

MEADOWVIEW FAMILY RESOURCE CENTER  
CENTRO DE RECURSOS PARA LA FAMILIA DE MEADOWVIEW

2251 Florin Road, Suite 158 Sacramento, CA 95822

916-394-6300

Latina's United - This class offers many tips and methods on relaxing as well as conversations and support from other people.

Latinas Unidas - Esta Clase ofrece diferentes métodos para relajarse. Conversaciones y apoyo de otras personas.

Play - N - Learn - School readiness activities for parents and children (0-5). Learn new and fun activities you can do with your child at home to help them get ready for school.

Juega y Aprende - Actividades pre-escolares para padres y niños de (0-5) años. Aprenda nuevas y divertidas actividades que puede hacer en casa con sus hijos para preparar los para la escuela.

Car Seat Training

This workshop focuses on learning basic procedures of the car seat. We will be offering FREE car seats to participants.

Car Seat Training -El Taller se enfoca en aprender los procedimientos básicos del asiento de coche. Estaremos ofreciendo asientos de coches GRATIS para los participantes.

Loving you - In this group you will receive the support from others and you will explore the elements of healthy relationships and healthy families

ZUMBA - Come and join us for our New ZUMBA CLASS loaded with red-hot dance steps pulsating Latin rhythms and easy to follow routines. This class will have you moving and shaking the weight off to exotic rhythms' of salsa, cumbia, samba, merengue and more!!

ZUMBA - Venga y únete a nosotros para nuestra nueva clase de ZUMBA cargado con pasos de baile que pulsa los ritmos y fácil de seguir rutinas. Esta clase los tendrá moviéndose hasta perder esas libras de mas a los ritmos exóticos de la salsa, cumbia, samba, merengue y mucho más!!

Nurturing Parenting Program (NPP) & Making Parenting a Pleasure (MPAP)

The Nurturing Parenting Program and Making Parenting a pleasure Workshops are recognized by Sacramento County Child Protective Services as approved parenting classes for parents with children ages zero (pregnant) to 5-years-old. Both are Group-Based Parenting Education Workshop.

Dare to be you (DTBY)

Parenting class for parents and children.... · Learn to Create positive relationships with your children, Better understand your child's world and Prevent future discipline problems

Sista Talk

A support group for African American Women who are pregnant or have a child up to 3 months old. Joce Askia @ Black Infant Health Program 876-5504

Yoga

Weekly Yoga class where you can come exercise your body and relax your mind. Good for anyone looking to relieve stress and get some exercise.

Yoga

Un Clase de yoga semanalmente donde puede venir para ejercitar su cuerpo y relajar su mente. Muy bueno para la gente que quiere eliminar el estres.

Call 2 days in advance for play care & transportation! Por favor llame 2 días antes para transportación y Cuidado de niños!

Playcare / Cuidado de niños: 916-394-6334 Transportation/Transporte: 916-394-6320

\*UCD 8:00 – 12:00 appointment only /Por Favor Haga Cita

STC is not open to the public/STC No est

Phone: 916-394-6300 Fax: 916-394-6325



Family Resource Centers

Funding for Sacramento Children's Home Meadowview Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at [www.first5sacramento.net](http://www.first5sacramento.net) or by calling 916-876-5865.