



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 award 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: Adiba Hadi and Freshta Bakhatyari

Spanish: Marg Almazan

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

Street team

Join Arden-Arcade's Black Child Legacy Team in our weekly grassroots efforts to canvass the The neighborhood!

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:** Ana

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/>



August 2018

The Mutual Assistance Network
presents...

Arcade

Community Center

2427 Marconi Avenue Ste 103

Sacramento, CA 95821

(916) 514-8096

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 World Relief Orientation 9:30am-1:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>2 Walking with friends at Bohemian Park/food distribution 9:00am-10:30am</p> <p>World Relief Orientation 9:30am-1:00pm</p> <p>Sacramento Self Help Housing Workshop 4:00pm-5:00pm</p>	<p>3 Free Counseling Appointment Only 9:00am-1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Anger Management *Appointment Required* 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>4 Nurturing Parenting Program School Aged Parenting Workshop (English) 10:00am-2:30pm</p>
<p>6 Nurturing Parenting Program School Aged Parenting Workshop (Dari & English) 10:00am-2:30pm</p> <p>Free Counseling By Appointment 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>7 Black Infant Health Group 10:00am-2:00pm</p> <p>Making Parenting a Pleasure (Offsite -Closed Group) 10am-12pm</p>	<p>8 Nurturing Parenting Program Ages 0-5 Parenting Workshop (Spanish & English) 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>9 Walking with friends at Bohemian Park/food distribution 9:00am-10:30am</p>	<p>10 Free Counseling Appointment Only 9:00am-1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Anger Management *Appointment Required* 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>11 Nurturing Parenting Program School Aged Parenting Workshop (English) 10:00am-2:30pm</p>
<p>13 Nurturing Parenting Program School Aged Parenting Workshop (Dari & English) 10:00am-2:30pm</p> <p>Free Counseling By Appointment 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>14 Black Infant Health Group 10:00am-2:00pm</p> <p>Making Parenting a Pleasure (Offsite -Closed Group) 10am-12pm</p> <p>Infant Safe Sleep 3:00pm-4:00pm</p>	<p>15 World Relief Orientation 9:30am-1:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>16 World Relief Orientation 9:00am-10:30am</p> <p>Community Grant Orientation 10am-12pm</p> <p>Walking with friends at Bohemian Park/food distribution 9:00am-11:00am</p>	<p>17 Free Counseling Appointment Only 9:00am-1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Anger Management *Appointment Required* 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>18 Nurturing Parenting Program School Aged Parenting Workshop (English) 10:00am-2:30pm</p> <p>Community Grant Orientation 10am-12pm</p>
<p>20 Nurturing Parenting Program School Aged Parenting Workshop (Dari & English) 10:00am-2:30pm</p> <p>Free Counseling By Appointment 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>21 Black Infant Health Group 10:00am-2:00pm</p> <p>Making Parenting a Pleasure (Offsite -Closed group) 10am-12pm</p> <p>Community Impact Group Black Child Legacy 6:00pm-7:30pm</p>	<p>22 Zumba 6:00pm- 7:00pm</p>	<p>23 Walking with friends at Bohemian Park/food distribution 9:00am-10:30am</p>	<p>24 Free Counseling Appointment Only 9:00am-1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Anger Management *Appointment Required* 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>25 Nurturing Parenting Program School Aged Parenting Workshop (English) 10:00am-2:30pm</p>
<p>27 Nurturing Parenting Program School Aged Parenting Workshop (Dari & English) 10:00am-2:30pm</p> <p>Free Counseling By Appointment 11:00am-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	<p>28 Black Infant Health Group 10:00am-2:00pm</p> <p>Community Unity Family fun 4:00pm-6:00pm</p>	<p>29 Zumba 6:00pm- 7:00pm</p>	<p>30 Walking with friends at Bohemian Park/food distribution 9:00am-10:30am</p>	<p>31 Free Counseling Appointment Only 9:00am-1:00pm</p> <p>Relationship Talk 10:00am-1:30am</p> <p>Anger Management *Appointment Required* 3:00pm-5:00pm</p> <p>Zumba 6:00pm- 7:00pm</p>	

Join our Community Impact Group!

Please call today for more information on how to get involved in the Black Child Legacy Campaign for the Arden-Arcade neighborhood!

Car Seat Safety Class

For participating parents! Please call today for more information.

August



Family Resource Center