



Family Resource Centers

PENN VALLEY LOCATION

**FEBRUARY 2019**

10862 Spenceville Road,  
Penn Valley  
Located on Ready Springs School Campus  
Turn right at the campus stop sign, we are located in the 2nd portable

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

### REMINDERS

- WE WILL BE CLOSED FEBRUARY 15TH & 18TH
- IF YOU HAVE QUESTIONS ABOUT OUR HOURS, GIVE US A CALL!

### WHAT WE OFFER

- CLOTHES CLOSET
- FREE DIAPERS
- LENDING LIBRARY
- COMPUTER LAB (INTERNET ACCESS, FAX, PRINTER, COMPUTERS)
- CAREER DEVELOPMENT SUPPORT
- PARENTING CLASSES
- WEEKLY PLAYGROUP
- COMMUNITY RESOURCES & REFERRALS



Nevada County Superintendent of Schools

## FREE TAX ASSISTANCE



SCHEDULE YOUR FREE TAX ASSISTANCE APPOINTMENT

Need some help filing your taxes this year? The AARP Tax Aide volunteers are gearing up to provide preparation services and electronic filing of both Federal and California tax returns for folks with low and middle income.

Let AARP help! The Tax Aide group can handle most common personal tax returns, including those that have salary, interest, dividends, itemized deductions, pension, IRA withdrawals, capital gains, or stock transactions.

Appointments are required and available Feb. 4th thru April 8th To schedule your appointment please call 1-844-319-4119

## HELP WANTED



**VOLUNTEER**

We are in need of some volunteer help

Our Clothes Closet & Lending Library need some organizing. We are looking for someone to come in once a month. The schedule can be flexible & work with your schedule. Call us for more details.

## TRIPLE P PARENTING CLASSES



Seeking support with one of the hardest jobs of all - parenting? Take parenting to the next level. The Power of Positive Parenting Class for Parents of children ages 2 -12

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

Wednesdays, March 6th - April 24th

Scotten School Library  
10821 Squirrel Creek Rd. GV  
5:30 to 7:30pm

Call Meg to register:  
530-913-2745

Pizza & childcare provided

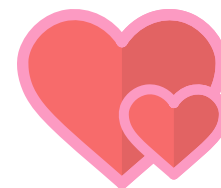
Space is limited, call now to register!

## DIAPER PROJECT



FREE packs of diapers can be picked up weekly at the FRC!

## VALENTINE'S DAY PLAYDOUGH



### INGREDIENTS

- 2 cups flour
- 1 cup salt
- 2 TBLS cream of tartar
- 2 TBLS red or pink glitter
- 3 TBLS oil
- 1 1/2 cups water
- red food coloring

### INSTRUCTIONS

1. Mix the first 5 ingredients together in a bowl
2. Boil the water
3. Add 10-15 drops of red food coloring once boiling
6. Stir well
7. Mix together dry and wet ingredients.
8. Let sit for 10-30 minutes
9. Play!

TIP: If it seems too sticky, keep adding cream of tartar and flour until our get the consistency you prefer. Sometimes I need more, other times i need less. I think the humidity has a lot to do with it.

### TIP OF THE MONTH

from 40 Assets  
Tip #14- Positive Role Models

"Children have never been very good at listening to their elders, but they have never failed to imitate them" James Baldwin

List 10 characteristics (honesty, kindness, etc.) that you want children to imitate and ask yourself are you consistently showing these things in your speech and actions. Don't expect perfection from either yourself or the children with whom you interact. Instead look for improvement, and when you see it, acknowledge it always with a word or two, occasionally & randomly with a treat - again for both you and youth.

Questions? info@Got40.org

**STORY TIME**  
Every Wednesday  
10-11:30

Welcoming parents & their children (birth to 5)

Connect with your child & other parents

Drop-ins welcome!