

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 3/08/24**

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

Mayoria de los servicios son en-persona. **Ultimo dia para registrarse a las clases virtuales sera el 3/08/24**

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 MPAP English A Session 3 4pm-6pm	2 PAC Meeting/ Junta de Padres 10:00-11:00am	3	4 Zumba Class 11am-12pm	5
8 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	9 FRC participants Drive Thru- Pick Up Participantes de FRC Drive- Thru: Para recoger materiales 1pm-3pm	10 Creative Creations 10am-12pm	11 Zumba Class 11am-12pm	12 FRC Orientation (New Families) 10am-11am
15 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am MPAP Spanish Session 1 3pm-5pm	16	17 Safe Sleep Baby 1pm-2pm	18 Zumba Class 11am-12pm Teen Talk./ Conversacion Adolescente 4pm-5pm	19 Once upon a Chef / Érase una vez un cocinero 4:00pm-5:00pm
22 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am MPAP Spanish Session 2 3pm-5pm	23 Let's Connect 10:30am-11:30am Adventure & Discovery Club/ Club de Adventure y Descubrimiento 4pm-5m	24 Saving with Digital Coupons/Ahorrando con cupones digitales 10am-11am	25 Zumba Class 11am-12pm Good Times 3:45 pm-5:45pm	26 Craft 4 Kids/ Arte para Niños 4:00pm- 5:00pm
29 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am MPAP Spanish Session 3 3pm-5pm	30 Little Explorers- (0-5)/ Pequeños Exploradores - 4pm- 5pm			

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"> Crisis Nursery Presentation
<ul style="list-style-type: none"> Teen Teen Talk./ Conversacion Adolescente 	<ul style="list-style-type: none"> Let's Connect 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Safe Sleep Baby Workshop/Taller de Sueño Seguro bebé
<ul style="list-style-type: none"> Crochet the Stress away 	<ul style="list-style-type: none"> Adventure & Discovery / Adventure y Descubrimiento 6-12 		
<ul style="list-style-type: none"> Craft 4 for kids 	<ul style="list-style-type: none"> 		
<ul style="list-style-type: none"> Zumba 			

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 posi-

RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

Family Resource Center

April /Abril

2024 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