




River Oak
Center for Children



Family Resource Center EVENT CALENDAR

Julio / July 2018

LOCATED AT:
Fruit Ridge Community Collaborative
4625 44th St., Rm 36
Sacramento, CA 95820

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (5) Teen Success 4:30pm-6:15pm	3	4 FRC CLOSED / CERRADO 	5 Healthy Relationships Individual Counseling/Relaciones Sana Consejería Individual 9:00am-12:00pm Beyond Self- Boundaries- Taller de auto-cuidado personal @ FRC 9:30am- 11:00am OUR TIME GROUP @FRC 5:00pm- 6:30pm	6 Little Explorers/Pequeños Exploradores 10:00am- 11:00am (0-5)	7 Making Parenting a Pleasure MPAP- English @FRC 10:00am-4:30pm (6)
8	9 Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (6) Teen Success 4:30pm-6:15pm	10 NPP ITP— English @FRC 2:00pm- 4:00pm (1)	11 Creative Creations/ Creaciones Creativas 9:30am-11:00am Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (7) Father's Inc— English @FRC 5:30pm—7:30pm (8)	12 Healthy Relationships Individual Counseling/Relaciones Sana Consejería Individual 9:00am-12:00pm NPP ITP— English @FRC 2:00pm- 4:00pm (2)	13 Adventure & Discovery Club/ Club de Aventuras y descubrimiento (6+) 3:00pm-4:30pm	14
15 Registration is REQUIRED for ALL FRC classes & events Call (916) 244-5800 to register.	16 Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (8) Family Fun Day @ FRC 3:30pm-5:00pm	17 Car Seat Safety Class/ Clase de asientos de seguridad 10:00am- 12:00pm –English only NPP ITP— English @FRC 2:00pm- 4:00pm (3)	18 Tasty Seasons/Estaciones Sabrosas @ Sacramento Food Bank 10:00am– 12:00pm Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (9) Father's Inc— English @FRC 5:30pm—7:30pm (9)	19 Healthy Relationships Individual Counseling/Relaciones Sana Consejería Individual 9:00am-12:00pm Beyond Self- Boundaries- Taller de auto-cuidado personal @ FRC 9:30am- 11:00am NPP ITP— English @FRC 2:00pm- 4:00pm (4) OUR TIME GROUP @FRC 5:00pm- 6:30pm	20 Imagination Station/ Estacion de la imaginacion @FRC 10:00am-11:00am (0-5)	21
22	23 Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (10) Family Fun Day @ FRC 3:30pm-5:00pm	24 NPP ITP— English @FRC 2:00pm- 4:00pm (5)	25 Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (11) Father's Inc— English @FRC 5:30pm—7:30pm (10)	26 Healthy Relationships Individual Counseling/Relaciones Sana Consejería Individual 9:00am-12:00pm NPP ITP— English @FRC 2:00pm- 4:00pm (6)	27 Circle Time 10:00am-11:00pm (0-5) Adventure & Discovery Club/ Club de Aventuras y descubrimiento (6+) 3:00pm-4:30pm	28
29	30 Making Everyday Fun/ ¡Hacer diversión todos los días! Taller @ FRC 9:30am-11:00am Crianza con Cariño Padres Adolescentes @FRC 1:00pm-3:00pm (12)	31 Hmong Women's Circle 9:30am- 11:00am NPP ITP— English @FRC 2:00pm- 4:00pm (7)	Key : Classes in GREY— NEW PARENTING WORKSHOP (OPEN) CLASSES IN GREEN— CLOSED SORRY WE CANNOT ACCEPT NEW PARTICIPANTS CLASS IN PURPLE _ INDIVIDUAL COUNSELING (WEAVE) CLASSES IN BLUE -EARLY LITERACY/ 0-5) CLASSES IN BLACK— 6+ PARENT CHILD ACTIVITY CLASS CLASSES IN PINK— STRESS RELIEVER— PLAYCARE AVAILABLE		CLASES EN GRIS- NUEVO TALLER PARA PADRES (ABIERTO)CLASES EN VERDE— CERRADA LO SENTIMOS NO PODEMOS ACEPTAR NUEVO PARTICIPANTES CLASES EN MORADO— CONSEJERIA INDIVIDUAL (WEAVE)CLASES EN AZUL— PARA FAMILIES CON NIÑOS (0-5)CLASES EN NEGRO— ACTIVIDADES PARA PADRES Y HIJOS (6+)CLASES EN ROSA— CLASES DE AUTO CUIDADO — CUIDADO DE NIÑOS DISPONIBLE	

*Little Explorers/Pequeños Exploradores: *Join us for more school readiness learning and fun in our new math and science workshop! Come with your family to read, play, and discover how easy it is to learn math and science from the world around us!

*¡Vengan con nosotros para recibir más preparación escolar y diversión en nuestro nuevo taller de ciencia y matemáticas! ¡Venga con su familia a leer, jugar, y descubrir lo fácil que es aprender matemáticas y ciencias del mundo que nos rodea!

*Koj puas paub tias koj yuav pauv tau koj lub neej yog koj kawm leb thiab science thaum koj tseem yau? Txawm tsis txawj leb thiab science los peb mam li pab qhia koj thiab koj tus menyuam kawm me ntsis zuj zus. Tuaj nrog koj tus menyuam nyeev ntawv, ua si, thiab kawm leb thiab science ua ke.

*Imagination Station/Estación de la Imaginación: *Join us for this school readiness workshop where you will have the opportunity to spend fun educational time with your little one! Come read, play, sing, and dance and make crafts that help promote early education for your child! *Únase a nosotros en este taller de preparación escolar donde tendrá la oportunidad de pasar un tiempo educativo y divertido con su pequeño! Venga a leer, jugar, cantar, bailar y hacer manualidades que ayudan a promover la educación temprana para su hijo! *Lub hoob qhia ntawm no yog rau nej cov niam txiv tuaj koom nrog nej tus menyuam. Nej yuav muaj sijhawm nyeem ntawv, ua si, hu nkauj, las voos thiab ua crafts kom pab nej tus menyuam kawm tau ntawv zoo.

*Tasty Seasons/ Estaciones Sabrosas- the class will be a nutrition class that will be taught by The Alchemist every third Wednesday at the Sacramento Food Bank. The first hour will consist of a food demo and the second hour will consist of a store tour. La clase será una clase de nutrición que será impartida por Alchemist CDC en el Banco de Comida de Sacramento cada tercer miércoles. La primera hora consistirá en una demo de comida y la segunda hora consistirá en una gira de tienda. 3333 3rd Avenue Sacramento Ca 95817

*Beyond Self- Boundaries- Taller de autocuidado personal— This will be a workshop that will provide parents with self-care hobbies to try at home. *Este será un taller que proporcionará a los padres con aficiones de autocuidado para probar en casa.

*Teen Success - is taking a vacation , last meeting is 7/9 Please check back in September for the restart date.

*Car Seat Safety Class/ Clase de asientos de seguridad para los niños/Hoob Qhia Txog Car Seat:

*Learn how to choose a car seat, install it in your car and how to put a child in the car seat! Attend a 2 hour car seat class and receive a free or low-cost car seat. Must bring proof of WIC, HEALTHY FAMILIES, MEDI-CAL, or EBT CARD to class. Car seat will be provided at 2nd appointment following completion of the class. You must register for this class! Registration opens 7 days before the class). Call: 916-244-5800. *Aprende cómo elegir un asiento de seguridad, instalar en su coche, y cómo poner los niños en el asiento del coche! Al asistir a esta clase de dos horas recibirá una silla a bajo costo o gratuita. Favor de llevar prueba de WIC, Healthy Families, Medi-Cal, o tarjeta de EBT para la clase. Asiento de coche se proporcionará a la 2ª cita después de la finalización de la clase. 916- 244-5800 para registrarse.*Tuaj kawm hoob qhia txog car seat es koj thiaj li paub xaiv lub car seat haum koj tus me nyuam thiab koj thiaj li paub muab koj tus me nyuam tso rau hauv lub car seat. Tom qab koj tuaj kawm nrog peb lawm, peb mam li teev sijhawm rau koj mus qab lub car seat. Lub hoob qhia no tsuas yog 2 xujamoo xwb. Thaum koj tuaj kawm hoob no, koj nqa koj daim EBT/CalFresh card, tshev mis (WIC), MEDI-CAL card nrog koj. Hu tuaj tso npe ua tej.

*Creative Creations/Creaciones Creativas: Come every first Wednesday of the month and enjoy a wonderful experience and relieve stress while creating incredible creations from crafts and explore the infinite possibilities of creativity! Children will not be permitted, play care will be provided. Ven cada primer Miercoles del mes y disfruta la divina experiencia y destresate y a la misma vez creando increíbles creaciones hacienda manualidades y explora las infinitas posibilidades. Niños no estan permitidos en la clase, tendremos cuidado de niños. *Tuaj nrog peb koom lub hoob no. Peb yuav qhia nej ua ib co arts thiab crafts. Me nyuam yaus nrog nej ua tsis tau tab sis nej koj tau tuaj peb mam li zov.

Adventure & Discovery Club/ Club de Aventuras y descubrimiento (formly known as Study Jam/ Estacion Jam - *Families with school aged children (6 and over), please join us for educational activities, snacks, and fun.

*Making Everyday Fun!! Hacer diversión todos los días! - This is an educational workshop for parents and caregivers to introduce routines and schedules to their children to everyday play activities. Este es un taller educativo para padres y cuidadores para presentar rutinas y horarios a sus hijos usando actividades de juego diarias.

*Nurturing Parenting Program Infant Toddler Preschool (NPP-ITP), Nurturing Parenting Program School Age (NPP-SA), Making Parenting a Pleasure (MPAP), NPP Fathers (Fathers Inc.): These Parenting Workshops are recognized by Sacramento County Child Protective Services as approved parenting classes for parents with children ages zero (pregnant) to 12-years-old.

*Consolidando el Programa de Crianza de los Hijos (NPP), Haga de la Paternidad Un Placer (MPAP), NPP padres (Padres Inc.): El Programa de Crianza Para Padres y Haga de la Paternidad son reconocidos por los servicios de protección infantil Condado Sacramento aprobado clases para padres para padres con hijos edades (embarazada) de cero a 5 años de edad.

*Family Fun Day— Come join us the third and fourth Monday for some family fun for everyone . We will be having activities for the whole family to enjoy! Día de diversión familiar: Te invitamos el tercer y cuarto lunes para que se diviertan en familia. Tendremos actividades para que toda la familia disfrute!

RIVER OAK CENTER FOR CHILDREN

Birth and Beyond

Family Resource Center

Julio / July 2018 CALENDAR



River Oak
Center for Children



**River Oak Family Resource Center
Fruit Ridge Community Collaborative
4625 44th St., Room 36
Sacramento, CA 95820**

Call 916-244-5800 to register for classes and receive more information.