

January

**Tax Preparation Workshop**  
**Chinese Newcomers Service Center**  
**Wednesday, 1/11/17**  
**5:30pm-7:30pm**

It's time to prepare your 2016 tax return!  
Come and learn about the different kinds of tax credits and where you can get your tax return prepared for FREE!  
You might even be qualified for other public benefits and financial assistance as well.

Light dinner and child care provided.

January

**Pregnant Mom's Support Group**  
**Tuesdays, 1/10, 1/17, 1/24**  
**10:30am-12:30pm**

Pregnancy brings new changes and challenges which can be a stressful and emotional time for new moms-to-be. Together, we will learn from each other about cultural practices, experiences from other moms, get emotional support from peers, and hear from a registered nurse about prenatal care, labor & delivery, postnatal care, breastfeeding and other community resources.

Come and meet soon-to-be moms just like yourself at this safe and friendly group.

Free gifts and raffle drawing at each session.

Light refreshment provided.



March

**Supporting Bilingual Children at Home**  
**Tandem**  
**Friday, 3/31/17 | 10:30am-12:00pm**



What should parents know about raising a bilingual child and early brain development? We explore some myths and truths about language development for bilingual children and how parents can best support their growth.

Light refreshment and childcare provided.

March

**CalFresh Nutrition Workshop Series**  
**Friday, 3/10, 3/17, 3/24 | 10:30am-12:00pm**

Eating healthy can be tough, especially on a budget.

- Learn how to read nutrition labels
- Try out nutritious recipes that are healthy and affordable
- Learn how to save money by meal planning

Light refreshment and childcare provided.

**Baby & Me** ☞ New parents and infants 0 to 1 year old – session meets every Wednesday, 10:30am – 12:30pm

*New session starts Wednesday 1/25/17 until 3/22/17*

New Baby & Me is an once a week, 9-week long interactive class designed for new parents and their babies. Sessions will include infant massage, baby sign language, baby songs, games and discussion topics, such as infant development, nutrition, parental stress management, quality child care options, etc.

(Light refreshment and incentives provided)



**Jr. Explorer** ☞ 1 to 3 years old – session meets every Tuesday 10:30am – 12:00pm

*New session starts Tuesday 2/7/17 until 5/23/17*

**Adventure Land** ☞ 3 to 5 years old – session meets every Thursday, 10:30am – 12:00pm

*New session starts Thursday 2/9/17 until 5/25/17*

These are parent/child interactive playgroups that meets once a week and lasts 16 weeks long. Children will develop their cognitive, language, social and emotional skills through fun and developmentally appropriate activities while parents can learn to conduct these activities at home on their own. Activities include yoga session, fieldtrips, hands-on art & craft projects, story time and much more.

**Night Time Support Group** – session meets every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 5:30pm- 7:30pm \*\*\*

*(No meetings from 12/28/16 to 2/8/17. Meetings resuming on 2/22/17)*

The support group provides an opportunity for parents to explore their concerns about early childhood, parental stress, and exchange parenting tips among each other and to share community resources.  
(Light dinner and child care provided.)



ALL PROGRAMS AND ACTIVITIES ARE CONDUCTED IN CANTONESE.

TO PARTICIPATE, PLEASE CONTACT: 415-391-4890



### Holiday Closures

- January 1st, 2017—New Year's Day
- January 16th, 2017—Martin Luther King Jr. Day
- January 27th, 2017—Lunar New Year
- February 20th, 2017—President's Day

*We apologize for any inconvenience.*



## Wu Yee—Joy Lok Free Tax Preparation Services

*in partnership with Chinese Newcomers Service Center*

**Free / Easy / Confidential**

**To qualify for Free Tax Prep, individuals or families must meet the following criteria:**

- Annual gross income must not exceed \$54,000
- No investment in stocks, bonds or others
- No property in the United States and overseas
- Must not receive rent income

**Service Hours and Location:**

**Joy Lok Family Resource Center, 888 Clay Street, Lower Level**

**Every Wednesday, 2/1/2017 through 3/29/2017 | Time: 10:00am to 4:00 pm**

Registration begins on Wednesday, 1/18/17.

Appointments can be made by walk in at 888 Clay Street or over the phone at 415-391-4890 or 415-321-3823.

## Sleep Safe Baby Box

**If you are currently pregnant or have a child under 6 months old, you can come and get a free Baby Box!**

**Baby Box includes:**

- Diapers, baby wipes and diaper bag
- Mattress pad and waterproof sets
- Baby lotion, bib and onesie
- Tips on child development and engagement activities



**To get a box, go to [www.babyboxuniversity.com](http://www.babyboxuniversity.com), complete the course and get a certificate.**

**Then, call us to make an appointment for pick up: 1-844-644-4300**

**\* The box is bulky, please arrange for transportation accordingly.**

## Community CPR Certification

**Starting February 2017, Wu Yee will start to provide Emergency Medical Services Authority (EMSA) certified CPR classes and recertification for members of the community.**

We will offer Adult CPR and Infant CPR classes in Chinese and eligible individuals will qualify for scholarships to reimburse the cost of the class.

If you are interested in signing up, please call 1-844-644-4300. Space is limited.

