

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 classes : Monday 4/7/25

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

Mayoría de los servicios son en-persona.

Último día para inscribirse en clases virtuales: Lunes 4/7/25

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 10
 minutos

NO sera admitido a la clase.

| Monday/Lunes | Tuesday/Martes | Wednesday/Miércoles | Thursday/Jueves | Friday/Viernes | Saturday/Sabado |
|--|--|---|--|--|---|
| | 1 Virtual PAC Meeting/ Junta de Padres 10am-11am | 2 | 3 | 4 | 5 In-Person MPAP English C Session 1-3 9am-12pm |
| 7 Virtual MPAP: English B Session 1 4pm-6pm | 8 Safe Sleep Baby English 10am-11am Spanish 11am-12pm Virtual Class Material Pick-up Recoger Material para Clase Vituales 1pm-3pm | 9 Virtual Creative Creations 9am-11am | 10 Mind & Body Flow Cuerpo y Mente Activos 10am-11:30pm | 11 FRC Orientation (only for new families/para nuevas familias) 11am-12pm Teen Talk 4pm-5:30pm Crochet the Stress away Desestresarse con Tejer 4pm- 5:30pm | 12 In-Person MPAP English C Session 4-6 9am-12pm |
| 14 Virtual Let's Build Together/ Construyamos Juntos 4pm-5:30pm Virtual MPAP: English B Session 2 4pm-6pm | 15 | 16 Virtual Adventure & Discovery Club/Club de Aventura y Descubrimiento 4pm-5:30pm | 17 Mind & Body Flow Cuerpo y Mente Activos 10am-11:30am | 18 Once upon a Chef / Érase una vez un cocinero 4pm-5:30pm | 19 In-Person MPAP English C Session 7-9 9am-12pm |
| 21 Craft 4 Kids / Arte para Niños 4pm-5:30pm Virtual MPAP: English B Session 3 4pm-6pm | 22 Virtual Let's Connect/ Conectemos 10:30am-11:30am | 23 Design and Sip Café/te y Diseño 10am-12pm | 24 Mind & Body Flow Cuerpo y Mente Activos 10am-11:30am | 25 Teen Talk 4pm-5:30pm Crochet the Stress away / Desestresarse con Tejer 4pm- 5:30pm | 26 |
| 28 | 29 In- Person Effective Black Parenting Session 1 4pm-6pm | 30 Resin and Refreshments Proyectos en Resina 12:30pm-1:30pm | | | |



River Oak
Center for Children



AmeriCorps



SACRAMENTO
COUNTY

Birth
& Beyond
Family Resource Centers

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–

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.

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

April/ Abril

2025 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**