

Family Resource Center Virtual Services

CALENDAR/CALENDARIO

September 2022

Monthly MAA Topic:
Monkey Pox

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

CALIFORNIA
VOLUNTEERS



FIRST5
SACRAMENTO

Birth & Beyond
SACRAMENTO COUNTY

Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes	Saturday/Sabado
			1 PAC Meeting/ Junta de Padres 10am-11am	2	3
5	6 Preschool Circle Time/ Hora del círculo pre-escolar 1pm-2pm	7 MPAP:A 3pm-5pm Session 1	8 Little Big Athletes /Pequeños Grande Athleticos 4pm-5pm	9 Teen Talk./ Conversacion Adolescente 4pm-5pm	10 Tweens Read 11am-12pm
12 Safe Sleep Baby Workshop 1100am-12:00pm	13 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	14 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 4pm-5pm MPAP A 3pm-5pm Session 2	15 FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 11:30am -1:30pm	16 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm	17
19 MPAP: B 3pm-5pm Session 1 -Craft 4 Kids / Arte para Niños 4:30pm- 5:30pm	20 Little Explorers- (0-5)/ Pequeños Exploradores - 1pm- 2pm	21 Creative Creation/ Creaciones Creativas 10am-12pm MPAP:A 3pm-5pm Session 3	22 Let's Connect 5:30pm -6:30pm	23 Anime Club 4PM -5PM	24
26 MPAP B 3pm-5pm Session 2 Craft 4 Kids / Arte para Niños 4pm- 5pm	27 Crochet the Stress away / Desestresarse con Tejer 10:00am- 11:30am	28 Women health and Fitness 4pm-5pm	29 Parent Leader Orientation/ Orientacion de Padre Lider 10-11am	30 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 eficaz-

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