



Family Resource Centers
PENN VALLEY
LOCATION

**JANUARY
2019**

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:

- PARENTING CLASS
- COOKING ON A BUDGET CLASS
- THANK YOU
- DONATIONS NEEDED
- GOT 40? TIP OF THE MONTH
- STORY TIME

REMINDERS

- IF YOU HAVE QUESTIONS ABOUT OUR HOURS, GIVE US A CALL!
- SIGN UP FOR TRIPLE P PARENTING CLASSES HAPPENING IN JANUARY!
- WE WILL BE CLOSED MONDAY JANUARY 21ST FOR MARTIN LUTHER KING JR. DAY

**COMPUTER
STATION**

NEED TO SUBMIT A
RESUME, COME IN AND
WE CAN HELP.



Nevada County
Superintendent of Schools

**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**

**HEALTHY &
DELICIOUS MEALS**

This class is all about cooking on a budget. Get excited about cooking again with this interactive (and tasty) 2-day class. You'll learn how to plan, shop, save, & prepare simple, healthy meals while maintaining your budget.
Dates: Fridays, January 18 & 25

**Time: 10:30 - 12:30pm
Cost: FREE & open to the public**

Location: Cedar Ridge Community Room
To sign up call Karen 530-274-5601 or connectingpoint.org/events

A BIG THANK YOU

PARTNERS Family Resource Center recently provided 5 cooking classes for the Ready Springs After School Program students.



A special thanks to Wendy, Health Educator from Nevada County Public Health, for being an inspirational cooking teacher.

**LOOKING TO OWN
AN AFFORDABLE
HOME?**

Nevada County Habitat for Humanity invites you to attend an Application Information Meeting

**Wednesday January 9th 7PM
or
Saturday January 12th 1PM**

**Location:
Grass Valley United Methodist Church, Wesley Hall
236 S. Church Street**

To reserve your spot or for more info call:
530-274-1951

These homes are affordable because they are built by volunteers working in partnership with the future home owner



**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 school age kids winter/spring clothes.

School-age Boys Clothes

Girls Clothes, especially pre-teen sizes



At this time we are unable to accept donations for adult and baby clothes.

Please bring your donations to the FRC.

TIP OF THE MONTH from **40 Assets**
Family Night

Plan an evening without those everyday distractions (TV, phones, ect.) to have fun & grow closer together as a family. Having a family night opens the door to have meaningful conversations with your children. This can be a time that you share successes, challenges, hopes, and dreams. A successful family night is about spending time together. You could do a project, play games, or go on an outing. It doesn't have to be a whole evening it could be just an hour. If this is a new tradition for your family ask your kids what they would like to do. It doesn't have to be a whole evening it could be just an hour. Do what works for your family. The important thing is that you are spending time with your kids and helping to build assets into your family.