

## DEDICATED TO SUPPORTING FAMILIES LIKE YOURS

Birth & Beyond Family Resource Centers help build strong families, meet the needs of growing children, and ensure families receive the necessary resources they need.



## FAMILY RESOURCE CENTERS

Please call or visit an FRC near you. We're here to help.

**La Familia Counseling Center**  
5523 34th Street  
Sacramento, CA 95820  
916-452-3601

**River Oak Family Resource Center**  
4625 44th Street  
Sacramento, CA 95820  
916-244-5800

**Sacramento Children's Home Meadowview Family Resource Center**  
2251 Florin Rd., Suite 158  
Sacramento, CA 95822  
916-394-6300

**North Sacramento Family Resource Center**  
1217 Del Paso Blvd., Suite B  
Sacramento, CA 95815  
916-679-3743

**Valley HI Family Resource Center**  
7000 Franklin Blvd., Suite 820  
Sacramento, CA 95823  
916-290-8281

**WellSpace Health's North Highlands Multi-Service Center**  
6015 Watt Ave., Suite 2  
North Highlands, CA 95660  
916-679-3925

**Folsom Cordova Community Partnership**  
10665 Coloma Rd., Suite 200  
Rancho Cordova, CA 95670  
916-361-8684

**Mutual Assistance Network Firehouse Community Center**  
810 Grand Avenue  
Sacramento, CA 95838  
916-567-9567

**Arcade Community Center**  
2427 Marconi Ave.  
Sacramento, CA 95821  
916-514-8096

**Child Abuse Information & Referral**  
916-244-1900 • [www.thecapcenter.org](http://www.thecapcenter.org)

**24-Hour Parent Support**  
888-281-3000

**Community Information Line**  
2-1-1

Additional information about the First 5 Sacramento Commission is online at [www.first5sacramento.net](http://www.first5sacramento.net) or by calling 916-876-5865.



**Birth & Beyond**



**SACRAMENTO COUNTY**

*Birth & Beyond*



## FAMILY RESOURCE CENTERS

Nurturing the Families of Sacramento

## FRCS SERVE FAMILIES

### Home Visitation

in-home nurturing parenting workshops, which helps improve bonding, parent-child relationships, and child behavior. Connects families with community resources, health education, and information.

### Crisis Intervention

Families receive information, referrals, and other resources to address their immediate crisis

### Parenting Workshops

Workshops designed to strengthen families are available at the Birth & Beyond Family Resource Centers, and other convenient locations in the community, in multiple languages.

#### ● Nurturing Parenting Program

Parents learn about child development, empathy, discipline, and empowerment. *Approved for Court Mandated Parent Education.*

#### ● Make Parenting A Pleasure

Parents learn effective parenting skills, how to manage stress and positive discipline. *Approved for Court Mandated Parent Education*

#### ● DARE To Be You

Parents learn how to teach their children to feel better about themselves, communicate, be responsible and make decisions.

#### ● Playcare

Playcare is provided, by trained individuals, to families during the workshops at the FRC so parents can focus fully on participating in the activities.

#### ● Child Health & Safety Workshops

- Car Seat Classes and
- Safe Sleep Baby Information & Classes



#### Additional Services

- After School Activities/Classes
- Anger Management
- Community Events
- Domestic Violence Services
- Employment Centers
- Fitness Classes
- Health Clinics
- Medical and Dental Referrals including Medi-Cal Services
- Mommy/Daddy and Me
- Parent Leadership
- School Readiness Services
- Self-Defense Classes
- Transportation

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& Beyond**