



MUTUAL ASSISTANCE NETWORK'S
Arcade Community Center
 2427 Marconi Avenue STE 203 Sacramento, CA 95821



Group/Class/ Programs Descriptions

Nurturing Parenting Program:

Nurturing Parenting program for school aged. A weekly workshop that focuses on nurturing parenting, disciplining, helping kids manage behavior, self expression and more!

A Certificate of Completion award provided at the end of this workshop which meets Sacramento County Child Welfare Services requirements. Play care is provided.

Facilitators: Latrell Ludd and Latanya Mosley

Healthy Fathers Group :

A bi weekly fathers group. Focusing on topics such as: bonding, leadership, the impact of media, nutrition, and more. No play care provided.

Facilitators: Latrell Ludd

Home Visitation

Provides in-home nurturing parenting education, which helps improve bonding, parent-child relationships, and child behavior. Connects families with community resources, health education, and information.

For registration please contact us at (916) 514-8096

Black Infant Health:

A weekly group for African American Women (18 years or older) · Pregnant: 26 weeks or under. Commitment to attend group sessions .

For more information, Please call: (916) 876-5504

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!

A Path to Mindfulness

A group based exploration of ways to be more present in our day to day lives. We will explore the benefits of meditation, yoga, journaling, and reading.

Facilitator: Jonique Walker

Tiny Yoga

Fun, interactive yoga class for children ages 2 and up. Parent participation strongly encouraged.

Facilitator: Jonique Walker

For registration please contact us at (916) 514-8096

Splat

Socialize, play, learning, and art for toddlers. Explore different arts and craft activities weekly with your child. Older siblings welcome to participate.

Facilitator: Cecilia Laban and Latanya Mosley

For registration please contact us at 916-514-8096

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:** Shanika Arrington

Relationship Talk:

Is open to males and females. This FREE 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

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.

Facilitators: Alondra Almazan & Jonique Walker

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

Neighborhood Link:

The Arcade Community Center has taken on the role of Community Incubator Lead towards the Reduction of African American Child Deaths here in the Arden-Arcade neighborhood. The Arcade Community Center is looking to connect with invested and passionate neighborhood residents and stakeholders to join our efforts. You are invited to join the conversation. It is our intention and mission to ensure that our action steps reflect the voice and desire of the neighborhood. We want to hear your experiences and input. It is only together that we will be powerful and make great strides towards reducing the disparity of African American child death in our neighborhood. Please join us! Each and every person counts. We are looking forward to hearing from you and working together! There are opportunities for volunteering and other ways to take action around this cause! Please feel free to call for more details.

Facilitators: Heather Gonzalez, Jeraniqua Martin, Danielle Lawrence (916)514-8096

For more information about The Reduction of African American Child Death efforts in Sacramento County please visit this website: <http://www.shfcenter.org/raacd>





May 2017



The Mutual Assistance Network
presents...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 No Excuse Moms 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Splat 5:30pm-7:00pm</p>	<p>2 Black Infant Health 10:00am 12:30pm 3:00pm-5:00pm</p>	<p>3 World Relief Orientation 9:30am- 1:00 pm</p>	<p>4 Tiny Yoga 11:00-11:30am</p> <p>World Relief Orientation 1:00pm-4:00 pm</p> <p>A Path to Mindfulness 6:00-7:30pm</p>	<p>5 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-11:30am</p>	<p>6 Nurturing Parenting Program 3&4 10:00am-2:30pm</p> <p>Healthy Father's Group 3:00pm-5:00pm</p>
<p>8 No Excuse Moms 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Splat 5:30pm-7:00pm</p>	<p>9 Black Infant Health 10:00am 12:30pm</p> <p>Safe Sleep Baby (English&Spanish) 3:00pm-4:00pm</p> <p>Career Development Class 3:00pm-5:00pm</p>	<p>10</p>	<p>11 B.U.N.D.L.E. Clothing give away and fun event (pre-registration mandatory families with children ages 0-1 year eligible) 10:00-12:00pm</p> <p>Tiny Yoga 11:00-11:30am</p> <p>A Path to Mindfulness 6:00-7:30pm</p>	<p>12 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-11:30am</p>	<p>13 Nurturing Parenting Program 5&6 10:00am-2:30pm</p> <p>Mother's Day Recognition Event At Swanson Community Center 3:00pm-5:00pm</p>
<p>15 No Excuse Moms 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Splat 5:30pm-7:00pm</p>	<p>16 Black Infant Health 10:00am 12:30pm</p> <p>Career Development Class 3:00pm-5:00pm</p>	<p>17 World Relief Orientation 9:30am- 1:00 pm</p>	<p>18 Tiny Yoga 11:00-11:30am</p> <p>World Relief Orientation 1:00pm-4:00 pm</p> <p>A Path to Mindfulness 6:00-7:30pm</p>	<p>19 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-11:30am</p>	<p>20 Nurturing Parenting Program 7&8 10:00am-2:30pm</p> <p>Healthy Father's Group 3:00pm-5:00pm</p>
<p>22 No Excuse Moms 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Splat 5:30pm-7:00pm</p>	<p>23 Black Infant Health 10:00am 12:30pm</p> <p>Career Development Class 3:00pm-5:00pm</p> <p>Neighborhood Link Youth Celebration 6:00-8:00pm</p>	<p>24</p>	<p>25 Tiny Yoga 11:00-11:30am</p> <p>A Path to Mindfulness 6:00-7:30pm</p>	<p>26 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-11:30am</p> <p>Freeze Friday 1:00pm-3:00pm</p>	<p>27 Nurturing Parenting Program 9&10 10:00am-2:30pm</p>
<p>29 Agency Closed</p>	<p>30 Black Infant Health 10:00am 12:30pm</p> <p>Career Development Class 3:00pm-5:00pm</p>	<p>31 World Relief Orientation 9:30am- 1:00 pm</p>			

Arcade Community Center

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Sacramento, CA 95821
(916) 514-8096

Join us at our Safe Sleep Baby Class.

Please call today for more information!

Car Seat Safety Class

For participating parents!
Please call today for more information.



Family Resource Center