



Family Resource Centers
PENN VALLEY SITE

**JANUARY
2021**

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

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

Hi there! We are still here to support you and your family! We ask that you please call to set up a time to access our services, like the Diaper Project.

Please call 268-5606 or 278-8257 to set up a time to access these services. We can arrange a time for you to pick up what you are needing. Stay safe and healthy!

STORY TIME WITH LAURIE



Virtual Playgroup
Wednesday's 10 am

Our playgroup features stories, songs, sharing, prereading and math exercises.

Fun, Free Preschool Activities for parents and their young children

Contact Laurie
530-278-8257

To sign up and receive the Zoom invite.

FOOD RESOURCES

The Food Bank of Nevada County will continue to host DRIVE-THRU distributions at:

**Grass Valley Seventh Day
Adventist Church**
12889 Osborn Hill Rd, GV
Thursdays 10am to 1pm

**North San Juan Oak Tree
Campus**
18847 Oak Tree Road, NC
Tuesday January 12th,
10 am to 12pm

In partnership with Twin Ridges
Elementary School District, SJR
Family Resource Center, and the
County of Nevada.



Interfaith Food Ministry is continuing with their normal distribution schedule via DRIVE-THRU.

Mondays, Wednesdays, Fridays
10am to 1pm

2nd Saturday of the month
10am to 12pm
440 Henderson Street
(530) 273-8132



GIVEAWAY

PARTNERS Family Resource Center received a generous grant to offer you some resources that may be helpful to you and your family.

Items that may be available to be gifted to you

- toothbrushes
- toothpaste
- baby wipes
- laundry soap
- laundry vouchers

Call 530-268-5606 to schedule a time to pick up your goodies

DISTANCE LEARNING CENTER

FREE Distance Learning Center and Youth Hub is open from 8:15am to 2pm weekdays, at the Nevada County Fairgrounds. Children in 4th grade or higher can be dropped-off at the center, while parents or guardians must remain with younger students.

They offer high-speed internet access, socially distanced workstations, and a safe and supervised study environment. Breakfast and Lunch are provided.

OUR FUNDING PARTNERS



NURTURING PARENTING WINTER SEMINAR

Virtual Seminar January 12th to March 9th

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. Nurturing Parenting is one of the few parenting programs in the world that is based on evidence from clinical research. For more than 35 years, Nurturing Parenting's easy-to-understand, practical strategies have been shown to help families in all types of situations. PUT SOME GREAT NEW STRATEGIES IN YOUR PARENTING TOOL BOX!



Annie Keeling,
MFA

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The 8-week seminar will consist of:

January 12th to March 9th

Live Zoom Calls: Tuesday Nights, 7:30 - 8:30pm

One-on-one coaching call per family

Video modules and handouts, sent weekly to your email

This is provided free of charge to Nevada County participants through generous county grants.

This seminar will help...

- Reduce Family Stress
- Create a family routine with ground rules that everyone knows and follows
- Become a more confident parent
- Enjoy a more harmonious family environment

Seminars usually fill quickly with a waitlist. Contact Annie to register: akeeling@nevco.org or 530-268-5086

Here are a few testimonials from parents who have taken the online course:

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Excellent program. So much valuable Information and so many strategies. Every family can find several strategies that work for them thru this program. Super helpful.

This seminar has helped us tremendously during this time of intensive togetherness as a family. We are so much better able to guide our daughter's behaviour, and have noticed an increased level of cooperation from her.

Annie has been an exceptional resource and teacher. Her passion shines through and her genuine desire to help and assist others is palpable. She is a true gift to this community and I hope to take more classes from her in the future.

Seminars usually fill quickly with a waitlist. Contact Annie to register: [akeeling@nevco.org](mailto:akeeling@nevco.org) or 530-268-5086

*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](mailto:akeeling@nevco.org) or 530-268-5086.*



Needing more resources to support you during this time? Call 2-1-1 and they can connect you to those resources to support you and your family or visit their COVID-19 resource page

[211connectingpoint.org](http://211connectingpoint.org) or call 211

## FREE DIAPERS



We have diapers supplied from the Diaper Project. These diapers are free and are to help supplement the cost of diapers for families. You are welcome to get a package of diapers a week from us. We carry diapers from size one to size five.  
Call to schedule a time to pick up!



The Nevada County Library has been offering many activities on Facebook, Instagram, and online! Including Baby Story Time, Book Boogie Story Time, Book Clubs, and much more!!

To see what they are offering go to their website [mynevadacounty.com/library](http://mynevadacounty.com/library) or connect with them on Facebook and Instagram