ATTENTION IS REQUIRED,
CALL 9-1-1

NATIONAL SUICIDE
PREVENTION
LIFELINE

1-800-273-(TALK) 8255
VETERANS: PRESS 1

THE TREVOR PROJECT
LGBTQ+ YOUTH

1-866-488-7386
CALL, TEXT OR CHAT
TheTrevorProject.org

CRISIS TEXT LINE
24/7 SUPPORT

TEXT "EMM" TO 741741

SAGE LGBT ELDER
HOTLINE

1-888-234-SAGE

TRANS LIFELINE
TRANSGENDER
COMMUNITY SUPPORT

1-877-565-8860

KNOW THE SIGNS
FIND THE WORDS
REACH OUT

SuicidelsPreventable.org

FOR ADDITIONAL RESOURCES:
EMMResourceCenter.org/collection/lgbtq



Six Stones Wellness Center is a program of Northern Valley Catholic Social Services. Program is funded by Siskiyou County Health and Human Services Department with Mental Health Services Act Funds, Prop 63