



River Oak
Center for Children



Family Resource Center CALENDAR/CALENDARIO

Octubre/Octubre 2020

Monthly MAA Topic: [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)
MAA Tema del mes: Mes de concientización sobre el síndrome de muerte súbita del lactante (SMSL)

LOCATED AT/DIRECCIÓN:
Fruit Ridge Community Collaborative
4625 44th St Rm 36 Sacramento CA 95820
www.facebook.com/RiverOakCenter

Sunday/domingo	Monday/lunes	Tuesday/martes	Wednesday/miércoles	Thursday/jueves	Friday/viernes	Saturday/sábado
Registration is REQUIRED for ALL classes & events Call (916)873-9863 to register.	FRC office is temporary closed due to COVID- 19 Classes and Services will be offered over the phone or via teleconferencing.					
4 SE REQUIRE inscripción para TODAS las clases y eventos. Llame al (916)873-9863 para registrarse	5 PAC– Parent Advisory Committee Meeting/ Junta de PAC– Comité de Padres 9:30am-10:30am MPAP English —Session 3 3:00pm-5:00pm	6	7 MPAP English —Session 4 3:00pm-5:00pm	8 Craft Class/ Clase de Artesania 10:00am– 12:00pm	9 Once upon a Chef 2:00pm-3:00pm	10
11 Please be on time for all classes. We have a ten minutes policy. IF you arrive after the ten minutes you will NOT be admitted into the class.	12 Safe Sleep Baby Workshop/ Taller de Sueño Seguro bebé 10:00am– 12:00pm MPAP English —Session 5 3:00pm-5:00pm	13 Preschool Circle Time/ Hora del círculo preescolar 10:00am– 11:00am	14 Creative Creations / Creaciones Creativas 10:00am to 12:00pm MPAP English —Session 6 3:00pm-5:00pm	15	16 Adventure & Discovery Club / Club de aventura y descubrimiento 3:30pm-5:00pm	17
18 Por favor, sea puntual para todas las clases. Tenemos una política de diez minutos. Si llega después de los diez minutos NO sera admitido a la clase.	19 MPAP English —Session 7 3:00pm-5:00pm	20	21 MPAP English —Session 8 3:00pm-5:00pm	22 Craft Class/ Part 2 / Clase de Artesania Parte 2 10:00am– 12:00pm	23 Once upon a Chef 2:00pm-3:00pm	24
25	26 Smart Saving– Couponing Class / Ahorro inteligente: clase de cupón 10:00am– 12:00pm MPAP English —Session 9 3:00pm-5:00pm	27 Fall Festival/ Festival de Otoño 3:30pm-5:00pm	28 Resource Class Presentation– / Clase de Recursos 10:00am– 11:00am MPAP English—Session 10	29 Little Explorers– (0-5)/ Pequeños Exploradores - 10:00am-11:00am	30 Teen Talk./ Conversacion Adolescente 3:00pm-4:30pm	31

Creative Creations-/Creaciones Creativas- Families will be learning how to make their own pumpkin out of paper mache. Las familias harán calabaza usando un globo y papel maché.

Craft Class– Clase de Artesanía- Families will learn how to do basic crochet / cross stitch. Las familias aprenderán a hacer crochet básico / punto de cruz.

Smart Saving– Couponing Class/ Ahorro inteligente: clase de cupón - to teach you the basics of using coupons and saving money at Grocery Stores, Retailers, Drug Stores and Online /Para enseñarle los conceptos básicos del uso de cupones y ahorrar dinero en supermercados, minoristas, farmacias y en línea

Resource Class/ Class de Recursos—Presentations to families by local Sacramento organizations on different resources. Presentaciones a familias por organizaciones locales de Sacramento sobre diferentes recursos.

Once Upon a Chef/ Érase una vez un cocinero— cooking classes that will go over fun fall kids treats. /clase de cocina que repasará las divertidas golosinas de otoño para niños

Little Explorers 0-5 / Pequeños Exploradores— Science and Math activities for parents children ages 0-5./Actividades de ciencia y matemáticas para padres e hijos de 0 a 5 años

Circle Time 0-5 / Tiempo de Circulo— We will be reading doing an activity that goes along with the story. /Leeremos y haremos una actividad que vaya junto con la historia.

Teen Talk/ Conversación adolescente— Discussion, Art, and more. This workshop is offered for teens ages 13-17. Discusión, arte y más. Este taller se ofrece para adolescentes de 13 a 17 años.

Safe Sleep Baby Workshop/ Taller de sueño Seguro- This workshop will go over the ABC's of safe sleep. Este taller repasará el ABC del sueño seguro.

Parenting Workshops: Meets Sacramento County Child Welfare Services requirements .

Offered Virtually Via Zoom. Please call (916)-873-9863 Pre- Registration is Required!¡Se requiere preinscripción!

Nurturing Parenting Program— Nurturing Parenting program curriculum for parents who have children ages birth to school aged. These series of workshops focus on nurturing parenting, disciplining, helping kids manage behavior, self expression and more!

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

Octubre/Octubre 2020 CALENDAR/CALENDARIO



River Oak
Center for Children



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

**Call 916)-873-9863 to register for classes and receive more information
Llame al 916)-873-9863 para registrarse por clases y recibir más información**