

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 | 3 | 4 FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 11:30am -1:30pm African American Parenting Education Class: Session 2 4pm-6pm | 5 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm | 6 |
| 8 | 9 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am | 10 Preschool Circle Time/ Hora del círculo pre-escolar 1pm- 2:30pm | 11 African American Parenting Education Class: Session 3 4pm-6pm | 12 Teen Talk./ Conversacion Adolescente TBA | 13 |
| 15 Tweens Read 11:30pm12:30pm | 16 Little Explorers- (0-5)/ Pequeños Exploradores - 1pm- 2:30pm | 17 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 4pm-5pm | 18 Little Big Athletes /Pequeños Grande Athleticos 4pm-5pm | 19 Family Night Back to School Event 4:30-6pm | 20 MPAP: Spanish Session 1-3 10am-2:30pm |
| 22 -Craft 4 Kids / Arte para Niños 4:30pm- 5:30pm | 23 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am | 24 Anime Club 3PM -4PM | 25 Let's Connect 5:30pm -6:30pm | 26 | 27 |
| 29 Craft 4 Kids / Arte para Niños 4pm- 5pm | 30 Crochet the Stress away / Desestresarse con Tejer 10:00am- 11:30am | 31 Good Times 4:00pm-5:00pm | | | |

| 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 Atleticos | <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 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!4

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 efica-

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

August/Agosto

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

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