



# PARTNERS Press

August/September/October 2018

[www.partnersfamilyresourcecenters.org](http://www.partnersfamilyresourcecenters.org)



## What's Inside?

- Got 40? Tip of the month!
- Parenting classes!
- Take a Kid Mountain Biking Day!
- NEO Empire Challenge WALK/RUN!
- BSM Celebration of Life Triathlon/5k
- Constitution Day Parade!
- And more!

## Welcome Back!



Welcome back! The first day of school is just around the corner and we're awaiting the end of the **hot summer** and the start of a cooling Autumn. PARTNERS invites parents, teachers, and community members to come by and visit YOUR Family Resource Center (FRC)! Come see what the FRC has to offer! Come by or call and check out the FRC for information, resources, and FUN!

### Hours:

M-Th 9am-4pm Fri 9am-1pm

Come by or call! Phone: 273-4059

## PARENTING

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.



- Reduce Family Stress.
- Become a more confident parent.
- Create an organized, orderly family routine with ground rules that everyone knows and follows.
- Enjoy a more harmonious family environment.
- Put some new tools in your tool box.

**Wednesdays, Aug. 29—Oct. 17 Sierra Nevada Children's Services 5:30-7:30pm**

Call Meg to register: 530-913-2745

Pizza & childcare provided



**Hay una clase en español!**

**Los jueves 13 de septiembre al 8 noviembre 5:30pm-7:30pm Grass Valley Charter School**

**Atrás del FRC en salon 32**

Meg Luce, LMFT, Especialista en Clases Crianza. Superintendente de las Escuelas del Condado de Nevada Y Leyda Morales, Interprete Para inscribirse y más información llamar a la maestra Leyda Morales al 530-273-4483 ext #2013 Tendremos refrigerio y cuidado para lost niños



We can help with Medi-Cal applications and make referrals for CoveredCA applications and renewals. Hablamos español. Come by or call 273-4059.



## Circle of Friends Play Group

Regular Schedule resumes  
September 4th

Tues-Wed-Fri 10:00-11:30am

Registration required

Parent/child participation children 2-4yrs old

Call Viki for more info: 273-4059



## Upcoming Events

### 52nd Annual Constitution Day Parade & Celebration

Sat. Sept. 8th 10am-5pm

Sun. Sept. 9th 10am-12pm

Revolutionary War Living  
History at Pioneer Park

**PARADE Sunday at 2pm**

More info at

[www.nevadacitychamber.com](http://www.nevadacitychamber.com)



24th Annual  
**BARBARA SCHMIDT  
MILLAR CELEBRATION  
OF LIFE TRIATHLON  
& 5k Walk/Run**  
Sunday Sept. 16th

7am registration 9am triathlon starts  
Triathlon open to women 18yrs & up  
5k open to women 13yrs & up

This awesome event benefits SNMH Women's Imaging Center & awards a scholarship to a Nevada County high school graduate pursuing an education in healthcare.

FOR MORE INFO TO VOLUNTEER and/or REGISTER:

[Bsmtri.org](http://Bsmtri.org)



## Tip of the month from 40 Assets

### Tip – Asset #24– Child bonding to school

When children have a sense of belonging at school, they are happier to be there and are more eager to learn. When possible, attend PTC meetings, volunteer at school events, make goodies for bake sales with your children's help. If your budget allows, buy pencils or other items with school logos. Make school special and something you and your children enjoy together.

To learn more about the 40 developmental assets (Got 40?), call 271-5617 or e-mail

[NedRussell@pacbell.net](mailto:NedRussell@pacbell.net) or [info@got40.org](mailto:info@got40.org).



**New Events and Opportunities.**

Empowering youth to make healthy lifestyle choices. Youth Center hosts after school drop-in hours, workshops, and weekend events. Stop by for games, music, art, a place to hang out or just for someone to talk to. See Facebook or go online for more info: [www.ncneo.org](http://www.ncneo.org).



**5th Annual  
NEO Empire Challenge  
4mile RUN / 2mile WALK  
to benefit youth  
Saturday, October 13th  
Empire Mine State Park  
Registration: 7:30-8:25am  
Run/Walk Start: 8:30am  
A FAMILY EVENT!!**

**We're expanding our  
Tutoring Program!**



**For information on  
TUTORING FOR THE FALL,  
please contact Viki or Karen at  
273-4059**



**ONE LESS SPARK—ONE LESS WILDFIRE**

**It's Fire Season! What can  
you do to keep your family,  
home, and community  
safe? Check out these  
websites:**

[www.PreventWildfireCa.org](http://www.PreventWildfireCa.org)  
[www.oneyoufiresafe.com](http://www.oneyoufiresafe.com)



**U-Pick Veggies**

Every Tuesday from June through October, the Food Love Farm provides organic U-Pick vegetables from 4:30-6:30pm. Bring your own baskets and bags, prices are similar to the farmer's market. And – You can now use your EBT card at U-pick! Look for the harvest menu posted on the [Sierra Harvest's Facebook](#) page each week.



**Take a Kid & MOM  
Mountain Biking Day**

**SUNDAY, Sept. 30th  
9:00am-1:00pm  
Seven Hills Middle School**



Biking Fun ~ T-Shirt Painting ~ Goodie Bag  
Skills Clinic ~ Fender Blender Smoothies!

HELMETS required & parent/guardian signature on waiver required

Call Karen or Viki for more info: 273-4059 or go to [ybonc.org](http://ybonc.org)



**Need a backpack for  
school?**

**Just give us a call or  
come by during office**

**hours: Mon-Thurs 9am-4pm  
Friday 9am-1pm**



We've got children's bike helmets available at the FRC. Give us a call or come by and we'll get you safe to ride!

**Events at the Library**

**Madelyn Helling Library—Nevada City**

Tuesdays 10:30am—Preschool Story Time  
Thursdays 4:00pm—Sing-a-long (all ages)  
Saturdays 10:00am— Virtual Reality Experience

**Grass Valley Library**

Wednesdays 10:30am— Toddler Story Time  
Thursdays 4:00pm—Anime & Manga Club  
Check website for more GV Library activities!



**Talking • Singing • Reading • Writing • Playing**

Madelyn Helling Library  
980 Helling Way, Nevada City  
530-265-1538

GV Library—Royce Branch  
207 Mill Street, Grass Valley  
530-470-2693

[www.mynevadacounty.com/290/library](http://www.mynevadacounty.com/290/library)

We are in need of clothes for our clothes closet. **All sizes**—children to adult, but especially boys' sizes 2-8.



**VOLUNTEERS**

**Get involved at the FRC**

We are currently looking for someone to clean playroom toys once a week. Please contact Karen or Viki at 273-4059 for more information. We would love to hear from you!