



Family Resource Center Virtual Services

CALENDAR/CALENDARIO

January / Enero 2023

Monthly MAA
Bronchitis

LOCATED AT/DIRECCIÓN:
Fruit Ridge Community Collaborative
4625 44th St Rm 36 Sacramento CA 95820

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) 226-2725 para registrarse.

Todos los servicios de en-persona se ofrecen virtual por Zoom.

Please be on time for all clas-ses. 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

Birth
& Beyond

SACRAMENTO
COUNTY

Monday/lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
2 FRC Closed 	3 PAC Meeting/ Junta de Padres 10am-11am	4	5 FRC participants Drive Thru– Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 1pm –4pm	6 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm
9 Adventure & Discovery Club/ Club de Adventure y Descubrimiento 3:30pm-4:30pm	10 Crochet the Stress away / Desestresarse con Tejer 10am– 11:30am	11 Preschool Circle Time/ Hora del círculo pre-escolar 3:30 pm–4:30pm	12 Little Big Athletes /Pequeños Grande Athleticos 4pm-5pm	13
16 FRC Closed 	17	18 Lets Connect 3pm-4pm	19 Little Explorers– (0-5)/ Pequeños Exploradores - 4pm- 5pm	20 Teen Talk 3:30pm-4:30pm
23	24 Crochet the Stress away / Desestresarse con Tejer 10:00am– 11:30am Women health and Fitness 4pm-5pm	25 Crisis Nursery Presentation English 10am-11am	26	27
30 Craft 4 Kids / Arte para Niños 4:30pm– 5:30pm	31 Crochet the Stress away / Desestresarse con Tejer 10am– 11:30am			30

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	• 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!

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www.facebook.com/RiverOakCenter

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