



Family Resource Centers
PENN VALLEY SITE

DECEMBER 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

OUR SERVICES

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

OUR FUNDING PARTNERS



WE WILL BE CLOSED

Tuesday December 24th
Wednesday December 25th
Tuesday December 31st
Wednesday January 1st
for the Christmas and New
Year's holidays

May this holiday season be full of laughter and spent with family and friends that we hold dear!

STORY TIME AT THE FRC



Every Wednesday Ms. Laurie host Story Time at the FRC from 10 to 11:30. We welcome parents and their children from birth to 5. Story Time features stories, crafts, movement, playtime, and snack. We look forward to seeing you and your little ones!

Drop-ins are welcome!
Call 432-1118 x249 for more info

Please note that Story Time will not be held on December 25th and January 1st. Happy Holidays!

SANTA'S CHRISTMAS SHOPPE

Saturday, December 14th
10 am to 1 pm
175 Ridge Road, Nevada City



Come shop for parents, grandparents, siblings, and friends! Bring your list up to 8 items.

Children ages 3 to 10 can come shop for Christmas gifts. **All items are only \$0.25**

This is a great opportunity for kids to shop for their loved ones and pick out those special presents.

Parents can relax, have refreshments and make a family craft while you wait for your kids to shop for you!

Fun provided by KARE Crisis Nursery and Sierra Presbyterian Church

For more information call
265-0693



COME JOIN CUB SCOUTS



Penn Valley Pack 275 is inviting you to join Cub Scouting. In Cub Scouts you will have lots of fun, learn new things and make new friends. It is fun with a purpose.

Scouting develops positive character traits, leadership skills, strengthens communication skills and builds good citizenship.

Do you want to...?

- Build Pinewood Derby Cars
- Go hiking and camping
- Serve your community
- Seek thrilling adventure
- Learn team building
- Go on field trips
- Make new friends
- Try new things
- Do STEM challenges
- And More!!

If you would like to learn more, come to our pack meeting. You can join at ANY TIME.

Who: Anyone in grades K-5 (Yes! Boys and Girls)

Where: Ready Springs School Gym

When: Every Tuesday 6:30 - 7:30

Questions?

Email:

pennvalleycubscouts@gmail.com

Phone: 916-765-1602 (Maria)

Scholarships available

PARENTING PARTNERS Parenting Tips with Annie

Memories are Gifts

Traditions remind us to take time from the busyness of life and reconnect. The stimulation of the senses - whether it's the bright flame of candles, prickly pine needles on the tree, or downtown carolers - creates powerful interactions within our nervous system and helps to solidify the experience into our memories. Children love rituals. The security of repetition brings a sense of belonging and comfort - emotionally and spiritually. Here are five ideas to help create more meaningful memories this season. *Continued on page 2*



Annie Keeling,
MFA

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- What does Christmas mean to you? What does the "Spirit of Giving" mean and how can you bring this more into your life? Share your personal stories. Reflect on the previous year and talk about how you have grown individually and as a family.
- Read together. One of our family's favorite traditions is reading from a book called, "Christmas Treasury," a collection of stories. We also like the book, "Celebrations: Festivals, carnivals, and feast days from around the world," which we use throughout the year.
- Share yourself with others. When I was growing up, my mother visited several folks in a nearby senior center on a weekly basis. At the holiday time, even when I was quite young, she would take me with her on her visits. That made a powerful impact on me. You can contact many of the assisted living centers in our area.
- Random acts of kindness. Let your children see you modeling the gift of being kind to others. You might pay a bill for someone at the grocery store, take donations to a local food bank, or bring a meal to an ill friend. Their involvement during these events will make a lasting impression.
- Give the gift of you. One of the best gifts you can give is your time. My father gave me a booklet at Christmas one year. In it were 12 pages with a blank line on each page. Together we came up with 12 events that we could do over the year, once a month. This included the circus, the library, the Children's Museum, the park, and my favorite restaurant. I still remember that gift and carry on the tradition with my son.

Children observe the modeling of parents who commit to making family time important. This time together helps make new memories while also remembering the past.

Annie Keeling, MFA, is the Parenting Specialist for Nevada County Superintendent of Schools. She teaches parenting classes throughout the year. Contact Annie to find the next class near you: akeeling@nevco.org or 530-268-5086.

PARENTING CLASSES IN 2020

Annie Keeling, our Parenting Specialist, will be teaching 2 parenting classes come January! Annie will help you put some great new tools in your parenting tool box! These tools will help reduce family stress, become a more confident parent, create an organized, orderly family routine with ground rules that everyone knows & follows and enjoy a more harmonious family environment.

Call Annie to register: 530-268-5086
Cost: \$35 (scholarships available)
Pizza & childcare provided
Space is limited, so register today!

Penn Valley:

Thursday Nights
January 21st - March 10th 2020
Ready Springs School
10862 Spenceville Rd., Penn Valley
5:30 to 7:30 pm

Grass Valley:

Thursday Nights
March 24th - May 19th 2020
Grass Valley Charter School
225 S. Auburn Street, Grass Valley
5:30 to 7:30 pm

You do not need to be a part of these schools to attend. Our parenting classes are open to all who wish to attend. We look forward to seeing you in January.

COMMUNITY CLASSES at Connecting Point

Freedom from Smoking Free!

Are you 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.

Class dates: Jan 8, 15, 22, 29, 31, Feb 5, 12 and 19

All classes are from 2-4 pm
Location: Glenbrook Apartments
Community Room

Register online at
connectingpoint.org/events or by
phone, call Karen 274-5601

CLOTHES CLOSET DONATIONS



We are running low on our kids clothes, especially warm winter clothes!

Please bring in your clean used kids clothes to the Family Resource Center. Thank you! Your donations are greatly appreciated.

FREE DIAPERS



We have FREE packs of diapers that you can pick up weekly!

These diapers are supplied by the Nevada County Diaper project, their mission is to help supply diapers to anyone who is in need of diapers