



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 Infants/Toddlers, school aged children and teens. A weekly workshop that focuses on nurturing parenting, disciplining, helping kids manage behavior, self expression and more! A Certificate of Completion provided at the end of this workshop which meets Sacramento County Child Welfare Services and Court requirements. Play care is provided at some classes **Call ahead to confirm**

Facilitators and languages available:

English: Latrell Ludd, Latanya Mosley, Colleen Kelley

Dari: Basir Azizi

Spanish: Cecilia Laban, Anayeli Carillo

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 . To connect with the group and find out more information, please call: (916) 514-8096

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!

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 & LaTanya Mosley

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

Community Impact Group:

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 Community Impact Group is a team of invested neighbors and stakeholders who are united in their commitment to take action to support the Black Child Legacy Campaign and to reduce African American Child Death Disparities in Sacramento County. These meetings are held on the 3rd Tuesdays of each month from 6:00pm-7:30pm. Please come and join the action. It is our intention and mission to ensure that our strategies 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, Molly Reagh and Danielle Lawrence (916)514-8096

For more information about The Black Child Legacy Campaign County please visit this website:

<http://blackchildlegacy.org/>





November 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Nurturing Parenting Program (Spanish & English) 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p> <p>World Relief Orientation 9:30am-1:00pm</p>	<p>2 World Relief Orientation 9:30am-1:00pm</p> <p>K-12th grade Tutoring 2:00-3:30pm</p> <p>Teen Spoken word Workshop 5:30pm-7:00pm</p>	<p>3 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Zumba 6:00pm-7:00pm</p>	<p>4 Nurturing Parenting Program (English & Dari) 10:00am-2:30pm</p> <p>Family Night out-movies 03:30pm-06:30pm</p>
<p>6 No Excuse Mom Workout 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>7 Muslima Sister Circle 3:30 pm-5:30 pm</p> <p>Black Infant Health Orientation 10:00am-12:30p,</p>	<p>8 Nurturing Parenting Program (Spanish & English) 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>9 Bundle Event for Families 10:00am-12:00pm</p> <p>K-12th grade Tutoring 2:00-3:30pm</p> <p>Teen Spoken word Workshop 5:30pm-7:00pm</p>	<p>10 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Zumba 6:00pm-7:00pm</p>	11
<p>13 No Excuse Mom Workout 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>14 Black Infant Health Orientation 10:00am-12:30p,</p> <p>Safe Sleep Baby (English&Spanish) 3:00pm-4:00pm</p>	<p>15 Nurturing Parenting Program (Spanish & English) 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p> <p>World Relief Orientation 9:30am-1:00pm</p>	<p>16 World Relief Orientation 9:30am-1:00pm</p> <p>K-12th grade Tutoring 2:00-3:30pm</p> <p>Teen Spoken word Workshop 5:30pm-7:00pm</p>	<p>17 Free Counseling Appointment Only 9:00am –1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Zumba 6:00pm-7:00pm</p>	<p>18 Teen Anger Management 10:30am-02:00pm</p> <p>Spoken Word Event 06:30pm-08:00pm</p>
<p>20 No Excuse Mom Workout 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>21 Black Infant Health Orientation 10:00am-12:30p,</p> <p>Muslima Sister Circle 3:30 pm-5:30 pm</p>	<p>22 Nurturing Parenting Program (Spanish & English) 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>23 Thanksgiving Holiday</p>	<p>24 Thanksgiving Holiday</p>	25
<p>27 No Excuse Mom Workout 10:00am-11:00am</p> <p>Free Counseling By Appointment Only 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>28 Black Infant Health Orientation 10:00am-12:30p,</p>	<p>29 Nurturing Parenting Program (Spanish & English) 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p> <p>World Relief Orientation 9:30am-1:00pm</p>	<p>30 World Relief Orientation 9:30am-1:00pm</p> <p>Teen Spoken word Workshop 5:30pm-7:00pm</p>		

The Mutual Assistance Network presents...

Arcade Community Center

2427 Marconi Avenue Ste 203
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



Family Resource Center