November December 2022

PARTNERS PRESS

Grass Valley/Penn Valley



PARTNERS IS PEOPLE AND RESOURCES TOGETHER, A NETWORK OF EDUCATION RECREATION AND SUPPORT

PLAYGROUP

Attention parents and guardians! Your toddler wants to play, sing, create and dance.

We have a class for them.

TWO LOCATIONS!

Grass Valley:

530-273-4059

Penn Valley:

530-432-1118

x2249



Nutrition and Cooking Class for 5th-8th Grade Students

Penn Valley
PARTNERS Family
Resource Center

Wednesday
Dec 14th
3:00 - 4:00 PM
call for more info
and to sign-up
530-432-1118
x2249

IN THIS ISSUE

FRC ACTIVITIES

- Playgroups @ Penn Valley and Grass Valley FRC's
- Nurturing Parenting: Read the latest tips! Sign-up for the Winter Class
- ESL Classes Tuesdays 11:45-12:45
- WRAP Sessions for Youth
- Watercolor Paint Class at GV FRC
- Cooking and Nutrition at PV FRC

COMMUNITY UPDATES

- Vaccinations: Nevada County Public Health @ 500 Crown Point Circle
- Salvation Army Christmas Gift Assistance
- Santas Christmas Shoppe

Read the Latest in Parenting:

The Gentle Gift



NCSOS Parenting Specialist: Jinnae Anderson 530-238-5608

FREE ESL Classes Return to the GV FRC Tuesdays 11:45-12:45 G.V. Family Resource Center Call 530-273-4059 For more information

We need your help in meeting the needs of our community

Weekly Tutors- What subject do you prefer?
Clothes Closet Organizer - Flexible schedule.
Come share your passion - Art, Science, Crafts,
Technology, with a student workshop
Grass Valley FRC 530-273-4059
Penn Valley FRC 530-432-1118 x2249

GET YOUR NEEDS MET

- Parenting 1:1 with Viki Doris
- Diapers & Wipes @ the FRC's
- Clothes Closet (Winter clothes) @ the FRC's
- Free gently used books

IF YOU WOULD LIKE
ASSISTANCE IN ACCESSING
ANY OF THESE SERVICES OR
WANT TO KNOW MORE
BEFORE YOU JUMP IN: CALL
US AT THE FAMILY
RESOURCE CENTER
530-273-4059

Winter Clothes Donations needed size 2 and up.
Please call before bringing donations.
Thank you for your generosity!









PARTNERS

WWW.PARTNERSFAMILYRESOURCECENTERS.ORG 235 SOUTH AUBURN ST. GRASS VALLEY | 530-273-4059 10862 SPENCEVILLE RD. PENN VALLEY | 530-432-1118 X2249

PARTNERS PRESS



Nevada County Public Health

Grass Valley

500 Crown Point Circle, Ste110 530-265-7049

General Vaccines -Kids General Vaccines - Adults

1-4 pm 1-4 pm

3rd Thursdays Monthly 2nd and 4th Thursdays Monthly

Covid-19 Vaccines - Ages 6 mo.+ 1-4 pm 3rd Thursdays Monthly

Holidays Sign up on Myturn.ca.gov

Nurturing Parenting

Winter 2023 Class Series

Take the stress out of parenting with Nurturing

Parenting's evidence-based, interactive approach.

deepen and strengthen their family relationships in

For 35 years, this program has helped parents to

· Loving Discipline and Logical Consequences

all types of situations. Topics include:

· Setting and Keeping Limits that Work

· Communicating with Respect

· Building Self-Worth · Brain Development

· Dealing with Stress

· And much more!

The Family Resource Centers have COVID-19 Home Tests. Come pick up a test to have on hand.

Nevada County

The next time you have symptoms you will be prepared.

> In need of assistance for your children's

Christmas gifts?

Go online to

saangeltree.org

Salvation Army's

Angel Tree

Application

Santa's

Christmas

Mall items .25c

Saturday

Dec. 10 9am-1pm

Sierra Presbyterian

Church

175 Ridge Rd.

For children

ages 3-10

Come shopping for

parents, grandparents, siblings & friends.

Shoppe

CALL THE FRC's FOR MORE INFO ON VACCINES OR TO PICK UP A TEST GV 530-273-4059 PV 530-432-1118 x2249

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- **Nutrition and Cooking at PV FRC**

COMMUNITY UPDATES

- Health @ 500 Crown Point Circle

- Assistance

- the FRC's
- Free Gently used books

DID YOU KNOW?

You can call 2-1-1 in the event of a crisis or if you

- Vaccinations: Nevada County Public
- Salvation Army Christmas Gift
- Santas Christmas Shoppe

KARE Crisis Nursery and **GET YOUR NEEDS MET** Sierra Presbyterian Church

- Parenting 1:1 with Viki Doris Diapers & Wipes @ the FRC's
- Clothes Closet (Winter Clothes) @

need to access community services? Give them a call!





Parents say...
"I am calmer in the chaos."

"Love the practical tools!"

as a parent.

"I am feeling more secure

Nurturing Parenting®

8 Week Evening Series: Thursdays 5:30-7:30pm Jan 26-Mar 13

Ready Springs Elementary School 10862 Spenceville Road, Penn Valley Parentin Pizza & childcare provided for evening class!

Except

8 Week Morning Series: Thursdays 10am-12:00pm Feb 2-March 23

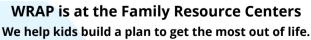
Family Resource Center Grass Valley 235 S. Auburn Street

Cost per series: \$35 Scholarships available!



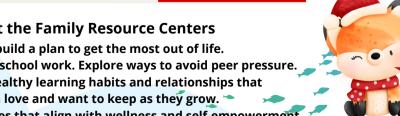
Or: For questions or registration:





Establish tools to manage school work. Explore ways to avoid peer pressure. Stay on track with healthy learning habits and relationships that your children love and want to keep as they grow.

Your kids can enjoy activities that align with wellness and self-empowerment. Give us a call: GV FRV 530-273-4059 PV FRC 530-432-1118 x2249







Come Shopping

The FRC Clothes

Closets have winter

clothes for your

family