



Firehouse Community Center
810 Grand Avenue Sacramento, CA
95838
(916) 567-9567



Group/Class Descriptions

Del Paso Heights Sports League:

A low cost sports league that emphasizes the importance of sportsmanship, exercise, fun and community involvement.

The league is currently taking registration for soccer for youth 5-10years of age.

All games are played at Mama Marks Park.

Contact: David Maun (916) 567-9567 Ext. 202.

Haga de la Paternidad un Placer:

Es una serie de clases para padres que se lleva acabo semanalmente.

Participantes aprenderan tecnicas positivas para mejorar la comunicacion, deciplina positive y mucho mas.

Un cetificado de completacion sera dado al terminar de la serie y satisfacera los requisitos para el Condado de Sacramento Servicios Protectivos para Ninos.

***Facilitator Maria Medina** (916) 567-9567

Hmong Cultural:

A traditional Hmong dance class Jr. High to High school youths.

***Facilitator: Kathy Vang** (916) 924-3911

Kid World:

A free community based after school program for youth in grades K-6.

Youth can socialize with peers in a fun and safe environment that focuses on Enrichment and Recreation.

Two locations to choose from: Firehouse Community Center 810 Grand Avenue or Johnston Community Center 231 Eleanor Avenue.

Contact: Cha Vang (916) 927-4344 EXT 143

Make Parenting a Pleasure:

A weekly workshop that focuses on effective and positive parenting techniques that allow parents to learn "tips and tricks" on how to communicate more effectively.

A Certificate of Completion award provided at the end of this workshop which meets Sacramento County Child Welfare Services requirements.

***Facilitator: Maria Medina** (916) 567-9567

Narcotics Anonymous (N.A.):

This is a twelve-step narcotics anonymous self-help group that assist individuals with there addictions.

This group is held every Monday and Wednesday from 5:30 pm – 6:30 pm

***Facilitator: Nakkita Prewitt** (916) 410-2694

Teen Success:

A teen support group for pregnant and parenting teen 17 years or younger, this group is for teens to socialize, discuss and exchange parenting information.

A small stipend is given for attending this group.

This group meets every Thursday 3:15 pm –5:45 pm

***Facilitator: Elisa Singh & Rosario Rocha** (916) 446-5037 ext. 112 *Play Care provided.*

Grupo De Apollo Latina:

The Latin Support Group is designed to support individuals with life skills such as, Money management, Family planning, Bilingual Education, Dealing with childhood rebellion, Sexually transmitted disease, Nutrition, and much more.

***Facilitator: Maria Medina** (916) 567-9567

