

Group/Class Descriptions

Car Seat Safety & Helmet Safety

Learn the correct way to protect your child in a vehicle, on a bike, scooter or skates.

Contact Long Xiong for more information (916)567-9567 X201

Public Computer Lab:

Access the internet for free. Job search, build your resume and check your emails.

Printing is .10cents a page and \$1.00 to fax. Monday 12pm to 6 pm, Tuesday- Friday 10am to 6pm and Saturdays 10am -1:30 pm.

Produce Market

Fresh produce available at a low price. A portion of what is sold comes from local farms and community gardens that grow local and organic

Monday 12pm to 6 pm, Tuesday- Friday 10am to 6pm and Saturdays 10am -2pm.

Make Parenting a Pleasure/ Nurturing Parenting Program

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 is provided at the end of this workshop which meets Sacramento County Child Welfare Services requirements. Call for more Info (916)567-9567

Teen Success

A teen support group for pregnant teen 17 years or younger. This group is for teens to socialize, discuss and exchange parenting information. A small stipend is given for attending this group. Group meets every Thursday from 3:30-5:30pm

*Facilitator Rosario Rocha (916) 325-1706

Family Movie Night

A free event, open to clients and community residents. Held twice a month on the second and fourth Friday from 5:00-7:00pm. Free popcorn! For Information (916)567-9567

Healthy Relationship Talk

This 15-week open group helps people improve their relationship skills with friends, family, partners, and other loved ones. We focus on a different topic each week, such as boundaries, emotions, and self-esteem. Registration required (916)567-9567

Plática de Relaciones Sanas

Este grupo abierto de 15 semanas ayuda a la gente para mejorar su habilidad para interrelacionar con los demás - familia, amigos, parejas, y otros. Enfocamos en un tema diferente cada semana, por ejemplo: límites personales, las emociones, y la auto-estima. Registracion requerida (916)567-9567

Individual Counseling

We offer 8 free weekly sessions of counseling. Monday and Friday afternoons. Ofrecemos 8 semanas de citas de terapia, gratis. Este servicio está disponible los lunes y viernes por la tarde. Registration required/Registracion requerida (916)567-9567

Juntas Pero No Revueltas

Hablaremos sobre diferentes temas que conciernen a la mujer de hoy, acompañadas con actividades de relajación. Jueves 10:00am to 12:00 pm.

Laura Escamilla (916)927-7694 X 142

Circle Time

Circle Time is a FREE hour of story telling, song singing, and crafts for children up to five years old and their parents. Contact Rowena Bradley (916) 927-7694

CPS Short Term Counseling:

Appointment Only. Contact Susan Little (916) 737-5530

Guided Meditation & Yoga

This 8 session, one hour workshop is FREE. No experience is necessary. This is a beginning level workshop. Participants will experience the benefits of meditation and yoga through participation.

ABC's of Infant Safe Sleep

Participants will learn how to protect their child from sleep related death and how to create safe sleeping environments for their baby.

Smart Money, Smart You

Tips to dig your self out of debt and build great credit, resources and tools to help you maximize your income, and how to make the most of your money.

Some of the Group/Classes will be offered offsite. Please call ahead for the scheduling.



MUTUAL ASSISTANCE NETWORK

Firehouse Community Center

810 Grand Avenue

Sacramento, CA 95838































916-567-9567

www.mutualassistance.com

August 2017

Mondays 12p.m.-7p.m. Tuesday-Friday 10a.m.-7p.m. Saturday 10a.m.-2p.m.



Monday/ Lunes	Tuesday/ Martes	Wednesday/ Miércoles	Thursday/ Jueves	Friday/ Viernes	Saturday/ Sábado
	<p>1</p> <p>CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p> <p>Nurturing Parenting S.A #12 5:00 pm –7:00 pm </p>	<p>2</p>	<p>3</p> <p>Juntas Pero No Revueltas 10:00am-12:00pm </p> <p>Guided Meditation & Yoga 5:00pm-6:00pm </p>	<p>4</p> <p>Healthy Relationship Talk 1:00pm-2:30pm </p> <p>Individual Counseling (By appointment only) </p> <p>2:30pm-4:30pm</p> <p>Nurturing Parenting S.A #13 5:00 pm –7:00 pm </p>	<p>5</p>
<p>7</p> <p>Consejería Individual (Solo Por Cita) </p> <p>12:30pm-5:00pm</p>	<p>8</p> <p>CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p> <p>Nurturing Parenting S.A #14 5:00 pm –7:00 pm </p>	<p>9</p> <p>Car Seat Safety English 3:00pm-4:00pm Spanish 4:00pm-5:00pm </p>	<p>10</p> <p>Juntas Pero No Revueltas 10:00am-12:00pm </p> <p>Sacramento Self Help Housing 10:00am-3:00pm (appt only)</p> <p>Guided Meditation & Yoga 5:00pm-6:00pm </p>	<p>11</p> <p>Healthy Relationship Talk 1:00pm-2:30pm </p> <p>Individual Counseling (By appointment only) </p> <p>2:30pm-4:30pm</p> <p>Nurturing Parenting S.A #15 5:00 pm –7:00 pm </p>	<p>12</p> <p>Nurturing Parenting S.A (Accelerated) #1 & 2 10:00 am –2:00 pm</p>
<p>14</p> <p>Consejería Individual (Solo Por Cita) </p> <p>12:30pm-5:00pm</p>	<p>15</p> <p>CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>16</p>	<p>17</p> <p>Juntas Pero No Revueltas 10:00am-12:00pm </p> <p>Guided Meditation & Yoga 5:00pm-6:00pm </p>	<p>18</p> <p>Healthy Relationship Talk 1:00pm-2:30pm </p> <p>Individual Counseling (By appointment only) </p> <p>2:30pm-4:30pm</p>	<p>19</p> <p>Nurturing Parenting S.A (Accelerated) #3 & 4 10:00 am –2:00 pm</p>
<p>21</p> <p>Consejería Individual (Solo Por Cita) </p> <p>12:30pm-5:00pm</p>	<p>22</p> <p>CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>23</p> <p>ABC's of Infant Safe Sleeping 4:30pm-5:30pm</p> <p>Infant Safe Sleep  Baby sleeps safest alone, on their back, in a crib.</p>	<p>24</p> <p>Juntas Pero No Revueltas 10:00am-12:00pm </p> <p>Sacramento Self Help Housing 10:00am-3:00pm (appt only)</p> <p>Helmet Safety  4:00 pm-5:00 pm</p> <p>Guided Meditation & Yoga 5:00pm-6:00pm </p>	<p>25</p> <p>Healthy Relationship Talk 1:00pm-2:30pm </p> <p>Individual Counseling (By appointment only) </p> <p>2:30pm-4:30pm</p>	<p>26</p> <p>Nurturing Parenting S.A (Accelerated) #5 & 6 10:00 am –2:00pm</p>
<p>28</p> <p>Consejería Individual (Solo Por Cita) </p> <p>12:30pm-5:00pm</p>	<p>29</p> <p>CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>30</p>	<p>31</p> <p>Juntas Pero No Revueltas 10:00am-12:00pm </p> <p>Guided Meditation & Yoga 5:00pm-6:00pm </p>		