

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/ | Thursday/Jueves | Friday/Viernes | Saturday/Sabado |
|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| | 1 PAC Meeting/ Junta de Padres 10am-11am | 2 MPAP: C English Session 1 3pm-5pm | 3 Eat smart Be Active Nutrition/ clase de Nutricion 10:30am to 12pm FRC participants Drive Thru- Pick Up Participants de FRC Drive-Thru: Para recoger materiales 1pm -4pm MPAP: C English Session 2 3pm-5pm | 4 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm | 5 |
| 7 Craft 4 Kids / Arte para Niños 4pm- 5pm | 8 Crochet the Stress away / Desestresarse con Tejer 10:00am- 11:30am Preschool Circle Time/ Hora del círculo pre-escolar 3:30 pm-4:30pm | 9 Creative Creation/ Creaciones Creativas 10am-12pm MPAP: C English Session 3 3pm-5pm | 10 Eat smart Be Active Nutrition/ clase de Nutricion 10:30am to 12pm | 11 Teen Talk./ Conversacion Adolescente 4pm-5pm | 12 MPAP: D Spanish Session 1-3 10am-2pm |
| 14 | 15 Little Explorers- (0-5)/ Pequeños Exploradores - 4pm- 5pm | 16 Clothing Drive 9am-12pm | 17 Eat smart Be Active Nutrition/ clase de Nutricion 10:30am to 12pm Adventure & Discovery Club/ Club de Adventure y Descubrimiento 4pm-5pm Let's Connect 5:30pm -6:30pm | 18 Good Times 4:00pm-5:00pm | 19 No MPAP Class |
| 21 Safe Sleep Baby Workshop 11am-12:30pm | 22 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Women health and Fitness 4pm-5pm | 23 | 24 FRC Closed  | 25 FRC Closed  | 26 MPAP: D Spanish Session 4-6 10am-2pm |
| 28 | 29 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Little Big Athletes / Pequeños Grande Atleticos 4pm-5pm | 30 Craft 4 Kids / Arte para Niños 4:30pm- 5:30pm | | | |

| 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 pre- escolar 0-5 | • Crisis Nursery Presentation |
| • Teen Teen Talk./ Conversacion Ado- lescente 13-17 | • Little Big Athletes / Pequeños Grande Athleti- cos | • Little Explorers– (0-5)/ Pequeños Exploradores | • Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé |
| • Crochet the Stress away | • Adventure & Discovery Club/ Club de Adventure y Descubrimiento 6-12 | | • Let's Connect / Conectemos |
| • Craft for kids/ Arte para niños | • Good Times/ Buenos Tiempos | | • Parent Advisory Committee |
| • Women's Health & fitness | | | |
| | | | |

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!

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

November/Noviembre

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