









Important Notes/ Notas importantes	Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>Registration is REQUIRED for ALL classes & events Call (916)226-2725 to register.</p> <p>Majority of our class are now In-Person. Last day to register for virtual class will be 10/07/24</p>	<p>1</p> 	<p>2</p> <p>PAC Meeting/ Junta de Padres 10am-11am</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>SE REQUIRE inscripción para TODAS las clases y eventos. Llame al (916)226-2725 para registrarse.</p> <p>Mayoría de los servicios son en-persona. Ultimo dia para registrarse a las classes virtuales sera 10/07/24</p>	<p>7</p> <p>Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am</p>	<p>8</p> <p>FRC participants Drive Thru - Pick Up Participantes de FRC Drive-Thru: Para recoger materiales 1pm-3pm</p>	<p>9</p> <p>Virtual Crafts for Parents/ Manualidades para Padres 10am-12pm</p>	<p>10</p>	<p>11</p> <p>FRC Orientation (only for new families/para nuevas familias) 1:30pm-2:30pm</p>
<p>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.</p> <p>Por favor, sea puntual para todas las clases. Tenemos una polica de 10 minutos. Si llega después de los diez minutos NO sera admitido a la clase.</p>	<p>14</p> <p>Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Once upon a Chef / Érase una vez un cocinero 4pm-5pm</p>
 	<p>21</p> <p>Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am</p>	<p>22</p> <p>Virtual MPAP English Session 1 3pm-5pm</p>	<p>23</p>	<p>24</p> <p>FRC Orientation (only for new families/para nuevas familias) 10am-11am</p> <p>Good Times 3:30- 5:30pm</p>	<p>25</p> <p>Teen Talk 4pm-5pm</p>
   	<p>28</p> <p>Crochet the Stress away / Desestresarse con Tejer 10am- 11:30am</p>	<p>29</p> <p>Arts&Crafts/ Artes y Manualidades 3pm-4pm</p>	<p>30</p> <p>Zumba Wave Wednesday/ Miercoles de Zumba 11am-12pm</p>	<p>31</p> <p>HAPPY HALLOWEEN!!</p> 	

Parenting Workshops: *Meets Sacramento County Child Welfare Services requirements .*

Offered Virtually Via Zoom and TEAMS.

Please call / Por Favor Llamar—(916)226-2725

Pre- Registration is Required! ¡Se requiere preinscripción!


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.


Effective Black Parenting– Classes starting November 2024

Effective Black Parenting is a culturally responsive parenting education program that respects and honors the unique history, traditions, strengths and experiences of African American families. This class focuses on the importance of treating and teaching children in a manner that fosters positive development. This class sets the stage for a healthy development among African American children. (Offered Virtually ONLY)

River Oak Center for Children
Family Resource Center Birth and
Beyond Interest Form



River Oak Center for Children Early
Head Start



RIVER OAK CENTER FOR CHILDREN

Birth & Beyond

FAMILY RESOURCE CENTER

October/Octubre

2024 CALENDAR/CALENDARIO



**River Oak Family Resource Center
Fruitridge 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**