






Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 Kids Closet 12-2pm</p> <p>Movie Night 5-7pm</p> <p>Weave Individual Counseling – Room 3 (By Appointment Only) 1-5pm</p> <p>Men In Power 4:30-6pm</p>	<p>September 1</p> <p>Parent Cabinet 9-10am</p> <p>Lego Club (ages 6+) 5-7:00pm</p>  <p>Anger Medium – Woodstock (By appointment only) 5-7:30</p>	<p>2</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Discover Science – At Serna Village (ages 6+) 4pm – 6pm</p> <p>MPAP (1) FC Joyce Elementary School 4pm – 6pm</p> <p>Father's Inc. (7) 5:30pm–7:30pm</p>	<p>3 Kraft Konnections 12-2pm</p> <p>MPAP Spanish (1) Woodbridge Elementary School 12pm – 2pm</p> <p>Girl Scouts 6:30-8:00</p>	<p>4</p> <p>Understanding Relationships 1-2:30pm</p>  <p>Healthy Habits 3-4:30pm</p>
<p>7</p> <p>LABOR DAY</p> <p>Site Closed</p>	<p>8</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Lego Club (ages 6+) 5-7:00pm</p>  <p>Anger Medium – Woodstock (By appointment only) 5-7:30</p>	<p>9</p> <p>Buckle Up Baby 9-12pm</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Discover Science – At Serna Village (ages 6+) 4pm – 6pm</p>  <p>MPAP (2) FC Joyce Elementary School 4pm – 6pm</p> <p>Father's Inc. (8) 5:30pm–7:30pm</p>	<p>10</p> <p>Kraft Konnections 12-2pm</p> <p>MPAP Spanish (2) Woodbridge Elementary School 12pm – 2pm</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Short Term Group Counseling (Woodstock) 3:00-4:30</p> <p>Girl Scouts 6:30-8:00pm</p>	<p>11</p> <p>Understanding Relationships - Sunshine 1-2:30pm</p>  <p>Infant Safe Sleep 2:30-4:30pm</p>
<p>14</p> <p>Big Hands Little Hands 9:30- 11:00am</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p>  <p>Men In Power 4:30-6pm</p> 	<p>15</p> <p>Kids Closet 11am – 1pm</p>  <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Lego Club (ages 6+) 5-7:00pm</p>  <p>Anger Medium – Woodstock (By appointment only) 5-7:30</p>	<p>16</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Discover Science – At Serna Village (ages 6+) 4pm – 6pm</p> <p>MPAP (3) FC Joyce Elementary School 4pm – 6pm</p> <p>Father's Inc. (9) 5:30pm–7:30pm</p> 	<p>17</p> <p>Kraft Konnections 12-2pm</p> <p>MPAP Spanish (3) Woodbridge Elementary School 12pm – 2pm</p> <p>Short Term Group Counseling (Woodstock) 3:00-4:30</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Family Game Night @ Head Start 5-7pm</p>  <p>Girl Scouts 6:30-8:00</p>	<p>18</p> <p>Family Fitness 1- 2:30pm</p> 
<p>21</p> <p>Car Seat Safety 11am – 1pm</p>  <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Men In Power 4:30-6pm</p> 	<p>22</p> <p>Happy Birthday Baby 11:00am – 1:00pm</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Lego Club (ages 6+) 5-7:00pm</p>  <p>Anger Medium – Woodstock (By appointment only) 5-7:30</p>	<p>23</p> <p>Buckle Up Baby 9-12pm</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Discover Science – At Serna Village (ages 6+) 4pm – 6pm</p> <p>MPAP (4) FC Joyce Elementary School 4pm – 6pm</p> <p>Father's Inc. (10) 5:30pm–7:30pm</p>	<p>24</p> <p>Kraft Konnections 12-2pm</p> <p>MPAP Spanish (4) Woodbridge Elementary School 12pm – 2pm</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Short Term Group Counseling (Woodstock) 3:00-4:30</p> <p>Girl Scouts 6:30-8:00</p>	<p>25</p> <p>Healthy Habits 3-4:30pm</p> 
<p>28</p> <p>Big Hands Little Hands (FRC) 9:30- 11:00am</p>  <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Men In Power 4:30-6pm</p> <p>Movie Night 5:00–7:00pm</p> 	<p>29</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Lego Club (ages 6+) 5-7:00pm</p>  <p>Anger Medium – Woodstock (By appointment only) 5-7:30</p>	<p>30</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Discover Science – At Serna Village (ages 6+) 4pm – 6pm</p> <p>MPAP (5) FC Joyce Elementary School 4pm – 6pm</p> <p>Father's Inc. (11) 5:30pm–7:30pm</p>	<p>October 1</p> <p>Kraft Konnections 12-2pm</p> <p>MPAP Spanish (5) Woodbridge Elementary School 12pm – 2pm</p> <p>HW Club – At Serna Village (ages 6+) 3pm – 4pm</p> <p>Short Term Group Counseling (Woodstock) 3:00-4:30</p> <p>Girl Scouts 6:30-8:00</p>	<p>2</p> <p>Family Fitness 1-2:30pm</p> 



WellSpace Health North Highlands Birth & Beyond Event Descriptions

- **Anger Medium** - Do you want tips and tools on how to manage your anger? Have you been court ordered to take Anger Management classes? Anger Medium, anger & conflict counseling, is provided every Tuesday from 5 -7:30. Contact Anger Medium Specialist Otis Bailey at (916) 878-6511 or email at angermedium@gmail.com.
- **Big Hands Little Hands** - Bring yourself and your 2 – to 5 – year old child to this exciting event! You will make crafts and learn valuable School Readiness skills that will help your child succeed in school. All moms, dads, caregivers, and language speakers are welcome. Call Yesenia at (916) 426-6136 for more information if you plan to attend.
- **Car Seat & Transportation Safety** - Car Seat Safety Class is Back! Our next class will be Tuesday September 21st. Come learn about child safety during car rides. The **first 15 families** will receive one free car seat. Car seats will not be available at class; Parents must return one week later to pick up car seat. Families must come knowing their child's **age**, current **weight**, and current **height** before a car seat can be provided. Class is English language with Spanish translation. CLASS IS FIRST COME, FIRST SERVED. Please arrive no earlier than 10am to receive a number reserving your spot for the class. Class begins at 11am. For more information, please call Elizabeth at (916) 426-6128 for more information. **Playcare provided.**
- **Discover Science** - Hold on Tight! We are going to embark on a journey through the microscopic world of Science! In Discover Science, for 6+ children fascinated with the microscopic world, a whole other universe comes to light! Kids will get the basics on everything from microbes to matter. For more information contact Moises or Elizabeth at (916) 426-6128. **Playcare provided for children 0-5 years old.**
- **Father's Inc** - Calling all fathers! This group is specifically designed for you. Being a father is different from being a mother and this will be a safe place for you to come share your ideas, hopes, and challenges for becoming a successful father. Group is for males only every Wednesday from 5:30 pm - 7:30 pm. Please call Moises at (916) 426-6128 for more information. Playcare provided.
- **Girl Scouts Troop #333** - Call Girl Scouts at 1-800-322-4475 for more information. Summer Break is through! Girl Scouts meet every Thursday from 6:30 pm — 8:00pm.
- **Healthy Habits** - Designed to support and encourage parents to make healthy choices for their families, this class educates and shares on topics such as nutrition, physical activity, drowning prevention, smoking cessation, and much more. Healthy Habits meets every Friday from 3 - 4:30pm. Please call Maria at (916) 426-6137 or Moises at (916) 426-6148, for more information. **Playcare provided.**
- **Kraft Konnections** - This group is open to all moms and dads of any language to gather and make friends as we do arts & crafts together. This is a chance for adults to get in touch with their creative side. Things we will do in Kraft Konnections are cross-stitching, knitting, painting, jewelry design, and more. Please call Maria at (916) 426-6137 for more information. **Playcare provided.**
- **Kids' 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. Raffle tickets will be handed out at 10am to determine the order that families may enter the Kids Closet. Parents can take away a bag full of clothes and other items (items vary based on donations). Call Elizabeth at (916) 426-6128 for more information.
- **Lego Club** - Looking for somewhere for your 6+ child to express their creativity? Welcome to the most AWESOMEST club in town! The Birth & Beyond North Highlands Lego Club promotes creativity and inspiration and we want you and your children to join us! The Lego club meets every Tuesday from 5:00 pm—7:00 pm. For more information please contact Moises or Elizabeth at (916) 426-6128. **Playcare provided for children 0-5 years old.**
- **Men In Power** - Returning the second week of August, **PREPARE** for the emotional responsibilities of fatherhood. **ESTABLISH** new tools and techniques for making choices. Get **INVOLVED** in your community, learning new resources and family centered activities. **SUPPORT** your peers in fatherhood together as you share goals, experiences, and form positive friendships. Men In Power is a group for you! Join us every Monday from 4:30-6:00. Please RSVP to the FRC.
- **MPAP** - This is a parenting education workshop that is strength-based and focuses on positive discipline for the whole family. Both classes will be held in collaboration with Twin Rivers Unified School District. For **MPAP at FC Joyce Elementary School** please call Malkyia at Enrollment is closed for the Tuesday & Thursday class at 2pm. Call Malkyia at (916) 426-6138. For **Haga de la Paternidad un Placer at Woodbridge Elementary School** please call Yesenia at (916) 426-6136 for more information. **Playcare provided.**
- **Parent Cabinet** - Have you been involved with the Birth & Beyond 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 every month to discuss the Birth & Beyond program, receive valuable life skills training, and gain leadership skills. To join the Parent Cabinet, you must set up an appointment with Maria at (916) 426-6137. **Playcare provided.**
- **Safe Beginnings: Infant Safe Sleep** - All parents and caregivers of infant children should come to this informative and life-saving training. Learn how to protect your baby against sleep-related death. Learn how to prevent brain trauma from shaking. If you are pregnant or have a child six-months-old or younger, you will learn how to create a safe sleeping environment for your baby. Bring mom, dad, grandma, babysitter and anyone else who may care-give for your child to hear this important information. Please call Malkyia at (916) 426-6138 for more information. **Playcare provided.**
- **Short Term Group Counseling** - Open to referred individuals from the CPS system, this group focuses on personal growth. Call Susan Little at (916) 679-3925 x5926 for more information.

Limited transportation services are available for ALL FRC activities
For transportation services, please call Melissa at (916) 426-6141, and leave a message.