

Family Resource Center Virtual Services

CALENDAR/CALENDARIO

September/Septiembre 2021

Monthly MAA Topic: Wildfire Pollution 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 será admitido a la clase.



River Oak
Center for Children



Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
		1 MPAP English Session 2 3:00pm- 5:00pm	2	3
6 FRC Closure 	7 PAC Meeting/ Junta de Pardes 9:30-10:30am	8 MPAP English Session 3 3:00pm- 5:00pm	9 FRC participants Drive Thru- Pick Up 11:00am-1:00pm Participantes de FRC Drive-Thru: Para recoger materiales 11:00am-1:00pm	10 Once upon a Chef /Érase una vez un cocinero 2:00pm-3:00pm
13 Preschool Circle Time/ Hora del círculo pre-escolar 10:00am- 11:00am	14 School Age English Session 1 3:00pm- 5:00pm	15 Creative Creations Part 1/ Creaciones Creativas 10:00am to 12:00pm	16 Little Big Athletes / Pequeños Grande Athleticos 3:30pm-4:30pm School Age English Session 2 3:00pm- 5:00pm	17 Our Time/ Nuestro Tiempo 4:00pm-5:00pm
20	21 Little Explorers- (0-5)/ Pequeños Exploradores - 10:00am-11:00am School Age English Session 3 3:00pm- 5:00pm	22 Creative Creations PART 2 / Creaciones Creativas 10:00am to 12:00pm	23 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 3:30pm-4:45pm	24 Teen Teen Talk./ Conversacion Adolescente 3:45pm-4:45pm
27 Safe Sleep Baby Workshop/ Taller de Sueño Seguro Infantil 10:am-12pm	28	29	30	

Self Care– Workshops

- Creative Creations / Creaciones Creativas
- Motivated Parents. Padres Motivados
- 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 Workshops

- Crisis Nursery Presentation
- 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 efectiva.

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

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