

# August 2011

The Effort North Highlands Family Resource Center  
6015 Watt Ave Suite 2 \* North Highlands CA 95660 \* 916-679-3925



Funding for Birth & Beyond Family Resource Centers is provided by the First 5 Sacramento Commission which used 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Parent Cabinet Meadowview FRC 9-11am</p> <p>Stress Busters 12:30-2pm</p>	<p>2</p> <p>Parenting Classes Sign Up 10am</p> <p>Alateen 6:30-8pm</p>	<p>3</p> <p>Crianza con Cariño #13 6-8pm</p>	<p>4</p> <p>Make Parenting A Pleasure #13 10-12noon</p> <p>One Step Beyond 3-4:30</p> <p>Girl Scouts Troop #333 6:30-8pm</p>	<p>5</p> <p>Office opens at 10am</p> <p>Healthy Habits Habitos Saludable 12:30-2:30pm</p>
<p>8</p> <p>BIG HANDS, little hands 11-12:30pm</p>	<p>9</p> <p>Make Parenting A Pleasure #1 10am-12noon</p> <p>Alateen 6:30-8pm</p>	<p>10</p> <p>Grupo de Apoyo Latina 12-2pm</p> <p>Community Collaborative Charter School 2-5pm</p> <p>Crianza con Cariño #14 6-8pm</p>	<p>11</p> <p>Make Parenting A Pleasure #2 10am-12noon</p> <p>One Step Beyond 3-4:30</p> <p>Project Birthday 6:30-7:30pm</p>	<p>12</p> <p>Office opens at 10am</p> <p>Healthy Habits Habitos Saludable 12:30-2:30pm</p> <p>Помощь для Русско говорящих родителей Russian Support Group 3-4:30pm</p>
<p>15</p> <p>Kid's Closet 10-11am</p> <p>Stress Busters 12:30-2pm</p>	<p>16</p> <p>Make Parenting A Pleasure #3 10am-12noon</p> <p>Alateen 6:30-8pm</p>	<p>17</p> <p>Community Collaborative Charter School 2-5pm</p> <p>Crianza con Cariño #15 6-8pm</p>	<p>18</p> <p>Make Parenting A Pleasure #4 10am-12noon</p> <p>One Step Beyond 3-4:30</p> <p>Girl Scouts Troop #333 6:30-8pm</p>	<p>19</p> <p>Office opens at 10am</p> <p>Healthy Habits Habitos Saludable 12:30-2:30pm</p>
<p>22</p> <p>BIG HANDS, little hands 11-12:30pm</p>	<p>23</p> <p>Make Parenting A Pleasure #5 10am-12noon</p> <p>Alateen 6:30-8pm</p>	<p>24</p> <p>Grupo de Apoyo Latina 12-2pm</p> <p>Community Collaborative Charter School 2-5pm</p> <p>Crianza con Cariño #16 6-8pm</p>	<p>25</p> <p>Make Parenting A Pleasure #6 10am-12noon</p> <p>One Step Beyond 3-4:30</p> <p>Girl Scouts Troop #333 6:30-8pm</p>	<p>26</p> <p>Office opens at 10am</p> <p>Healthy Habits Habitos Saludable 12:30-2:30pm</p> <p>Помощь для Русско говорящих родителей Russian Support Group 3-4:30pm</p>
<p>29</p> <p>Car Seat &amp; Transportation Safety Workshop 10am-12noon</p>	<p>30</p> <p>Make Parenting A Pleasure #7 10am-12noon</p> <p>Alateen 6:30-8pm</p>	<p>31</p> <p>Community Collaborative Charter School 2-5pm</p> <p>Crianza con Cariño #17 6-8pm</p>		