

Car Seat Safety/Helmet Safety/ Water Safety

Learn the correct way to protect your child in a vehicle or pool, on a bike, scooter or skates. Contact Long Xiong for more information (916)567-9567

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

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: limites personales, las emociones, y la auto-estima. Registracion requerida (916)567-9567

Individual Counseling

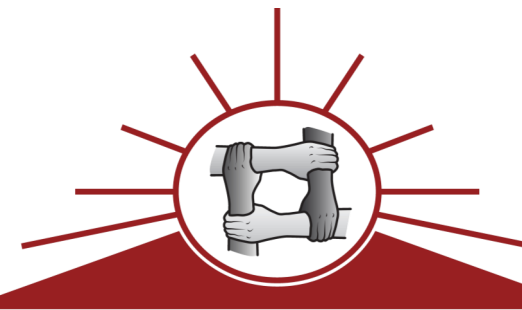
We offer 8 free weekly sessions of counseling. Monday and Friday afternoons. Ofrecemos 8 semanas de citas de terapia, gratis. Este servicio está disponible los lunes y viernes por la tarde. Registration required/Registracion requerida (916)567-9567

CPS Short Term Counseling:

Appointment Only. Contact Marianna Jakucska Berman (916) 569-8607

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.



MUTUAL ASSISTANCE NETWORK

Firehouse Community Center

810 Grand Avenue

Sacramento, CA 95838

916-567-9567

www.mutualassistance.com

















September 2017

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



Funding provided by:



Monday/ Lunes	Tuesday/ Martes	Wednesday/ Miércoles	Thursday/ Jueves	Friday/ Viernes	Saturday/ Sábado
				<p>1 Healthy Relationship Talk 1:00pm-2:30pm Individual Counseling (By appointment only) 2:30pm-4:30pm</p>  	<p>2 Nurturing Parenting S.A (Accelerated) #7 & 8 10:00 am –2:00 pm</p>
<p>4 Labor Day (Closed)</p>	<p>5 CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>6 Car Seat Safety English 3:00pm-4:00pm Spanish 4:00pm-5:00pm</p> 	<p>7 Sacramento Self Help Housing 10:00am-3:00pm (appt only)</p>	<p>8 Healthy Relationship Talk 1:00pm-2:30pm Individual Counseling (By appointment only) 2:30pm-4:30pm</p>  	<p>9 Nurturing Parenting S.A (Accelerated) #9 & 10 10:00 am –2:00 pm</p>
<p>11 Consejería Individual (Solo Por Cita) 12:30pm-5:00pm</p> 	<p>12 CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>13</p>	<p>14</p>	<p>15 Healthy Relationship Talk 1:00pm-2:30pm Individual Counseling (By appointment only) 2:30pm-4:30pm</p>	<p>16 Nurturing Parenting S.A (Accelerated) #11 & 12 10:00 am –2:00 pm</p>
<p>18 Consejería Individual (Solo Por Cita) 12:30pm-5:00pm</p> 	<p>19 CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>20</p>	<p>21 Sacramento Self Help Housing 10:00am-3:00pm (appt only)</p> <p>Water Safety Program 4:00pm-6:00pm</p> 	<p>22 Healthy Relationship Talk 1:00pm-2:30pm Individual Counseling (By appointment only) 2:30pm-4:30pm</p>  	<p>23 Nurturing Parenting S.A (Accelerated) #13/14 & 15 10:00 am –2:00pm</p>
<p>25 Consejería Individual (Solo Por Cita) 12:30pm-5:00pm</p> 	<p>26 CPS Short Term Counseling (Wellspace Health) 3:00pm-5:00pm</p>	<p>27 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>28 Helmet Safety 4:00 pm-5:00 pm</p> 	<p>29 Healthy Relationship Talk 1:00pm-2:30pm Individual Counseling (By appointment only) 2:30pm-4:30pm</p>  	<p>30 Pediatric First Aid/CPR 10:00am-2:00pm Pre registration Required</p>