

Birth and Beyond Collaborative Make Parenting a Pleasure Schedule

| FRC        | North Highlands |           |           |         | FCCP      |          |         |         |         |
|------------|-----------------|-----------|-----------|---------|-----------|----------|---------|---------|---------|
| Day/Time   | Wed/6-8         | Thur/12-2 | Thurs/3-5 | Wed/6-8 | Tues/9-11 | Th/5-7   | Fri/2-4 | Wed/    | M/Th/   |
| Language   | English         | English   | Russian   | English | Spanish   | English  | Russian | Spanish | English |
| Session 1  | Jan 6           | Jan 7     | Jan 7     | 7-Apr   | 26-Jan    | 28-Jan   | 19-Feb  | 24-Mar  | 12-Apr  |
| Session 2  | Jan 13          | Jan 14    | Jan 14    | 14-Apr  | 2-Feb     | Feb 4    | 26-Feb  | 31-Mar  | 15-Apr  |
| Session 3  | Jan 20          | Jan 21    | Jan 21    | 21-Apr  | 9-Feb     | Feb 11   | 5-Mar   | 7-Apr   | 19-Apr  |
| Session 4  | Jan 27          | Jan 28    | Jan 28    | 28-Apr  | 16-Feb    | Feb 18   | 12-Mar  | 14-Apr  | 22-Apr  |
| Session 5  | Feb 3           | Feb 4     | Feb 4     | 5-May   | 23-Feb    | Feb 25   | 19-Mar  | 21-Apr  | 26-Apr  |
| Session 6  | Feb 10          | Feb 11    | Feb 11    | 12-May  | 2-Mar     | Mar 4    | 26-Mar  | 28-Apr  | 29-Apr  |
| Session 7  | Feb 17          | Feb 18    | Feb 18    | 19-May  | 9-Mar     | Mar 11   | 2-Apr   | 5-May   | 3-May   |
| Session 8  | Feb 24          | Feb 25    | Feb 25    | 26-May  | 16-Mar    | Mar 18   | 9-Apr   | 12-May  | 6-May   |
| Session 9  | Mar 3           | Mar 4     | Mar 4     | 2-Jun   | 23-Mar    | Mar 25   | 16-Apr  | 19-May  | 10-May  |
| Session 10 | Mar 10          | Mar 11    | Mar 11    | 9-Jun   | 30-Mar    | April 1  | 23-Apr  | 26-May  | 13-May  |
| Session 11 | Mar 17          | Mar 18    | Mar 18    | 16-Jun  | 6-Apr     | April 8  | 30-Apr  | 2-Jun   | 17-May  |
| Session 12 | Mar 24          | Mar 25    | Mar 25    | 23-Jun  | 13-Apr    | April 15 | 7-May   | 9-Jun   | 20-May  |
| Session 13 | Mar 31          | April 1   | April 1   | 30-Jun  | 20-Apr    | April 22 | 7-May   | 16-Jun  | 24-May  |

| FRC        | North Sacramento |          |          |           |          |          | MAN       |         |           |
|------------|------------------|----------|----------|-----------|----------|----------|-----------|---------|-----------|
| Day/Time   | W/10:30am        | Thur/6-8 | Tues/3-5 | W/10:30am | Th/6-8   | Tues/3-5 | W/10:30am | Mon/5-7 | Wed/10-12 |
| Language   | English          | English  | English  | Spanish   | Spanish  | Hmong    | English   | English | Spanish   |
| Session 1  | Jan 13           | Jan 28   | Feb 9    | Feb 17    | Mar 4    | Mar 16   | 21-Apr    | 5-Apr   | 7-Apr     |
| Session 2  | Jan 20           | Feb 4    | Feb 16   | Feb 24    | Mar 11   | Mar 23   | 28-Apr    | 12-Apr  | 14-Apr    |
| Session 3  | Jan 27           | Feb 11   | Feb 23   | Mar 3     | Mar 18   | Mar 30   | 5-May     | 19-Apr  | 21-Apr    |
| Session 4  | Feb 3            | Feb 18   | Mar 2    | Mar 10    | Mar 25   | April 6  | 12-May    | 26-Apr  | 28-Apr    |
| Session 5  | Feb 10           | Feb 25   | Mar 9    | Mar 17    | April 1  | April 13 | 19-May    | 3-May   | 5-May     |
| Session 6  | Feb 17           | Mar 4    | Mar 16   | Mar 24    | April 8  | April 20 | 26-May    | 10-May  | 12-May    |
| Session 7  | Feb 24           | Mar 11   | Mar 23   | Mar 31    | April 15 | April 27 | 2-Jun     | 17-May  | 19-May    |
| Session 8  | Mar 3            | Mar 18   | Mar 30   | April 7   | April 22 | May 4    | 9-Jun     | 24-May  | 26-May    |
| Session 9  | Mar 10           | Mar 25   | April 6  | 14-Apr    | 29-Apr   | 11-May   | 16-Jun    | 7-Jun   | 2-Jun     |
| Session 10 | Mar 17           | April 1  | April 13 | 21-Apr    | 6-May    | 18-May   | 23-Jun    | 14-Jun  | 9-Jun     |
| Session 11 | Mar 24           | April 8  | April 20 | 28-Apr    | 13-May   | 25-May   | 30-Jun    | 21-Jun  | 16-Jun    |
| Session 12 | Mar 31           | April 15 | April 27 | 5-May     | 20-May   | 1-Jun    | 7-Jul     | 28-Jun  | 23-Jun    |
| Session 13 | April 7          | April 22 | May 4    | 12-May    | 27-May   | 8-Jun    | 14-Jul    | 5-Jul   | 30-Jun    |

**North Area Sites:**

North Sacramento Family Resource Center  
916-679-3743  
1217 Del Paso Blvd. Ste. B

North Highlands Family Resource Center  
916-679-3925  
6015 Watt Ave. #2

Mutual Assistance Network  
916-567-9567  
810 Grand Ave.

Folsom-Cordova Community Partnership  
916-361-8684  
10455 Investment Circle

**Make-Up Policies:**

- (1) Receive approval from your facilitator.
- (2) Call the site at least 24 hours in advance.
- (3) Request a 'Make-Up Verification Form' from the facilitator.
- (4) Talk to your facilitator.