

# Placer Child and Family Resource Fair

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## April 23, 2025 Agenda

**1:00 PM - 1:50 PM**

**Easy, Affordable Hacks to Increase Healthy Habits for Your Entire Family**

**Christina Ivazes - Placer Public Health**

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After a lifetime of working with children, teens, and families, Christina Ivazes shares her hacks to add healthy habits that benefit the entire family. Attendees will walk away with a host of easy, no-cost tips to improve family nutrition, exercise, sleep, and overall well-being.

**3:00 PM – 3:30 PM**

**Internet Safety for Caregivers: Strategies for Keeping Kids Safe Online**

**Alicia Rozum - Placer County Office of Education**

**Kristina Darte - KidsFirst**

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The risks online abound: pornography, sextortion, catfishing, and more. If your child has access to a device, parents need to know how to keep them safe. This presentation will provide parents and caregivers of children of all ages tools, strategies, and tips for navigating safe device usage, including on a phone, tablet, gaming systems, or computer.

**5:00 PM - 5:50 PM**

**Never a Bother to Check In (Suicide Prevention)**

**Mateo Ortega - Sierra Native Alliance**

**Jessica Ornelas - Sierra Native Alliance**

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Discover the impactful 'Never A Bother' project, a statewide initiative focusing on mental health and suicide prevention for our youth. Join us as we highlight the vital work being done across the county and explore the 'Sources of Strength' training offered by Sierra Native Alliance. This session is designed for Adult Leaders, Parents, and Youth Leaders in Placer County, providing essential skills on supporting our youth during stressful times and connecting them with the right resources.

### **Protectors and Pups**

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Meet Butter, the Roseville Police Department's crisis comfort canine! Join us for a unique story time experience where you can read along with local law enforcement officers and get some cuddle time with our furry friend. Time Slots available @ 2:00PM, 4:00PM, 4:30PM, 5:00PM  
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**2:00 PM - 2:50 PM**

**Bike & Badge - Join Us for a Fun-Filled Ride!**

**Placer County Sheriff's Office**

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Get ready to pedal! Join local law enforcement for a fun and safe bike ride around the beautiful grounds of the Maidu Community Center. It's a great way for kids to interact with officers and enjoy the outdoors! Helmets required – Safety first! Bring your own bike and get ready to roll! Ages 6-12 welcome