

May 2010 The Effort North Highlands Family Resource Center Event Descriptions:

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

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. May 10 will feature Sand Discovery activities. May 24 will be a special event at the park with many community agencies promoting preschool and kindergarten registration and activities! All moms, dads, caregivers, and language speakers are welcome. Call Candace at (916) 679-3925 x107 for more information. Transportation is available to May 10 only.

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 Mondays and Wednesdays from 2pm-5pm with free childcare provided. Contact Community Collaborative Charter School at (916) 286-5161 to enroll today.

Conversaciones / Беседа для Родителей (Conversational English)- This group is designed to increase the confidence of native Spanish and Russian speakers in their use of English. Facilitators will go over basic English phrases that are used everyday such as greetings, common questions, and shopping vocabulary. This group is designed to suit each individual's level of knowledge of English, so all levels of fluency are welcome. Facilitated by Cristina Gutierrez at (916) 679-3925 x111 and Anna Semenenko at (916) 679-3925 x142. Playcare and transportation available.

Clase de Asiento de Seguridad- Car Seat Safety- Did you know 90% of parents unknowingly use their child's car seat incorrectly? Come learn about child safety during car rides. 30 individuals may attend the class, and the first 20 families will receive one free car seat (subject to car seat type availability and the need of the family). Families must come knowing their child's age, current weight, and current height before a car seat can be provided. Class is in English with Spanish translation. CLASS IS CURRENTLY AVAILABLE ONLY TO HOME VISITATION FAMILIES OR FAMILIES ATTENDING FRC CLASSES. To see if you are eligible, please call Christie at (916) 679-3925 x109. 5/20 from 10am-12noon. Playcare and limited transportation available.

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 5/12 y 5/26 de 12 a 2pm. Facilitado por Cristina Gutiérrez al 679-3925 ext. 111. Cuidado de niños y transportation 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 5/12 & 5/26 from 12-2pm, facilitated by Cristina Gutierrez at 679-3925 x111. Playcare and transportation available.

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. Parents can take away one bag full of clothes and other items (items vary based on donations). 5/17 at 10am to 11am. Call 679-3925 for more information. Playcare and transportation available.

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. NEW STUDENTS MAY ONLY JOIN THE WORKSHOP THROUGH CLASS #3 ON 4/21. Next session begins in July. Call Anna Semenenko at (916) 679-3925 x142 for more information. Playcare and transportation available.

One Step Beyond- Open to referred individuals from the CPS system, this group focuses on personal growth. Call Maria Wheeler at (916) 679-3925 x101 for more information.

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 the Family Resource Center Coordinator Christie Gonzales at (916) 679-3925 x109.

Winning The Game- Previously known as Life Happens, this women's group focuses on recovery from substance abuse by addressing topics such as coping with stress, increasing self-esteem, and strengthening relationships. Every Tuesday from 10am-12noon and every Friday from 12-2pm. Facilitated by Aleksander Podlubny of DHA. Playcare is available.

Winning The Game- Men's- Previously known as Life Happens, this men's group focuses on recovery from substance abuse by addressing topics such as coping with stress, increasing self-esteem, and strengthening relationships. Every Wednesday from 10am-12noon. Facilitated by Aleksander Podlubny of DHA. No Playcare available.

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 Semenenko at (916) 679-3925 x142. 4/23 at 3-4:30pm. Playcare available.

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

Call Anna at (916) 679-3925 x142 for more information about Playcare offered during our classes, groups, and events.

Call Melissa at (916) 679-3925 x103 for more information about reserving transportation to our classes, groups, and events.