



Family Resource Centers
PENN VALLEY
LOCATION

NOVEMBER 2018

10862 Spenceville Road,
Penn Valley
Located on Ready
Springs School Campus

(530) 432-1118 x249
M - F 9:00 to 4:00

IN THIS ISSUE:

- NOVEMBER HOURS
- PARENTING CLASS
- CHRISTMAS ASSISTANCE
- FAMILY FUN
- DONATIONS NEEDED
- GOT 40? TIP OF THE MONTH
- STORY TIME

REMINDERS

- WE WILL BE CLOSED NOVEMBER 12TH, 22ND, AND 23RD
- IF YOU HAVE QUESTIONS ABOUT OUR HOURS, GIVE US A CALL!
- SIGN UP FOR TRIPLE P PARENTING CLASSES HAPPENING IN JANUARY!



COMPUTER STATION

NEED TO FAX?
WE HAVE A FAX THAT
YOU CAN USE!



Nevada County
Superintendent of Schools

NOVEMBER HOURS

We will be closed for a few holidays this month. We will not be open on the following days

Monday November 12th

Thursday November 22nd

Friday November 23rd



If you are in need of assistance, please leave us a message and will get back to you the following day

530-432-1118 x249

TRIPLE P PARENTING CLASSES



Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P is one of the few parenting programs in the world that is based on evidence from clinical research. For more than 30 years, Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations. That's why Triple P can help.

Put some great new tools in your parenting tool box!

- Reduce family stress
- Become a more confident parent
- Create an organized, orderly family routine with ground rules that everyone knows & follows
- Enjoy a more harmonious family environment

Thursday Nights
January 17th - March 7th
Ready Springs School
10862 Spenceville Rd.,
Penn Valley

5:30 to 7:30 pm

Call Meg to register:
530-913-2745

Cost: \$35 (scholarships available)
Pizza & childcare provided



CHRISTMAS ASSISTANCE



Salvation Army's Christmas Assistance Program sign-ups are happening soon. It is time to start thinking about Christmas and if you are in need of help now is the time to get signed up.

CHILDREN, SENIOR CITIZENS, or people with disabilities who have low income



CHRISTMAS GIFTS, CLOTHING, & TOYS!

November 12-14
10am to 3pm
10725 Alta Street
Grass Valley
530-274-3500



WHAT TO BRING:
PROOF OF IDENTITY for ALL household members (photo ID, birth certificates, shot records, etc.)
PROOF OF INCOME (paystubs, awards letters, etc.)
WISH LISTS it is important to know ahead of time

FAMILY MOVIE AFTERNOON AT THE LIBRARY



Come and enjoy a family movie afternoon on Monday November 5th at 3:30pm Madelyn Helling Library - Gene Albaugh Community Room
FREE Movie and FREE Popcorn



FRC STORY TIME

Every Wednesday
10-11:30

Welcoming parents & their children (birth to 5)
Connect with your child & other parents

Drop-ins welcome!

KIDS CLOTHES NEEDED

We are in need of kids clothes for our closet. Now that school has started our Clothes Closet gets lots of use during the school year.

Boys Clothes

Girls Clothes, especially pre-teen sizes

Winter Coats (all sizes)



Please bring your donations to the FRC.

TIP OF THE MONTH

from 40 Assets
Tip #23

Helping your child make the best effort to do homework - It is important to make the best, consistent workplace for homework that your home allows. Make sure that the space has good lighting, is comfortable to read and write and most importantly has no distractions. Provide help when needed, but not the answers - asking questions works well. If you have trouble with a subject, recruit an older child or neighbor to help. If you can, work on your 'homework'; pay bills, organize your schedule, or plan meals. If you can't do your 'homework' at the same time, let your child know when you are working on your 'homework'. This allows your child to see that even adults have homework and this models what a good student looks like.

To learn more about the 40 Developmental Assets (Got40?), call 271-5617 or send email to info@Got40.org or NedRussell@pacbell.net.

