

Family Resource Center Virtual Services

CALENDAR/CALENDARIO

August / Agosto 2024

Monthly MAA Topic:  
National Immunization Awareness Month

LOCATED AT/DIRECCIÓN:  
Fruit Ridge Community Collaborative  
4625 44th St Rm 36 Sacramento CA 95820  
www.facebook.com/RiverOakCenter

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 8/12/24

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

Mayoría de los servicios son en-persona. Ultimo día para registrarse a las clases virtuales sera el 7/8/24

Please be on time for all classes. We have a 10 minute 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.



River Oak Center for Children



AmeriCorps



CALIFORNIA VOLUNTEERS



SACRAMENTO COUNTY

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
			1 PAC Meeting/ Junta de Padres 10am-11am	2 FRC Orientation (only for new families/para nuevas familias) 10am-11am
5 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	6	7	8	9 Back to School Family Night 4:30pm-6pm
12 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	13 Diaper Pick-up 1pm-3pm FRC participants Drive Thru- Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 1pm-3pm	14 Creative Creation 10am-12pm	15	16 Once upon a Chef / Érase una vez un cocinero 4pm-5:30pm
19 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	20 Little Explorers- (0-5)/ Pequeños Exploradores - 4:30pm- 5:30pm	21	22 Adventure & Discovery Club/ Club de Adventura y Descubrimiento 4:30pm-5:30pm	23 Teen Talk/ Conversacion Adolescente 4:30pm-5:30pm
26 Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am	27	28	29	30

Self Care– Workshops	Parent-Child Bonding Workshops	School Readiness	Informational Workshops
<ul style="list-style-type: none"> <li>Creative Creations / Creaciones Creativas</li> </ul>	<ul style="list-style-type: none"> <li>Once upon a Chef /Érase una vez un cocinero</li> </ul>	<ul style="list-style-type: none"> <li>Little Explorers– (0-5)/ Pequeños Exploradores</li> </ul>	<b>FRC Orientation</b> (only for new families/ para nuevas familias)
<ul style="list-style-type: none"> <li>Teen Teen Talk./ Conversacion Adolescente 13-17</li> </ul>	<ul style="list-style-type: none"> <li>Adventure &amp; Discovery Club/ Club de Adventure y Descubrimiento 6-12</li> </ul>		
<ul style="list-style-type: none"> <li>Crochet the Stress away</li> </ul>			

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 auto-expresión 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.

# RIVER OAK CENTER FOR CHILDREN

## Birth & Beyond

## Family Resource Center

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**River Oak**  
Center for Children



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**Call (916)226-2775 to register for classes and receive more information  
 Llame al (916)226-2775 para registrarse por clases y recibir más información**