

**MEADOWVIEW FAMILY RESOURCE CENTER
CENTRO DE RECURSOS PARA LA FAMILIA DE MEADOWVIEW**

2251 Florin Road, Suite 158 Sacramento, CA 95822

916-394-6300

Schedule of events

Horarios de eventos

Relax and Refresh

This class offers many tips and methods on relaxing

Relajar y renovar

Esta Clase ofrece diferentes metodos para relajarse.

Family Movie & Family Crafts

Crafts and movies will vary but will always be all age appropriate.

Scrapbooking

Bring your photos and yourself and come create a memory book. Supplies and ideas will be provided. You must reserve a spot by calling Rochelle @ 916-394-6304

Sac Fathers

Every other Tuesday night we meet to discuss the challenges of being a Father and learn new tools to help you as a parent. Help accessing community resources will also be available. FREE DINNER and beverages will be provided.

DTBY

One of our most exciting parenting classes we offer. The class is divided in to two rooms; one for the parents and one for the children. Topics will include responsibility, communication, self identity and others. Both groups will learn the same topic but at their level and will help to allow parents to discuss these issues with their children in home. Children do not have to attend for the parents to attend.

Nutrición para las Familias

Un clase semanalmente que ayuda educar las familias sobre la importancia de comer saludable y de la actividad física por todos los miembros de la familia. Hablaremos sobre los recomendaciones para comida, recomendaciones para actividad física, y como puede vivir saludable. Todos los participantes reciben un libro de cocina que tiene recetas saludables.

Yoga

Weekly Yoga class where you can come exercise your body and relax your mind. Good for anyone looking to relieve stress and get some exercise.

Yoga

Un Clase de yoga semanalmente donde puede venir para ejercitar su cuerpo y relejar su mente. Muy bueno para la gente que quiere eliminar el estres.

Learn the Basics

Come and learn Spanish basics that will help you in your everyday life. Help improve your fluency in Spanish.

Aprende Lo Básico

venga y aprenda las palabras básicas del Inglés que le ayudara en su vida cotidiana. Ayude a su fluidez en Inglés.