

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.



Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sabado
2 PAC Meeting/ Junta de Padres 10am-11am	3	4	5 FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 11:00am -1:00pm	6 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm	7
9 Tweens Read 4PM-5PM	10 Family Night Mother's Celebration/Noche de Familia Celebracion: 4:30pm-6pm	11 Craft 4 Kids / Arte para Niños 5pm- 6pm	12 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Little Big Athletes /Pequeños Grande Athleticos 4pm-5pm	13 FRC Closed 	14
16 Sawubona 4pm-5pm	17 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	18 Preschool Circle Time/ Hora del círculo pre-escolar 1pm- 2:00pm NPP: School Age B Session 1 3pM-5PM	19 Good Times 3:00pm-4:00pm	20 Teen Talk./ Conversacion Adolescente 4:30pm-5:45pm	21 MPAP:C Session 1-3 10AM-2:30PM
23 Tweens Read 4PM-5PM	24 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	25 Resource Class 10am-12pm Craft 4 Kids / Arte para Niños 5pm- 6pm NPP: School Age B Session 2 3pM-5PM	26 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 4pm-5pm	27 Anime Club 4PM -5PM MPAP: F Session 1 3:30pM-5:30PM	28 MPAP:C Session 4-6 10AM-2:30PM
30 FRC Closed MEMORIAL DAY	31 Little Explorers- (0-5)/ Pequeños Exploradores - 1pm- 2pm				

Self Care– Workshops	Parent-Child Bonding Workshops	School Readiness	Informational Workshops
<ul style="list-style-type: none"> Creative Creations / Creaciones Creativas 	<ul style="list-style-type: none"> Once upon a Chef /Érase una vez un cocinero 	<ul style="list-style-type: none"> Preschool Circle Time/ Hora del círculo preescolar 0-5 	<ul style="list-style-type: none"> Crisis Nursery Presentation
<ul style="list-style-type: none"> Teen Teen Talk./ Conversacion Adolescente 13-17 	<ul style="list-style-type: none"> Little Big Athletes / Pequeños Grande Athleticos 	<ul style="list-style-type: none"> Our Time/ Nuestro Tiempo 	<ul style="list-style-type: none"> Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé
<ul style="list-style-type: none"> Crochet the Stress away 	<ul style="list-style-type: none"> Adventure & Discovery Club/ Club de Adventure y Descu- 	<ul style="list-style-type: none"> Little Explorers– (0-5)/ Pequeños Exploradores 	
<ul style="list-style-type: none"> Craft for kids Tweens Read 	<ul style="list-style-type: none"> Good Times/ Buenos Tiempos 		
<ul style="list-style-type: none"> Anime Club 			
<ul style="list-style-type: none"> Sawubona African American support group 			

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 auto-expresión 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

May /Mayo

2022 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**