



River Oak
Center for Children



Family Resource Center Virtual Services

CALENDAR/CALENDARIO

February/Febrero 2021

Monthly MAA Topic: American Heart Month
MAA Tema del mes:

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
<p>Registration is REQUIRED for ALL classes & events Call (916) 873-9863 to register.</p> <p>All In-Person are currently held virtually via Zoom.</p>	1	2 PAC Meeting / Junta de Padres 9:30am-10:30am	3 Nurturing Parenting Program– Infants, Toddlers, Preschoolers– Session 2 3:00pm-5:00pm	4	5	6
<p>7 SE REQUIRE inscripción para TODAS las clases y eventos. Llame al (916)873-9863 para registrarse.</p> <p>Todos los servicios de en-persona se ofrecen virtual por Zoom.</p>	8 Safe Sleep Baby Workshop/ Taller de Sueño Seguro bebé 10:00am– 12:00pm Healthy Heart Virtual Family Night. Noche familiar virtual de Corazon Saluable 3:00pm-4:30pm	9 Preschool Circle Time/ Hora del círculo preescolar 10:00am– 11:00am	10 Nurturing Parenting Program– Infants, Toddlers, Preschoolers– Session 3 3:00pm-5:00pm Creative Creations / Creaciones Creativas 10:00am to 12:00pm	11 Growing Parents. Padres en Crecimiento 10:00am-11:00am	12 Once upon a Chef /Érase una vez un cocinero 2:00pm-3:00pm	13
<p>14 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.</p>	15	16 Magnificent Mother/ Madre Magnificas 2:00pm-3:00pm	17 Resource Class Presentation/ Clase de Recursos 10:00am– 11:00am	18 Motivated Parents. Padres Motivados 10:00am-11:00am	19 Teen Teen Talk./ Conversacion Adolescente 3:00pm-4:30pm	20
<p>21 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.</p>	22 Little Big Athletes / Pequeños Grande Athleticos 2:30pm-3:30pm	23	24 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 3:00pm-4:30pm	25 Little Explorers– (0-5)/ Pequeños Exploradores - 10:00am-11:00am	26 Once upon a Chef/ Érase una Vez un cocinero 2:00pm-3:00pm Our Time 4:00pm-5:00pm	27
28						

Self Care– Workshops	Parent-Child Bonding Workshops	School Readiness	Informational Workshops
<ul style="list-style-type: none"> • Healthy Heart Virtual Family Night. Noche familiar virtual de Corazon Saluable • Creative Creations / Creaciones Creativas • Growing Parents. Padres en Crecimiento • Magnificent Mother/ Madre Magnificas • Motivated Parents. Padres Motivados • Our Time 	<ul style="list-style-type: none"> • Once upon a Chef /Érase una vez un cocinero • Little Big Athletes / Pequeños Grande Athleticos 	<ul style="list-style-type: none"> • Preschool Circle Time/ Hora del círculo preescolar 0-5 • Adventure & Discovery Club/ Club de Adventure y Descubrimiento 6-12 • Teen Teen Talk./ Con- versacion Adolescente 13-17 • Little Explorers– (0-5)/ Pequeños Exploradores 	<ul style="list-style-type: none"> • Resource Class Presentation/ Clase de Recursos • Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé

Parenting Workshops: *Meets Sacramento County Child Welfare Services requirements . Offered Virtually Via Zoom. Please call / Por Favor Llamar (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! *Plan de estudios del programa de crianza con carino para padres que tienen hijos desde el nacimiento hasta la edad escolar. ¡Esta serie de talleres se enfoca en fomentar la crianza de los hijos, disciplinar, ayudar a los niños a manejar el comportamiento, la autoexpresión y más!

Make Parenting a Pleasure– A series of 13 sessions workshop that focuses on effective and positive parenting techniques that allow parents to learn “tips and tricks” on how to communicate more effectively. Una serie de talleres de 13 sesiones que se enfoca en técnicas de crianza eficaces y positivas que les permiten a los padres aprender “consejos y trucos” sobre cómo comunicarse de manera más

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

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Llame al (916)-873-9863 para registrarse por clases y recibir más información**