

| 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"> Little Explorers– (0-5)/ Pequeños Exploradores | <ul style="list-style-type: none"> Let's Connect / Conectemos |
| <ul style="list-style-type: none"> Crochet the Stress Away | <ul style="list-style-type: none"> Craft for kids / Arte para Niños | | <ul style="list-style-type: none"> Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé |
| <ul style="list-style-type: none"> WEAVE Support Group | <ul style="list-style-type: none"> Good Times/ Buenos Tiempos | | <ul style="list-style-type: none"> FRC Orientation |

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 eficaces y positivas que les permiten a los padres aprender “consejos y trucos” sobre cómo comunicarse de manera más efectiva.

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

December /Diciembre

2023 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

Call (916)-226-2725 to register for classes and receive more information
Llame al (916)-226-2725 para registrarse por clases y recibir más información

CALENDAR/CALENDARIO

Monthly MAA Topic:

Flu and Respiratory Syncytial Virus awareness

Important Notes/

Notas importantes

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

Majority of our class are now In-Person. Last day to register for virtual class will be 11/08/2033



SE REQUIRE inscripción para TODAS las clases y eventos. Llame al (916)226-2725 para registrarse.

Mayoría de los servicios son en-persona. Ultimo dia para registrarse a las classes virtuales sera el 12/06/23

Please be on time for all classes. We have a 10 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 10 minutos. Si llega después de los diez minutos NO sera admitido a la clase.



| Monday/lunes | Tuesday/Martes | Wednesday/Miércoles | Thursday/Jueves | Friday/Viernes |
|--|--|---|---|---|
| | | | | 1 PAC Meeting/ Junta de Padres 10am-11am |
| 4 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am | 5 WEAVE Support Group 10am-11am | 6 | 7 | 8 FRC Family Orientation 1pm-2pm |
| 11 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am | 12 WEAVE Support Group 10am-11am Diaper Distribution / Virtual Classes Material Pick up 1 pm -3pm | 13 Creative Creation/ Creaciones Creativas 10am-12pm | 14 | 15 |
| 18 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am Good times 5pm-6pm | 19 Craft 4 Kids / Arte para Niños 4:00pm- 5:00pm | 20 Once upon a Chef /Érase una vez un cocinero 4:00pm-5:00pm | 21 Little Explorers- (0-5)/ Pequeños Exploradores - 4:30pm- 5:30pm | 22 FRC Closed  |
| 25 FRC Closed  | 26 WEAVE Support Group 10am-11am | 27 | 28 Adventure & Discovery Club/ Aventuras y Descubrimiento 4:00pm-5:00pm | 29 |