



Changing Tides Family Services

Connecting community to the resources they need to succeed!

Celebrating
50 years in
2025

Changing Tides Family Services is a non-profit committed to helping our community thrive.

Since 1975, Changing Tides Family Services has helped to build a stronger, more resilient Humboldt by connecting families of all kinds to essential resources and services. Each day, Changing Tides Family Services makes it possible for thousands of families and individuals to maintain or increase their incomes, to keep family members living in their homes or community, and to enhance their physical, emotional, or developmental well-being. Changing Tides Family Services provides quality, community-based services that demonstrate the Agency's values: respect, integrity, excellence, health and wellness, flexibility, and fiscal responsibility.

Behavioral
and Family
Empowerment

Early
Learning
and Care

Special
Needs
Services

Family
Empowerment
Services

Child
Care
Services

Resource
and Referral
Services



Supported Parenting
Program

Early Childhood
Mental Health-
Mental Health
Consultation

Alternative Payment

Free Child Care
Referrals

In-Home Respite
Services

Therapeutic Behavioral
Services

CalWORKs Stages 1, 2,
and 3

Capacity Building &
Professional
Development for Child
Care Providers

Respite Plus & Skills
Acquisition Services

Intensive Home Based
Services

Family Child Care
Home Education
Network

Quality Counts
California

Early Start Services

Supervised Visitation
Services

Emergency Foster
Bridge Child Care

CalFresh

Family Empowerment Center

Early Head Start-
Child Care
Partnership

Parent Services



More information at
changingtidesfs.org

Child Care Food
Program

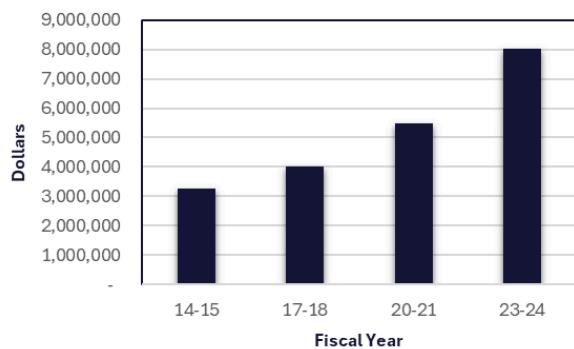
Disaster Support and
Recovery

Snapshot of Impact

Child Care

Affordable child care is critical to families being able to find work, earn a living, expand their opportunities, and actively participate as part of a thriving and healthy community. Child care is also where children start their education journey with the tools to succeed. Changing Tides Family Services assists families in learning about early learning and their child's development, finding the right child care provider to meet their needs, and signing up for the subsidized child care program that keeps high quality care within the reach of every family.

Increase in Reimbursements to Providers



In FY 23-24, we assisted:

\$8,300,120
Payments to providers

438 Child care providers

\$993,851
Cost of Care Payments

4,101 Child care referrals

1,059 Families

1,521 Children

Family and Child Wellbeing

Other Community Impacts

As a family resource agency, we play a vital role in the community, offering individualized support to parents, guardians, child care providers, and local organizations. During emergencies, including natural disasters, R&R staff are on the front lines, coordinating with local partners, supporting the resiliency of families and child care providers, and advocating for state and federal resources. From free referrals for child care and other services, to parenting classes, food and nutrition, supplies, hot meals, and technical assistance, our team is dedicated to meeting the needs of our community.

28 classes and 6 Parent Cafés

3,542 CalFresh applications and 5,938 healthy living activities and resources

Pilot Parent Program with the Betty Kwan Chinn Homeless Foundation

Child Care Provider Support

130 Hours of Mental Health Consultation

\$79,429.12 to support child care health and safety

78 Professional development trainings