



AUTUMN 2022 BULLETIN

The mission of the San Juan Ridge Family Resource Center is to connect, support and celebrate the families of the San Juan Ridge

WE ARE OPEN MONDAY-FRIDAY & OFFER the FOLLOWING:

Children's Activities

Classes & summer camps-see below or call for information about current offerings

Clothes Closet - Mondays & Wednesdays 10-3

Clothing, shoes and jackets for babies, toddlers, children, teens & adults

Drop-in Playspace Mondays & Wednesdays 10-3

Indoor and outdoor space to play for families with children of all ages

Food Pantry - Tuesdays & Thursdays 12-3

People of all ages are welcome to visit once weekly for a wide variety of food, as well as diapers

Playgroup - Tuesdays & Thursdays 10-12

Families with children ages 0-5 gather to enjoy active play, circle time with stories and songs, arts activities and outdoor play - older siblings welcome

Tech access - Mondays & Wednesdays 10-3 (and other times on an as needed basis)

Computer, wifi, printer, copy and fax machine access, as well as support to use them



HAUNTED FRC!

The Family Resource Center welcomes all ghosts, ghouls & creatures to visit on Monday, October 31st for a fun & spooky haunted house experience!

San Juan Ridge FRC Celebrates Its Sweet Sixteenth!

Thanks to all our wonderful friends and neighbors, SJR FRC's 16th Birthday Bash was a huge success! Smiling faces were everywhere and happiness abounded. Many thanks go to celebration volunteers: Henry Krautkramer, Matt & Pam Langley, Nancy Lorenz, April O'Neal, Felicia Peterson, Aubrey Puetz, Kaala & Leaja Rose, Lisa Rowe, Marc Ryan, & Tim Scholl. Thanks also to A to Z Reptiles, Magician Bernard Bradshaw, Grizzly Hill School's PTC, Little Acorns Preschool, Nevada County 4H, NSJ Early Head Start, & NSJ Fire Department for contributing their time and talents to our special day. Last but certainly not least, we are especially grateful to all who have weathered the last 16 years with us. You have truly made our work here a labor of Love.



CONTACT US

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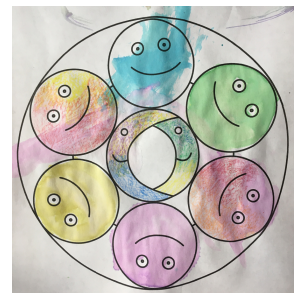
Our Partners & Funders



PLAYGROUP WELCOMES NEW FAMILIES!

Families with children ages 0-5 are invited to join us twice weekly for Playgroup. At Playgroup, we engage in imaginative, active play, arts and crafts activities, circle time with songs, stories and poems and outdoor fun. We've been enjoying making new friends and creating wonderful connections during our time together. Playgroup is held on Tuesdays & Thursdays from 10 am-noon. Older siblings are always welcome to attend.

Please call with any questions about Playgroup - 530-292-3174.



CLASSES at the FRC

CREATIVE MOVEMENT CLASSES FOR KIDS WITH AUBREY PUETZ
FREE OF CHARGE!!!
 AGES 3-5 ~ WEDNESDAYS 12:30-1:15
 4TH-8TH GRADERS ~ WEDNESDAYS 2:45-3:30
 K-3RD GRADERS ~ WEDNESDAYS 3:45-4:30
OCTOBER 26-DECEMBER 7
AT THE SAN JUAN RIDGE FAMILY RESOURCE CENTER

**TO REGISTER,
 CALL 292-3174**
 REGISTRATION REQUIRED/NO DROP-INS



PHOTO CREDIT: TOMMY GLEASON

San Juan Ridge Family Resource Center Presents



Let's De-Stress Together!

FREE yoga class for adults
FREE childcare

Wednesdays 9-10:30 am

October 26-December 14

For all ability levels

Oak Tree Lodge-18847 Oak Tree Road

Participants must register in advance to attend and for childcare.

For information or to register, please call 530-292-3174

FAMILY RESOURCE CENTER NOW DISTRIBUTES NARCAN

Naloxone/Narcan is a drug used to reverse an opioid overdose, including overdoses due to fentanyl. It is available without a prescription. After a quick training, anyone can administer naloxone to another person who has overdosed on opioids. Naloxone is available for free at the San Juan Ridge Family Resource Center.

COVID TEST KITS AVAILABLE AT NO COST

Covid test kits are now available for FREE at the Family Resource Center. If you have any symptoms, please do not enter the building. If possible, please call ahead and staff will meet you in the parking lot.

NEVADA CITY NISENAN RANCHERIA LAND ACKNOWLEDGEMENT

- We acknowledge these are the ancestral homelands of the Nevada City Nisenan Tribe
- We acknowledge this land was taken repeatedly with no compensation or regard for the lives and ways of the original people, until they had no land left.
- We acknowledge we are settlers here, that we live, love and work on land the Nisenan never ceded.

To learn more about the Nevada City Rancheria and the Nisenan tribe, please visit nevadacityrancheria.org