

Important Notes/

Notas importantes

Registration is REQUIRED for ALL classes & events Call (916)226-2725 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.



Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
			1 Eat smart Be Active Nutrition/clase de Nutricion 10:30am to 12pm	2 PAC Meeting/ Junta de Padres 10am-11am
5 Crisis Nursery Presentation Spanish 10am-11am Adventure & Discovery Club/ Club de Adventure y Descubrimiento 3:30pm-4:30pm	6 Crochet the Stress away / Desestresarse con Tejer 10:00am- 11:30am FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 1pm -4pm	7 Preschool Circle Time/ Hora del círculo pre-escolar 3:30 pm-4:30pm	8 Eat smart Be Active Nutrition/clase de Nutricion 10:30am to 12pm Little Big Athletes /Pequeños Grande Ath- leticos 4pm-5pm MPAP: C English Session 1 3-5pm	9 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm
12 Creative Creations 10am-12pm Little Explorers- (0-5)/ Pequeños Exploradores - 4pm- 5pm	13 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	14	15 Eat smart Be Active Nutrition/clase de Nutricion 10:30am to 12pm	16 Teen Talk 4pm-5pm
19 Craft 4 Kids / Arte para Niños 4pm- 5pm	20 Holiday Family Night 3:30-5pm	21 MPAP: A English Session 1 3-5pm	22 MPAP: C English Session 2 3-5pm	23 FRC Closed
26 FRC Closed 	27 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Women health and Fitness 4pm-5pm	28 Good Times 4:00pm-5:00pm MPAP: A English Session 1 3-5pm	29 MPAP: C English Session 3 3-5pm	30

Self Care– Workshops	Parent-Child Bonding Workshops	School Readiness	Informational Workshops
• Creative Creations / Creaciones Crea- tivas	• 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	• 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

December /Diciembre

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)226-2725 para registrarse por clases y recibir más información