

Family Resource Center Virtual Services

CALENDAR/CALENDARIO

October/ Octubre 2022

Monthly MAA Topic:
Breast Cancer Awareness

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

CALIFORNIA
VOLUNTEERS

Birth
& Beyond

SACRAMENTO
COUNTY

Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
3 PAC Meeting/ Junta de Padres 10am-11am	4 Crochet the Stress away / Desestresarse con Tejer 10:00am- 11:30am	5	6 FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 11:30am -1:30pm	7 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm
10	11 Preschool Circle Time/ Hora del círculo pre-escolar 3:30 pm-4:30pm	12 Creative Creation/ Creaciones Creativas 10am-12pm	13 Little Big Athletes /Pequeños Grande Athleticos 4pm-5pm	14
17	18 Little Explorers- (0-5)/ Pequeños Exploradores - 4pm- 5pm	19 Craft 4 Kids / Arte para Niños 4pm- 5pm	20 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 4pm-5pm	21 Good Times 4:00pm-5:00pm
24 -Craft 4 Kids / Arte para Niños 4:30pm- 5:30pm	25 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Women health and Fitness 4pm-5pm	26	27 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Let's Connect 5:30pm -6:30pm	28 Teen Talk./ Conversacion Adolescente 4pm-5pm
31				

Self Care– Workshops	Parent-Child Bonding Workshops	School Readiness	Informational Workshops
• Creative Creations / Creaciones Creativas	• Once upon a Chef /Érase una vez un cocinero	• Preschool Circle Time/ Hora del círculo pree- scolar 0-5	• Crisis Nursery Presentation
• Teen Teen Talk./ Conversacion Ado- lescente 13-17	• Little Big Athletes / Pequeños Grande Athleti- cos	• Our Time/ Nuestro Tiem- po	• Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé
• Crochet the Stress away	• Adventure & Discovery Club/ Club de Adventure y Descubrimiento 6-12	• Little Explorers– (0-5)/ Pequeños Exploradores	• Let’s Connect / Conectemos
• Craft for kids • Tweens Read	• Good Times/ Buenos Tiempos		* Resource Class/ Clase de Recursos
• Anime Club			
• 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 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-

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