

Family Resource Center Virtual Services

CALENDAR/CALENDARIO

June / Junio 2022

Monthly MAA Topic:
Alzheimer's and Brain Awareness Month

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.

Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sabado
		1 PAC Meeting/ Junta de Padres 10am-11am	2 FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 11:30am -1:30pm	3 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm	4
6	7 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am MPAP: A Session 1 3:30am -5:30pm	8 Creative Creation/ Creaciones Creativas 10am-12pm	9 Little Big Athletes /Pequeños Grande Athleticos 4pm-5pm Let's Connect 5:30pm -6:30pm MPAP: A Session 2 3:30am -5:30pm	10	11
13	14 Crochet the Stress away / Desestresarse con Tejer 1pm- 2:30am Preschool Circle Time/ Hora del círculo pre-escolar 1pm- 2:30pm MPAP: A Session 3 3:30am -5:30pm	15 Craft 4 Kids / Arte para Niños 5pm- 6pm	16 Good Times 3:00pm-6:00pm	17 Teen Talk./ Conversacion Adolescente 4:30pm-5:45pm	18 MPAP: B Session 1-3 10am -2:30pm
20 Sawubona 4pm-5pm Tweens Read 11:30pm-12:30pm	21 Anime Club 3PM -4PM	22 Resource Class 10am-12pm	23 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 3pm-4pm Let's Connect 5:30pm -6:30pm	24 Sutter Health: Treasure your Health Wellness Fair 11:30am-1:30pm	25 MPAP: B Session 4-6 10am -2:30pm
27	28 Crochet the Stress away / Desestresarse con Tejer 1pm- 2:30am Little Explorers- (0-5)/ Pequeños Exploradores - 1pm- 2:30pm	29 Craft 4 Kids / Arte para Niños 3pm- 4pm	30		



River Oak
Center for Children

CALIFORNIA
VOLUNTEERS



Birth
& Beyond

SACRAMENTO
COUNTY

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 preesco- 	<ul style="list-style-type: none"> Crisis Nursery Presentation
<ul style="list-style-type: none"> Teen Teen Talk./ Conversacion Adolescente 13- 	<ul style="list-style-type: none"> Little Big Athletes / Pequeños Grande Athleti- 	<ul style="list-style-type: none"> Our Time/ Nuestro Tiempo 	<ul style="list-style-type: none"> Safe Sleep Baby Workshop/Taller de
<ul style="list-style-type: none"> Crochet the Stress away 	<ul style="list-style-type: none"> Adventure & Discovery Club/ Club de Adventure y Descubrimiento 6-12 	<ul style="list-style-type: none"> Little Explorers– (0-5)/ Pequeños Exploradores 	<ul style="list-style-type: none"> Let’s Connect / Conectemos
<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"> * Resource Class/ Clase de Recursos
<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.

RIVER OAK CENTER FOR CHILDREN

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