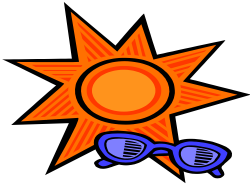


JULY 2011

Funding for Sacramento Children's Home Birth and Beyond Family Resource Center at Valley Hi 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 or by calling 916-876-5865.

Mon	Tue	Wed	Thu	Fri
 <h1 style="font-size: 4em; color: yellow;">Happy 4th of July</h1> 				<p>1 Tips to Stay Cool #1: Drink lots of water.</p>  <p>Tip para estar fresco #1: Tome al mucha agua.</p>
<p>4 Office is Closed Oficina Cerrada</p>  <p>Independence Day!</p>	<p>5</p> <p>Fitness Class 9-10am</p> <p>Apoyo de Mujeres 11am-12</p> <p>Make Parenting a Pleasure (9) 4:30-6:30pm</p>	<p>6</p> <p>Tea at the FRC 11am-12:30</p> <p>Anger Management 6-8pm</p>	<p>7</p> <p>Fitness Class 9-10am</p>	<p>8 Tips to Stay Cool #2: Stay in the shade.</p>  <p>Tip para estar fresco #2: Mantengase en una sombra.</p>
<p>11</p> <p>Tiny Learners 10:30-11:30am</p> <p>Music & Movement 11:45am -12:45</p> <p>Program Orientation 1-2pm</p> <p>Make Parenting a Pleasure (7) 1-3pm</p>	<p>12</p> <p>Fitness Class 9-10am</p> <p>Apoyo de Mujeres 11am-12</p> <p>Make Parenting a Pleasure (10) 4:30-6:30pm</p>	<p>13</p> <p>Tea at the FRC 11am-12:30</p> <p>Anger Management 6-8pm</p>	<p>14</p> <p>NPP (1) - NEW! 11am-1pm</p> <p>Woman to Woman 2-4pm</p>	<p>15 Tips to Stay Cool #3: Don't eat large meals.</p>  <p>Tip para estar fresco #3: Coma comidas livianas.</p>
<p>18</p> <p>Tiny Learners 10:30-11:30am</p> <p>Music & Movement 11:45am -12:45</p> <p>Make Parenting a Pleasure (8) 1-3pm</p>	<p>19</p> <p>Apoyo de Mujeres 11am-12</p> <p>Make Parenting a Pleasure (11) 4:30-6:30pm</p> <p>VHYAC 4-5:30pm *OFF-SITE*</p>	<p>20</p> <p>It's Time to Read! 3:30-4:30 pm</p> <p>Anger Management 6-8pm</p>	<p>21</p> <p>NPP (2) 11am-1pm</p> <p><i>*Individual Scheduled Meetings*</i></p> <p>Woman to Woman 2-4pm</p> <p>Talk it Out - NEW! 5-7pm</p>	<p>22 Summer Extravaganza! ¡Extravaganza de Verano! 1-3pm</p> 
<p>25</p> <p>Tiny Learners 10:30-11:30am</p> <p>Music & Movement 11:45am -12:45</p> <p>Program Orientation 1-2pm</p> <p>Make Parenting a Pleasure (9) 1-3pm</p>	<p>26</p> <p>Fitness Class 9-10am</p> <p>Apoyo de Mujeres 11am-12</p> <p>Make Parenting a Pleasure (12) 4:30-6:30pm</p>	<p>27</p> <p>Tea at the FRC 11am-12:30</p> <p>Parent Advisory Committee 2-3pm</p> <p>Anger Management 6-8pm</p>	<p>28</p> <p>Fitness Class 9-10am</p> <p>NPP (3) 11am-1pm</p> <p>Woman to Woman 2-4pm</p> <p>Talk it Out 5-7pm</p>	<p>29 Tips to Stay Cool #4: Wear bright colored clothes.</p>  <p>Tip para estar fresco #4: Use ropa de color claro.</p>



VALLEY HI FAMILY RESOURCE CENTER

FRC EVENT/WORKSHOP DESCRIPTIONS

DESCRIPCIONES DE EVENTO/CLASE EN EL FRC



Anger Management - Stress and anger do not have to spoil your life. After taking these courses, you can develop the skills to assist you in managing anger. We take court-ordered and self-appointed clients. Facilitators are certified and our system has proven results! Every Wednesday from 6-8pm. For more information or to register contact Otis Bailey of Anger Medium at 878-6511.

Apoyo de Mujeres - Esta clase es un grupo de apoyo para que se reúnan y hablen de temas que el grupo decida. El martes de 11am-12, la clase es dirigida por Angelica Franco.

CAC (Community Advisory Committee)/Valley Hi Youth and Adult Coalition - This coalition encourages community members to help in the effort to strengthen and revitalize the Valley Hi community. Meetings held every third Tuesday of the month at VALLEY HIGH SCHOOL - 6300 Ehrhardt Avenue, Sacramento, CA 95823.

CCC (Comité de Consejo de la Comunidad)/Valley Hi Coalición de Jóvenes y Adultos - La Coalición anima a los miembros de la comunidad a que ayuden en el esfuerzo para fortalecer y reanimar la comunidad de Valley Hi. Las juntas son cada tercer martes del mes en VALLEY HIGH SCHOOL - 6300 Ehrhardt Avenue, Sacramento, CA 95823.

Fitness Class - This is a diverse fitness class that helps with movement, flexibility maintenance, enhance coordination and balance. The class will be a combination of Yoga, Pilates, Zumba, and Dance. Every Tuesday and Thursday from 9-10 am!

Clase De Gimnasio - Esta es una clase diversa de gimnasia que ayuda con el movimiento, mantenimiento de la flexibilidad, mejora la coordinación y el equilibrio. ¡La clase será una combinación de Yoga, Pilates, Zumba, y Baile. Cada Martes y Jueves de 9-10 am!

It's Time to Read! - Join us every 3rd Wednesday of the month for an hour of reading. We will have activities for the kids, book give away, advice on helping your child to read, and more fun! Great for kids 3-5 years old.

Es Tiempo Para Leer! - ¡Acompáñenos el tres miércoles de cada mes en nuestra hora de lectura. ¡Tendremos actividades y consejos para ayudar a sus niños a disfrutar de la lectura, regalaremos libros, y tendremos mucha más diversión! Para niños de 3-5 años.

Make Parenting A Pleasure - Join us for this parenting education workshop, covering topics including positive discipline, developmental milestones, stress management and more. English speaking class. CPS/Family Court Approved. Please call 916-290-8247 to reserve your spot.

Music and Movement - Come and join us on Mondays from 11:45am-12:45pm, for an hour of silly songs and moves to help children learn gross motor skills, social and special awareness! Great for children 2-5 years old! .

Música y Movimiento - ¡Venga y acompáñenos los Lunes de 11:45am-12:45pm, por una hora vamos a tener música y movimientos para que le ayuden a sus hijos con habilidades motrices y el conocimiento social y especial! Es una clase muy Buena para niños de 2-5 años de edad.

Nurturing Parenting Program (NPP) - Join us for this NEW parent education series, centered on a nurturing model of parenting. This workshop will cover a variety of topics including: age appropriate child development and expectations, parent and child needs, family culture, stress and anger management, drug and alcohol, and much more! Class is CPS/Family Court Approved and will be taught in Spanish. Please call 916-290-8281 to RSVP!

Program Orientation - Come learn about the different programs at the Family Resource Center and meet with program staff. Families will learn how to sign up for the different activities offered at the Family Resource Center.

Programa de Orientación - Venga a aprender sobre los diferentes programas en el Centro de Recursos para la Familia y reúnase con el personal del programa. Las familias aprenderán a inscribirse en las diferentes actividades ofrecidas en el Centro de Recursos para la Familia.

Parent Advisory Committee - Join us at the Valley Hi Florin Family Resource Center for our MONTHLY Parent Advisory Committee Meeting! Come share your ideas on ways to improve the Family Resource Center. Everyone is invited!

Comité Asesor de Padres - ¡Acompáñenos en el Centro de Recursos para familia en nuestra reunión mensual para padres del comité asesor! Venga a compartir sus ideas sobre formas de mejorar nuestro Centro de Recursos! ¡TODOS ESTAN INVITADOS!

Summer Extravaganza! - Join us on 7/22/11 between 1-3pm, for some summer FUN as we celebrate the warm weather with family-friendly games and prizes. Bring a dish to share and be entered in a raffle! **Please call 916-290-8281 to RSVP no later than 7/20/11.**

Verano de Extravaganza - Venga y traiga a su familia al centro de recursos de familia para nuestro "Verano de Extravaganza" para una noche de diversión, y juegos. Porfavor traiga su favorito platillo de comida para compartir y entrar a nuestra rifa especial!

Talk it Out - Learn how to develop the five key areas to explore in a partner in order to have an accurate understanding of what the person would be like in a long term relationship. You will explore the dynamics of trust reliance, commitment and sexual touch. (English only Class.) Please call 916-773-1131 for more information or to sign up!

Tea at the FRC - Learn new skills and build new friendships over a cup of tea in a relaxing environment. Join us three Wednesdays a month at 11am-12:30! Facilitated by Loy Ketkhenesa and Angie Aldama.

Té en el FRC - Aprende nuevas habilidades y crear nuevas amistades con una taza de té en un ambiente relajante. ¡Únase a nosotros tres miércoles al mes de 11am-12:30!

Tiny Learners - Come and join us on Mondays from 10:30-11:30am, for an hour of FUN PLAY with school readiness focused activities, crafts, and games! Great for children 3-5 years old.

Estudiantitos - ¡Acompáñenos en el Centro de Recursos para Familia para una hora de diversión, con actividades que prepararán a sus niños para ir a la escuela, manualidades, y juegos! Ideal para niños de 3-5 años.

Woman to Woman - Come discuss issues that affect us all in our everyday lives with women just like you! This group will offer a place to discuss those pressing issues that many women deal with daily and will offer tools on how to combat those issues. We will cover topics such as healthy relationships, self-esteem, and positive communication techniques. Facilitated by Yvonne Jefferson and Ashley Robinson.

For more information, please call 916-290-8281.
Para más información, por favor llame al 916-290-8281.

PLAYCARE AND TRANSPORTATION AVAILABLE.
PLEASE CALL TWO (2) WORKING DAYS IN ADVANCE TO RESERVE SPACE.
CUIDADO DE NIÑOS Y TRANSPORTE ES DISPONIBLE.