

August 2011 The Effort North Highlands Family Resource Center Event Descriptions:

Alateen- This anonymous group is dedicated to helping support teens up to age 21 with loved ones who use and abuse alcohol. Every Tuesday night from 7-8:30. This group is not facilitated by a member of The Effort North Highlands staff. Please call 334-2970 for more information about Alateen.

BIG HANDS, little hands- Bring yourself and your 2- to 5-year-old child to this exciting event. You will make crafts, make a snack, and learn valuable School Readiness skills that will help your child succeed in school. All moms, dads, caregivers, and language speakers are welcome. Call Analise at (916) 679-3925 for more information. 8/8 & 8/22 from 11:00am to 12:30pm.

Car Seat & Transportation Safety- Did you know 90% of parents unknowingly use their child's car seat incorrectly? Come learn about child safety during car rides. 20 individuals may attend the class, and the first 10 families will receive one free car seat (car seat will not be available at class, parents must return one week later to pick up car seat). Families must come knowing their child's age, current weight, and current height before a car seat can be provided. Class is English language with Spanish translation. CLASS IS FIRST COME, FIRST SERVED. For more information, please call Afi at (916) 679-3925. 8/29 from 10am-12noon.

Community Collaborative Charter School- Earn your High School diploma! Community Collaborative Charter School provides a place for you to go to school featuring an Independent Study program. New students must enroll before their 19th birthday. Offering classes at The Effort North Highlands Family Resource Center on Wednesdays from 2pm-5pm with free childcare provided. Contact Community Collaborative Charter School at (916) 286-5161 to enroll today.

Crianza Con Cariño- Un taller en grupo basado en la educacion paternal. Los talleres de Crianza con Cariño son reconocidos por los Servicios de Proteccion Infantil del Condado de Sacramento como clases aprobadas para los padres con niños de cero (embarazadas) a 5 años de edad. Para mas informacion, llame a Elizabeth a (916) 679-3925. Cada Miercoles de 6pm a 8pm.

Girl Scouts Troop #333- If you have a young lady entering 2nd, 3rd, 4th, 5th, or 6th grade next fall, then this Girl Scouts troop is for you! Come be a part of this long tradition, coming to North Highlands for the first time. Annual fee to enroll is \$12 a year, but financial aid is available to families. Call Girl Scouts at 1-800-322-4475 for more information. Most Thursday evenings from 6:30-8pm

Grupo de Apoyo Latina (Latina Support Group)- Este es un grupo que se reúne una semana si y la otra no, los días Miércoles y esta dedicado a apoyar tópicos los cuales las participantes están interesadas a escuchar. Próxima reunión 8/10 y 8/24 de 12 a 2pm. Facilitado por Cristina Gutiérrez al 679-3925. Cuidado de niños disponible. This is a Spanish-speaking support group that meets every 2nd and 4th Wednesday of the month and is dedicated to support topics that are decided by the group. Wednesday 8/10 & 8/24 from 12-2pm, facilitated by Cristina Gutierrez at 679-3925.

Healthy Habits- This class is designed to support and encourage parents to make healthy choices for their families. We will educate and share on topics such as nutrition, physical activity, safe sleep for infants, drowning prevention, smoking cessation, and much more. Each family will experiment with healthy recipes at each class and be able to taste the creations. Every Friday from 12:30-2:30pm. Call Afi at 679-3925 for more information.

Kid's Closet- This free clothes closet is full of gently-used infant clothes, toddler's clothes, and maternity clothes that have all been donated to the program. Raffle tickets will be handed out at 10am to determine order that families may enter the Kids Closet. Parents can take away one bag full of clothes and other items (items vary based on donations). 8/15 at 10am-11am. Call Afi at 679-3925 for more information.

Make Parenting A Pleasure- This is a parenting education workshop that is strength-based and focuses on positive discipline for the whole family. Graduation from Make Parenting A Pleasure will count towards your CPS or Sac County Juvenile Court case. No new students may attend class after class #3, 8/15. Call Anna at (916) 679-3925 for more information.

One Step Beyond- Open to referred individuals from the CPS system, this group focuses on personal growth. Call Cristina Gutierrez at (916) 679-3925 x4530 for more information and to schedule an intake.

Parent Cabinet Meeting- Have you been involved with the Birth & Beyond Community Response program for at least 3 months? Do you feel you have valuable input and ideas to make the program better? If so, the Parent Cabinet just may be for you! Join other parents from across Sacramento County as they come together on the first Monday of the month to discuss the Birth & Beyond program, receive valuable life skills training, and gain leadership skills. To be nominated to join the Parent Cabinet, you must set up an appointment with Cristina at (916) 679-3925.

Parenting Classes Sign Up- If you would like to attend our next series of Nurturing Parenting or Make Parenting a Pleasure, please attend this Sign Up workshop. Sign ups begin at 10am and will last about half an hour. Our next series' are: Make Parenting A Pleasure on Tuesdays and Thursdays at 10am to 12noon beginning August 9th and ending September 20th, Nurturing Parenting on Wednesdays at 6pm to 8pm beginning September 28th and ending on January 25th.

Stress Busters- This group is open to any parent who needs to get away for a while! Bring your kids and they will be looked after in our fun Playcare room, so you can relax and hang out with other parents. Learn relaxation techniques like guided visualization and deep breathing exercises. Try out a little Yoga and Pilates. Each class will have a different topic to discuss but everything will make you feel relaxed, and rejuvenated! All moms, dads, caregivers, and language-speakers are welcome. First & Third Monday of the month from 12:30-2pm, 8/1 & 8/15. Please call Cristina at 679-3925 for more information.

Помощь для Русско говорящих родителей (Russian Support Group)- This support group is open to all moms and dads who speak Russian or Ukrainian. Facilitated by Anna at (916) 679-3925. 8/12 & 8/26 from 3pm-4:30pm.

Please call (916) 679-3925 for more information about our classes, groups, and events.

If you need transportation to any of our groups or classes, call Elizabeth at (916) 679-3925 x4527.

Playcare provided for most classes. For more info, please call Anna at (916) 679-3925 x4528.