

Helmet Safety/ Water Safety

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

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.

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

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.



Firehouse Community Center
810 Grand Avenue
Sacramento, CA 95838
916-567-9567

July 2018

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>2</p> <p>Individual Counseling 1:00pm-5:00pm</p>	<p>3</p> <p>Making Parenting A Pleasure #5 12:00 pm –2:00 pm</p> <p>CPS Short Term Counseling (WellSpace Health) 3:00pm-5:00pm</p>	<p>4</p> <p>Closed for Holiday</p> 	<p>5</p>	<p>6</p> <p>Circle Time 11:30pm-12:30pm Individual Counseling 1:00pm-5:00pm Movie Night-Coko Showtime- 5:00 pm Nurturing Parenting ITP #1 5:00 pm –7:00 pm</p>	<p>7</p> <p>Nurturing Parenting SA # 5/6 10:00 am –2:00 pm</p>
<p>9</p> <p>Individual Counseling 1:00pm-5:00pm</p>	<p>10</p> <p>Making Parenting A Pleasure #6 12:00 pm –2:00 pm</p> <p>CPS Short Term Counseling (WellSpace Health) 3:00pm-5:00pm</p>	<p>11</p> <p>Making Parenting A Pleasure #7 12:00 pm –2:00 pm</p> <p>Nurturing Parenting ITP #2 5:00 pm –7:00 pm</p>	<p>12</p> <p>Sacramento Self Help Housing Orientation: 10:00am-11:00am English 11:00am-12:00pm Spanish 12:00pm-3:00pm (appt only)</p>	<p>13</p> <p>Circle Time 11:30pm-12:30pm Individual Counseling 1:00pm-5:00pm Movie Night-Peter Rabbit Showtime– 5:00 pm Nurturing Parenting ITP #3 5:00 pm –7:00 pm</p>	<p>14</p> <p>Nurturing Parenting SA # 7/8 10:00 am –2:00 pm</p>
<p>16</p> <p>Individual Counseling 1:00pm-5:00pm</p>	<p>17</p> <p>Making Parenting A Pleasure #8 12:00 pm –2:00 pm</p> <p>CPS Short Term Counseling (WellSpace Health) 3:00pm-5:00pm</p>	<p>18</p> <p>Making Parenting A Pleasure #9 12:00 pm –2:00 pm</p> <p>Nurturing Parenting ITP #4 5:00 pm –7:00 pm</p>	<p>19</p>	<p>20</p> <p>Circle Time 11:30pm-12:30pm Individual Counseling 1:00 pm-5:00 pm Movie Night-Wrinkle in Time Showtime– 5:00 pm Nurturing Parenting ITP #5 5:00 pm –7:00 pm</p>	<p>21</p> <p>Nurturing Parenting SA # 9/10 10:00 am –2:00 pm</p>
<p>23</p> <p>Individual Counseling 1:00pm-5:00pm</p>	<p>24</p> <p>Making Parenting A Pleasure #10 12:00 pm –2:00 pm</p> <p>CPS Short Term Counseling (WellSpace Health) 3:00pm-5:00pm</p>	<p>25</p> <p>Making Parenting A Pleasure #11 12:00 pm –2:00 pm</p> <p>ABC’s of Infant Safe Sleeping 4:00pm-5:00pm</p> <p>Nurturing Parenting ITP #6 5:00 pm –7:00 pm</p>	<p>26</p> <p>Sacramento Self Help Housing Orientation: 10:00am-11:00am English 11:00am-12:00pm Spanish 12:00pm-3:00pm (appt only)</p> <p>Helmet Safety 5:00 pm-6:00 pm</p> 	<p>27</p> <p>Circle Time 11:30pm-12:30pm Individual Counseling 1:00pm-5:00pm Movie Night–Tomb Raider PG13 <i>Action Packed Friday</i> Showtime—5:00 pm Nurturing Parenting ITP #7 5:00 pm –7:00 pm</p>	<p>22</p> <p>Nurturing Parenting SA # 11/12 10:00 am –2:00 pm</p>
<p>30</p> <p>Individual Counseling 1:00pm-5:00pm</p>	<p>31</p> <p>Making Parenting A Pleasure #12 12:00 pm –2:00 pm</p> <p>CPS Short Term Counseling (WellSpace Health) 3:00pm-5:00pm</p>				