

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.

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

Mayoría de los servicios son en-persona.

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 polica 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
2 Virtual PAC Meeting/ Junta de Padres 10am-11am	3	4	5 Once upon a Chef / Érase una vez un cocinero 4pm-5pm	6 FRC Orientation (only for new families/para nuevas familias) 11am-12pm
9 Let's Build Together/ Construyamos Juntos 4pm-5pm	10 Virtual Effective Black Parenting Session 1 5pm-7pm	11 Adventure & Discovery Club/Club de Aventura y Descubrimiento 4pm-5pm Virtual MPAP: English A Session 1 3pm-5pm	12 Safe Sleep Baby English 10am-11am Spanish 11am-12pm Virtual Effective Black Parenting Session 2 5pm-7pm	13
16 Zumba Wave Clase de Zumba 10:30m-12pm	17 Virtual Effective Black Parenting Session 3 5pm-7pm	18 Virtual MPAP: English A Session 2 3pm-5pm	19 Zumba Wave Clase de Zumba 10:30am-12pm	20 FRC Orientation (only for new families/para nuevas familias) 11am-12pm Teen Talk 4pm-5pm Crochet the Stress away / Desestresarse con Tejer 4pm- 5pm
23	24 FRC CLOSED	25 FRC CLOSED	26	27
30 Craft 4 Kids / Artes y Manualidades 1pm-2pm	31 Teen Talk 10:30pm-11:30am Crochet the Stress away / Desestresarse con Tejer 10:30pm- 11:30am			



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

December/ Diciembre

2024 CALENDAR/CALENDARIO



River Oak
Center for Children



**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**