



Family Resource Centers
PENN VALLEY LOCATION

DECEMBER 2018

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

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

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DECEMBER HOURS

WE WILL BE CLOSED

DECEMBER 24TH TO DECEMBER 26TH
MONDAY DECEMBER 31ST
TUESDAY JANUARY 1ST

REMINDERS

- 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!



FREEDOM FROM SMOKING

January 9th - February 20th
Time: 3:00 to 5:00
Oak Ridge Community Room
FREE

To sign-up call 530-274-5601
or connectingpoint.org/events

Ready to quit smoking? Finding your path to a smoke-free life is easier with the right help. The American Lung Association's Freedom from Smoking Program is a proven way to quit smoking - and stay quit - even if you've tried before and went back to smoking. Over the course of eight classes, you'll set a quit date, build a quit plan, and work through your first smoke-free weeks with the support of your classmates.

TRIPLE P PARENTING CLASS



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

SANTA'S CHRISTMAS SHOPPE

Saturday December 8th
10 to 1pm
175 Ridge Road Nevada
City

For children ages 3 to 10
Come shop for parents, grandparents, siblings, & friends!
Bring your list and pick up to 8 items!
All items are \$0.25
Fun provided by the KARE Crisis Nursery & Sierra Presbyterian Church!

For more information call
265-0693



BREAKFAST WITH SANTA & MRS. CLAUS



Saturday December 1st
Breakfast 8 to 10:30
Craft Fair 8 to 3
12582 Squirrel Creek Rd. GV

FREE!

Framed professional picture with Santa
Pancake Breakfast
Christmas Crafts for the Kids
Decorating Gift Bags

Kids of all ages welcome!
Please no animals
For more information
274-8516

TIP OF THE MONTH

from 40 Assets
Building Assets During the Holiday Season



With a little patience and planning, the holidays can be used to nurture many aspects of the developmental foundation that kids need to succeed. Here are some ideas for you and your family.

Four Ways to Build Assets During the Holiday Season:

1. Attend holiday concerts, plays, or programs presented by young people.
2. Make celebrations about being with friends and family, rather than focused on gift giving. Start a tradition of asking all party guests to bring items to donate to a shelter.
3. Give gifts of time or activities, such as a trip to a park, an afternoon of baking, or a visit to a museum, rather than material goods to the young people in your life.
4. Develop rituals and traditions that suit your family's lifestyle even if they don't seem traditional or are different from what others are doing. Celebrate the New Year, for example, by letting each family member choose one dish as part of the meal.

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

FRC STORY TIME

Every Wednesday
10-11:30

Welcoming parents & their children (birth to 5)
Connect with your child & other parents
No Story Time on Dec. 26th
Drop-ins welcome!