

Connected with PRS



Serving People. Strengthening Families. Uplifting Communities.



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Helping Children With Loss

PRS is offering Helping Children With Loss, an educational program based on the Grief Recovery Method® that supports adults helping children deal with all types of losses in their lives.

Children hear beliefs about grief that are confusing, such as Time Heals, Replace the Loss, Cry Alone, Be Strong, and Bury Your Feelings. Join us to explore how to replace these beliefs with practical guidance for helping children.

Thanks to funding from the Plumas Children's Council, this 5-week online course is being offered for free to Plumas County parents on Wednesdays from 1:00-3:00 PM, running from April 22nd to May 20th. The course includes a copy of "When Children Grieve – For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses".

For more information contact Dana Nowling via [email](#) or at 530-283-2735, ext. 856. To sign up, [register here](#).



Olivia Dingel

Program Assistant IV

Program Assistant Olivia Dingel has lived in Plumas County her whole life - her parents settled in Quincy after both attending Feather River College, and she was born and raised here. She loves experiencing the wonders of nature in Plumas County, especially having four unique seasons. She also appreciates that it's a very safe community to live and raise her daughter in.

As the daughter of the Child Care Payment Program (CCPP) Coordinator, Olivia has been familiar with PRS for more than 20 years. After having her own daughter, she became a CCPP client herself, Olivia did some contract work at PRS for a time as well. When an opening came up she joined the CCPP part-time in 2024. In December 2024, she was hired in her current full-time role.

Olivia enjoys the environment she gets to work in every day, finding that her coworkers are extremely nice to work with. She also values the fact that the organization allows flexibility for family/life balance and support for parents who work.

"What I love most about working here is the people."

When she's not working, Olivia likes to go on walks, spend the day on the river, go snowboarding in the winter, and spend quality time with her daughter. She also loves to vacation to National Parks or relax on the beach.



Staff sporting green for St. Patrick's Day

Child Abuse Prevention Month

April is National Child Abuse Prevention Month, an opportunity to raise community awareness about the programs PRS offers that support children and families in our communities. The [Family Empowerment Center](#) and [Early Start Family Resource Center](#) aid families with children who have disabilities, helping caregivers access services and resources, learn how to advocate for their children, and connect with other families.

Our [Trauma Recovery & Education](#) services provide trauma recovery support to individuals suffering the effects of trauma in their lives; this can be especially helpful for caregivers who want to make sure their past trauma doesn't negatively affect their parenting.



"There can be no keener revelation of a society's soul than the way in which it treats its children."

- Nelson Mandela

For families struggling with intimate partner violence in the home, PRS offers [Domestic Violence Services](#), which provides crisis intervention, safe shelter, advocacy, legal assistance with restraining orders, and counseling.

For parents and caregivers seeking to interact with children more mindfully, PRS's [Mindful Nurturing Parenting](#) course is offered over 8 sessions either in person or [online here](#) thanks to First 5 Plumas funding to support parents of children ages 0-5. Additional Mindful Parenting courses are available for families [parenting teens](#), [sharing caregiving responsibilities](#), or who need more [intensive support](#).

Helping Children & Families Thrive

Johnny Mansell

Board Vice-President

PRS Board Vice-President Johnny Mansell was born and raised in Quincy and Plumas County. A dedicated local, Johnny appreciates the slower pace and willingness for collaboration across all walks of life that exist in this region.

Johnny has a 20-year history as a realtor in Plumas County and has owned Town and Country Properties since 2013. He joined the PRS Board of Directors in 2019, bringing years of experience on a variety of Boards. His expertise in real estate brings valuable knowledge and experience both in real estate and finance to the agency. He appreciates the willingness PRS shows to work with any and all agencies to create solutions to community problems, and that the answer is never "no" to any request for help.

In his free time, Johnny's favorite activity is traveling. He greatly values learning and growing from different cultures throughout the world, finding that a profound way to gain perspective.



"PRS is full of out-of-the-box thinkers and problem solvers that are dedicated to serving the community."

Spring Children's Coloring Contest

Win a prize and help decorate the Family Empowerment Center

The Family Empowerment Center would like to invite all young artists, ages 0-18 years, residing in Lassen, Modoc, Plumas and Sierra counties to participate in the Spring Coloring Contest. Create your handprint design by tracing and coloring your hand, and write what you love most about spring. Submissions will be displayed in office as our spring decorations, and winners will receive a prize of a gift card or art supply basket!

[Click here](#) for the link to the entry form. Entries can be submitted by mail, email, or in person. We can't wait to see what you create!

Coming Up at PRS...

Events, Trainings, & More

Thu, April 2, 9:00 AM - 4:30 PM

Youth Mental Health First Aid Training
For adults 18+ who interact with children
CLF Church, 317 1st Street, Quincy
[Register here](#)

Tue, April 9, 12:00 - 2:00 PM

'Lunch - Learn - Lead' Development
Seminar: "Leadership at Work"
CLF Church, 317 1st St, Quincy
[Register here](#)

Tue, April 14, 6:00 - 7:00 PM

Virtual Community of Practice:
"Inclusion Works!" for Early Learning &
Child Care Providers
Register with [Liz](#) at 530-283-4453, x815

Thu, April 16, 12:00 - 1:00 PM

Parent Support Group for caregivers of
children with disabilities in Modoc,
Lassen, Plumas and Sierra Counties
711 E. Main St, Quincy
805 Main St, Suite E, Susanville
Virtually via Zoom, [Register here](#)

Tue, April 21, 10:30 AM - 12:00 PM

Connect the Dots Webinar: "Looking Into
the Eyes of Young Children, Part 2"
[Register here](#)

Tue, April 21, 6:00 - 7:30 PM

Virtual Cafe for Early Learning & Child
Care Providers
Register with [Liz](#) at 530-283-4453, x815

Wed, April 29, 6:00 - 8:00 PM

Count - Play - Explore: "Light & Shadow"
PRS Office, 711 E. Main Street, Quincy
Dinner Provided, Register by April 21 with
Debbie at 530-283-4453, x824

Thu, April 30, 12:00 - 2:00 PM

'Lunch - Learn - Lead' Development
Seminar: "Management Skills at Work"
CLF Church, 317 1st St, Quincy
[Register here](#)



JOIN OUR TEAM!

Visit [our website](#) for up-to-date
information on positions and to apply.

**Family Empowerment Center Family
Specialist - Part-Time**

ALIVE Support Specialist - Part-Time

Transit Driver - On-Call

*These positions
available at time of
print.*



Donate
Here



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X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc