

| Monday  | Tuesday  | Wednesday | Thursday   | Friday  |
|---|--|-----------|--|---|
|   | <p><b>1</b><br/>BIH Post Partum Group<br/>9:30am-12:00pm</p> <p>Free Counseling<br/>By Appointment Only<br/>10:00am— 5:00pm</p> <p>Anger Management<br/>1:30pm— 3:00pm<br/>*Pre registration required</p>  | 2         | <p><b>3</b><br/>Free Counseling<br/>By Appointment Only<br/>10:00 am— 5:00pm</p> <p>Girl Talk<br/>1:00pm-2:30pm</p>  | <p><b>4</b><br/>School Aged NPP<br/>(Closed Group)<br/>10:00am-12:00pm</p>  |
| <p><b>7</b><br/>Labor Day<br/>Agency Closed</p>                             | <p><b>8</b><br/>BIH Post Partum Group<br/>9:30am-12:00pm</p> <p>Free Counseling<br/>By Appointment Only<br/>10:00am— 5:00pm</p> <p>Anger Management<br/>1:30pm— 3:00pm<br/>*Pre registration required</p>  | 9         | <p><b>10</b><br/>Free Counseling<br/>By Appointment Only<br/>10:00 am— 5:00pm</p> <p>Girl Talk<br/>1:00pm-2:30pm</p> | <p><b>11</b><br/>School Aged NPP<br/>(Closed Group)<br/>10:00am-12:00pm</p>   |
| <p><b>14</b><br/>School Aged NPP<br/>(Closed Group)<br/>10:00am-12:00pm</p> | <p><b>15</b><br/>BIH Post Partum Group<br/>9:30am-12:00pm</p> <p>Free Counseling<br/>By Appointment Only<br/>10:00am— 5:00pm</p> <p>Anger Management<br/>1:30pm— 3:00pm<br/>*Pre registration required</p> | 16        | <p><b>17</b><br/>Free Counseling<br/>By Appointment Only<br/>10:00 am— 5:00pm</p> <p>Girl Talk<br/>1:00pm-2:30pm</p> | <p><b>18</b><br/>School Aged NPP<br/>(Closed Group)<br/>10:00am-12:00pm</p>   |
| <p><b>21</b><br/>School Aged NPP<br/>(Closed Group)<br/>10:00am-12:00pm</p> | <p><b>22</b><br/>BIH Post Partum Group<br/>9:30am-12:00pm</p> <p>Free Counseling<br/>By Appointment Only<br/>10:00am— 5:00pm</p> <p>Anger Management<br/>1:30pm— 3:00pm<br/>*Pre registration required</p> | 23        | <p><b>24</b><br/>Free Counseling<br/>By Appointment Only<br/>10:00 am— 5:00pm</p> <p>Girl Talk<br/>1:00pm-2:30pm</p> | <p><b>25</b><br/>School Aged NPP<br/>(Closed Group)<br/>10:00am-12:00pm</p> <p>Helmet Safety Workshop<br/>3:00pm-5:00pm</p> |
| 27  | <p><b>28</b><br/>BIH Post Partum Group<br/>9:30am-12:00pm</p> <p>Free Counseling<br/>By Appointment Only<br/>10:00am— 5:00pm</p> <p>Anger Management<br/>1:30pm— 3:00pm<br/>*Pre registration required</p> | 29        | <p><b>30</b><br/>Free Counseling<br/>By Appointment Only<br/>10:00 am— 5:00pm</p> <p>Girl Talk<br/>1:00pm-2:30pm</p> |   |

The Mutual Assistance Network presents...  
**Arcade Community Center**  
 2427 Marconi Avenue Ste 203  
 Sacramento, CA 95821  
 (916) 514-8096

# September

Mutual Assistance Network

is now *book* on Face-



**Court Approved  
Anger Management**

Every Tuesday from 1:30 pm-3:00 pm

**School Aged NPP**

New parenting class for parents with school aged children. Call for details!  
Don't miss out!

**Need a crib for your baby?  
Join us at our Safe Sleep Baby Class.**

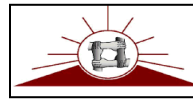
Please call today for more information!



Family Resource Center

Funding provided by:





**MUTUAL ASSISTANCE NETWORK'S**  
**Arcade Community Center**  
 2427 Marconi Ave. Sacramento, CA 95821  
 (916) 514 8096



## Group/Class/ Programs Descriptions

### **Nurturing Parenting Program:**

A Group-Based Parenting Education Workshop that is recognized by Sacramento County Child Protective Services as approved parenting classes for parents with children ages zero (pregnant) to 5-years old. Classes offered in English and Spanish  
 For registration please contact us at (916) 514 8096

### **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.  
 For registration please contact us at (916) 514 8096

### **Anger Management:**

Court Mandated Certified Anger Management Classes topics include: Dealing with Stress, Assertive Communication, Empathy, Expectations, Forgiveness and more.  
 \*Facilitators: Lesah Jones & Heather Gonzalez  
 For registration please contact us at (916) 514 8096

**COMING SOON: FREE ANGER MANAGEMENT CLASSES FOR TEENS!**

### **KidWorld**

This free program provides educational and enrichment activities while encouraging children to live a healthy lifestyle and promoting physical fitness. Serves 1st through 5th grade.  
 For registration please contact us at (916) 514 8096

### **“Second Time Around” Grandparent’s Support Group :**

This group is for grandparents and other relatives who are primary caregivers for children. Come and hear interesting speakers and join with the group to share ideas , food and fun with others who are in the same situation.  
 Facilitators– Lesah Towner, Stacy Harvey and Linda Gutierrez  
 For registration please contact us at (916) 514 8096

### **No Excuse Mom**

This group is a free, kid friendly, parent ran workout. The group is for working and stay at home mothers who want to meet amazing ladies while getting fit together!

### **Counseling :**

FREE one on one counseling and other services for men, women and children who have experienced domestic violence or have been sexually assaulted .  
 By appointment only Provider: Dorothy Miller, MFTI.

### **Girl Talk :**

This FREE women’s group is held weekly and delivers a court and CPS approved domestic violence curriculum. This group is designed for building healthy supports with other women while learning of the cycle and impact of violence. For more information or to arrange an appointment please contact us at (916) 514 8096

### **Muscle Up Mondays:**

Come and work out with our team! This is a free, family friendly workout series. Class availability is limited so please call to pre register. All ages and fitness levels are welcome to join our fitness group! Participants will learn basic self defense techniques and boxing skills from the owner of Knuckles Fitness, Chris Jones. Chris has a passion for the community and has teamed up with our center to share his expertise with our families! The Arcade Community Center staff can provide limited free play care for the younger children as the family engages in learning about self defense and working out, together! Don’t miss the fun!  
 For further details or registration information please contact us at (916) 514-8096

### **Safe Sleep Baby:**

Did you know that unsafe sleeping conditions for your infant can lead to his or her death? Please join us at our Safe Sleep Baby workshop where you will learn the contributors to sleep related death and how to prevent this tragedy in your home. Our interactive workshop will teach you the information you need and give you the tools you need to keep your baby healthy. An infant’s Pack and Play travel crib will be raffled off at each class.  
 For registration please contact us at (916) 514-8096.

*For more information on the Groups/Classes above, Please contact Arcade Community Center 916 514 8096*

*Funding for Mutual Assistance Network Birth & Beyond Family Resource Center 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](http://www.first5sacramento.net).*

