

River Oak Family Resource Center

4322 4th Avenue
Sacramento, CA. 95817
(916) 244-5800

PLEASE CALL AHEAD FOR TRANSPORTATION SERVICES

- **Morning Stretch**-This is an exercise class designed for non-pregnant women, who enjoy movement that will enhance alignment, balance and flexibility with a combination of dance and stretching moves. This class is going to be FUN!!
- **Morning Stretch & Nutrition Class**-This is a combo exercise and nutrition class designed for people who want to get moving, learn about eating more nutritious foods, and how to obtain those foods in their communities. This class is going to be FUN!!!
- **Stress Busters/Machaca el Estres**-Come and relax with us! Take a timeout from your busy life! This class will have a new, stress-relieving focus each month...get ready to unwind! No children will be allowed in this classroom, children must be able to stay in playcare.
- **Ingles Basico/English Words Class**- Un curso que introduce inglés en una manera simple y divertida en un ambiente amable y cómodo. Venga y vea Como el Inglés puede ofrecer los recursos para moverse adelante en su vida. Llama a Carolyn Menard, FRC Aide a 916 244 5860. This is introductory English class for Spanish speakers that is also a great opportunity for English speakers to learn some basic Spanish words and phrases.
- **Youth In Focus (YIF)**- The purpose of the **Youth in Focus** (12-21 years of age) group is to have our youth develop their **youth voice**, see themselves as **change makers**, feel **youth empowerment**, learn what **they can contribute** and how to contribute to River Oak and their community. This is a **youth driven**, youth development program where youth will be engaged in a variety of activities to develop their mission, questions and how to get at the answers.
- **Short-Term Counseling Session**- To join this CWS referral counseling group, arrive at 9:30 for intake paperwork and then join us for group from 10:00-11:30am on Friday mornings.
- **Computer Use**- Our computer is open for you to come and use or get some help with some computer skills, Fridays, 1:00-3:00pm. Some rules apply to particular sites, ask the FRC staff, for rules before you start!
- **AA Meetings (Spanish)**-Group Transmitelo:sesiones son Domingo 9-11am, Lunes, 8-9pm, & Martes a Viernes 8pm-10:00pm. Para más información, llame a Juan B. 519-9367; Elias M. 224-0502 2920 44th St. Sacramento, Ca. 95817
- **Sisterhood**—Do you need some support? Join this court certified parenting class just for women! This support group/parenting class will discuss your life concerns, with an emphasis on drug, alcohol and parenting. For more information call Patricia Henry at 874-9908
- **Golden 1 Basic You & Your Credit Workshop** — Come and learn the about your credit score! This workshop will discuss the basics of credit scores and will be facilitated by a representative from the bank that will be able to answer any questions as well.
- **Flourishing For Families Program - Do you want your relationship with your partner to be the strongest it can be?** Join this group to work on skills to make this desire a reality. Create a happy, stable family where member flourish emotionally and financially! This class is for couples who are pregnant or have an infant under 3 months, and are romantically involved. For information and to register: Please call (916) 362-1900.
- **Splish Splash Event**-Come to this fun event where we will play water games and enjoy the sun together! Parents come prepared to supervise your children and to get wet! Popsicles and lemonade to be provided!
- **Girl Scouts**-Join this free girl scout troop for girls ages 5-17 years old! This group will meet from June 16 through August 11 on Wednesday nights from 5:00-7:00pm. Earn badges, make new friends and have fun!
- **El Placer de ser Padres**- Ven acompañanos a esta clase para padres de 13 semanas estaremos cubriendo una variedad de situaciones que los padres viven diario: como seguridad, disciplina, comunicacion, y algunas otras cosas.
- **Parent Advisory Council Meeting (PAC)**—Join us for our monthly Parent Advisory meeting where we will discuss what's new at the Family Resource Center. You must arrive by 10:45am to participate in the meeting. This is a great opportunity for you to provide your input on what's happening here!