

Family Resource Center Virtual Services

CALENDAR/CALENDARIO

July /Julio 2021

Monthly MAA Topic: Heat Exhaustion Prevention

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

Important Notes/

Notas importantes

Registration is **REQUIRED** for ALL classes & events Call (916)873-9863 to register.

All In-Person are currently held virtually via Zoom.

SE REQUIRE inscripción para TODAS las clases y eventos. Llame al (916)873-9863 para registrarse.

Todos los servicios de en-persona se ofrecen virtual por Zoom.


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.

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.



River Oak
Center for Children



Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
			1 PAC Meeting/ Junta de Padres 9:30-10:30am	2
5  FRC Closed	6 FRC participants Drive Thru- Pick Up 11:00am-1:00pm Participantes de FRC Drive-Thru: Para recoger materiales 11:00am-1:00pm NPP School Age Lesson 3 5:00pm to 7:00pm	7	8 Little Big Athletes / Pequeños Grande Athleticos 3:30pm-4:30pm	9 Once upon a Chef /Érase una vez un cocinero 2:00pm-3:00pm
12	13 Preschool Circle Time/ Hora del círculo pre-escolar 10:00am- 11:00am	14 Creative Creations / Creaciones Creativas 10:00am to 12:00pm	15 Nurturing Touch/Toque de Cariñoso (newborn - 6months) 10:00 am—11:30 am	16 Our Time/ Nuestro Tiempo 4:00pm-5:00pm
19 Safe Sleep Baby Workshop/ Taller de Sueño Seguro Infantil 10:am-12pm	20 Little Explorers- (0-5)/ Pequeños Exploradores - 10:00am-11:00am	21	22 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 3:30pm-4:45pm	23 Teen Teen Talk./ Conversacion Adolescente 3:45pm-4:45pm
26	27	28 Resource Class/ Clase de Recursos 10:00am—11:30am	29	30

Self Care– Workshops

- Creative Creations / Creaciones Creativas
- Motivated Parents. Padres Motivados
- Magnificent Mother/ Madre Magnificas
- Our Time/ Nuestro Tiempo

Parent-Child Bonding Workshops

- Once upon a Chef /Érase una vez un cocinero
- Little Big Athletes / Pequeños Grande Athleticos

School Readiness

- Preschool Circle Time/ Hora del círculo preescolar 0-5
- Adventure & Discovery Club/ Club de Adventure y Descubrimiento 6-12
- Teen Teen Talk./ Conversacion Adolescente 13-17
- Little Explorers– (0-5)/ Pequeños Exploradores

Informational Work- shops

- Crisis Nursery Presentation
- Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé
- Nurturing Touch/ Toque Cariñoso (Newborn –6ms)

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

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

July/Julio

2021 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