

May 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
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2	3 Cover the Kids [9-5]	4 Aerobics* [9-9:45] English MPAP Graduation* [3-5]	5 U.C.D. Clinic [9-12] English MPAP* [10:30-12:30] Spanish MPAP* [10:30-12:30] Apoyo de Mujeres* [1-2]	6 U.C.D. Clinic [1:30-4] Healthy Nut* [1-2] MAMA MIA [4:30-6] English MPAP* [6-8] Spanish MPAP* [6-8]	7 SCH Counseling [1:30-3:30]	8 English Flourishing Families [10-4]
9	10 Cover the Kids [9-5] Baby & Me* [9-10] Creative Me* [10:30-12] Toddler Time* [1-2] Immigration Services [1-4] Baby University – Pregocise* [3-4]	11 Aerobics* [9-9:45] Workshop* [10:30-12] OLD DOGS – Movie Night!! [5-7]	12 U.C.D. Clinic [9-12] Spanish MPAP Graduation * [10:30-12:30] Stress Relief * [1-2]	13 U.C.D. Clinic [1:30-4] Thursday Morning Brunch [10-11] Healthy Nut* [1-2] English Conversation* [3:30-4:30] Aerobics* [5-5:45] English MPAP* [6-8] Spanish MPAP* [6-8]	14 SCH Counseling [1:30-3:30]	15 English Flourishing Families [10-4]
16	17 Cover the Kids [9-5] Baby & Me* [9-10] Creative Me* [10:30-12] Toddler Time* [1-2] Baby University* [3-4]	18 Aerobics* [9-9:45] Workshop* [10:30-12] English MPAP* [3-5] Hmong MPAP* [4-6]	19 U.C.D. Clinic [9-12] English MPAP* [10:30-12:30] Woman to Woman* [1-2]	20 U.C.D. Clinic [1:30-4] Healthy Nut* [1-2] English Conversation* [3:30-4:30] PCAC [4-5] English MPAP* [6-8] Spanish MPAP* [6-8]	21 SCH Counseling [1:30-3:30]	22 English Flourishing Families [10-4] 8th Annual UPTOWN FESTIVAL [10-1]
23	24 Cover the Kids [9-5] Baby & Me* [9-10] Creative Me* [10:30-12] Toddler Time* [1-2] Immigration Services [1-4] Baby University – Pregocise* [3-4]	25 Workshop* [10:30-12] English MPAP* [3-5] Hmong MPAP* [4-6]	26 U.C.D. Clinic [9-12] English MPAP* [10:30-12:30] Stress Relief * [1-2]	27 U.C.D. Clinic [1:30-4] Healthy Nut* [1-2] English Conversation* [3:30-4:30] English MPAP* [6-8] Spanish MPAP Graduation* [6-8]	28 SCH Counseling [1:30-3:30] SITE CLOSED	29
30	31 SITE CLOSED					

* Playcare Available

In the FRC:

Baby University – Excited for the arrival of your bundle of joy?! This group for **pregnant women** [& their families] offers information and support about what to expect over pregnancy, delivery, and the first weeks of being a new parent. Note that the second and fourth Mondays of the month are Pregocise-a special exercise class just for pregnant moms!!

Baby & Me – An exciting group that offers activities to encourage infant development, as well as a supportive environment to learn and discuss infant issues. This class is **open to parents with a child 0-12 months**; *playcare will be made available for older children on a limited, first-come, first-serve basis. ONLY ONE CHILD PER PARENT.*

Toddler Time - This is an interactive class that uses various activities, such as: games, crafts, and workouts, to develop social and motor skills, as well as strengthen the relationship between parent and child. The class is **open to families with children ages 18 months-4 years old**; *playcare will be made available for older and younger children on a limited, first-come, first-serve basis. ONLY ONE CHILD PER PARENT.*

English Conversation – Come practice your conversational English skills.

Aerobics – Ready to sweat?! Come and get your groove on! Activities include circuit work, weights, zumba, tae-bo, or walking/running.

Healthy Nut – Join our NEWEST class...for some yummy and delicious, healthy and nutritious cooking ideas!! Be a healthy nut, and join us every Thursday!!

Stress Relief – Join us the second and fourth Wednesdays of the month as we practice the art of relaxation and rejuvenation. Various activities include yoga, journaling, games, and supportive discussions.

Apoyo de Mujeres – Women's support group for **Spanish speakers**.

Woman to Woman – We are daughters, mothers, sisters, wives, girlfriends...women. Join us as we share our joys and sorrows, our victories and defeats, our successes and struggles...as we share ourselves. This fun group will offer support and empowerment for ALL women; **for English speakers**.

Creative Me – Ready to let your creative juices flow?! Join us for weekly creative projects!!

Monday Workshops – NEW!!! Each week we'll have a guest presenter offering insight into nutrition, discipline, cooking, exercise, arts, and many, many other exciting topics. Please see additional flier for weekly topics!!

Thursday Morning Brunch – Have ideas? Concerns? Suggestions? Ever wanted an opportunity to share them? Join us once a month for a morning brunch and discussion of our site vision.

PCAC – Our monthly Parent and Community Advisory Council meeting; **by invitation only**.

MPAP – Make Parenting a Pleasure is a 13-session general parenting series that focuses on progressive skills. This class is CPS and Sacramento County Court certified.

Cover the Kids – Call 1-866-850-4321 for an appointment to receive help with children's insurance applications.

UCD OB/Gyn – Call Margarita, at 916-734-6982 for an appointment to seek pre/post natal exams.

Immigration Services – If you have any questions about immigration or naturalization, please contact our front office to schedule an appointment with Ray Gonzales for a free consultation.

Flourishing Families – An exciting class for unmarried couples with newborns. This class focuses on building strong values and communication skills between parents that help create a flourishing environment for their new babies.

8th Annual Uptown Festival – A HUGE, FUN, and FREE event hosted at Hagginwood Park. Come receive information from dozens of local agencies, live entertainment, delicious food, clowns, animals, bounce houses, and games!! It's guaranteed to be the best trip you've ever taken to the park!

Mama Mia – In honor of Mother's Day, please bring your family for a delicious dinner to celebrate all the wonderful things about mom!!

The North Sacramento Family Resource Center

May 2010



1217 Del Paso Blvd.
Ste B
Sacramento, Ca. 95815
916-679-3743

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