MUTUAL ASSISTANCE NETWORK
811 Grand Avenue Suite A-3
Sacramento, CA 95838
Phone: (916) 927-7694

Fitness Activities

**Zumba!**
Classes held Tue-Thurs from 6-7p.m. Classes are held at Johnston Community Center. For more information call (916) 567-9567 or Maria Uribe (instructor) 916-281-1671

**2nd To None Fitness with Coach D (FREE)**
2nd To None Fitness offers Bootcamp / Crossfit classes that are full of high energy and heart pumping exercises to get you in the best shape possible.

Classes held Wednesday evening 6:15pm—7:15pm
Location: Robertson Community Center
3525 Norwood Ave, Sacramento CA 95838

Parenting Classes

- Two classes offered: **“Making Parenting a Pleasure”** and **“Nurturing Parenting Program”**
  - Learn positive parenting tips and techniques
  - Meet other parents from the community
  - Sacramento County CPS approved
  - Available in Spanish and English
  - Limited Play care available (weekdays only)

For more information and/or to register call (916) 567-9567.

Home Ownership Orientation for Heritage & Park Village at Del Paso Nuevo

Mutual Assistance Network in partnership with Neighbor works Home Ownership Center is providing home ownership orientation for the new homes at Heritage and Park Village at Del Paso Nuevo.

For more information, contact Mary Yang at (916)927-7694 ext. 143

School Readiness Assistance

Come join us at the Firehouse Community Center for school enrollment assistance.
Specifically targeting families who reside in the:
- Robla School District
- Twin Rivers Unified School District
- San Juan Unified School District

For more information call (916) 927-7694

Family Activities

**Family Movie Night**
Join us for popcorn and a movie! Every 2nd and 4th Fridays of the month, 5pm to 7pm. Call (916) 567-9567 for specific dates.

**Circle Time**
A fun filled interactive class that includes storytelling, song singing and crafts for children up to five years old and their parents. Classes are held on Friday from 12pm to 1pm. For more information call (916) 927-7694

Birth & Beyond Home Visitation

This program provides “in-home” nurturing parenting lessons and interactive activities with your child(ren) ages 0-17. The **Nurturing Parenting Program** is a internationally recognized program designed to build and improve self-worth, empathy, discipline, and empowerment for both parents and children. For more information call (916) 927-7694.
**Safety Classes**

- **Helmet Safety**: Learn the importance of children wearing a helmet and if available, receive a helmet after being fitted. Class will be held on the 4th Thursday of each month from 5:00pm-6:00pm.

- **ABC Infant Safe Sleep**: Learn how to safely put your newborn baby and infant to sleep. Class will be held on the 4th Wednesday of each month from 4:00pm-5:00pm.

**Individual Counseling**

FREE one on one counseling and other services for men, women and children who have experienced domestic violence or have been sexually assaulted.

For more information, please contact us at (916) 927-7694.

**Sacramento Self Help Housing**

This organization helps with housing information and assistance. By referrals only there are housing informational workshops every 2nd and 4th Thursday of the month.

**W.E.A.V.E Group**

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.

**The Grandparent Support Group (GSG)**

If you are a grandparent raising a grandchild and live in Del Paso Heights, you are not alone! Come join the GSG to meet other grandparents in the community, problem-solve, learn about community resources and share successes. Play care is provided.

2nd & 4th Mondays, 10:00am-1:00pm
Hagginwood Community Center
For information contact: Cora Keeton
(916) 927-4196 or email ckeeton104@aol.com

**College of Sports Academy (CSA)**

Goal of CSA is to prepare and encourage children to go to college. We accomplish this by combining multiple programs to support students in all areas.

1) Academic support: After-school programs, tutoring
2) Year Round Recreation Camps: Day Camp with a full day of Art, Science, Dance, Guest Speakers and so on.
3) Sports: Grant Youth Sports and Sacramento Sports Center will provide training and conditioning for basketball, baseball, football and cheerleading.

Register at www.collegesportsacademy.org. For information contact CSA Staff (916) 927-7694 X108.

**Firehouse Community Center**

Del Paso Heights Family Resource Center is designed to provide a space where families can receive assistance, participate in activities and identify resources that are focused toward helping the residents and community move forward. A computer lab available for job searching, resume building and resource finding. Open Monday through Saturday.

**Services Pricing:**
Faxes: $1.00 per fax
Copies: $0.10 per copy

**Seasonal Activities**

**Harvest Festival**: Event will take place the last Saturday in October at the Robertson Community Center 3545 Norwood Avenue.