



Family Resource Centers  
PENN VALLEY SITE

**JANUARY 2020**

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

## WE WILL BE CLOSED

Monday January 20th in observance of Martin Luther King, JR. Day.



## 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 January 15th

## FREE HEALTHCARE SERVICES

Grass Valley Clinic  
Nevada County Fairgrounds  
January 11 & 12



California CareForce will be at the Nevada County Fairgrounds, in Grass Valley on January 11 - 12, 2020 to provide free dental, vision and medical services to those in need. All services are provided at no cost and with no restrictions based on income, insurance, residency, employment or immigration status. Demand is expected to be high, so please follow the instructions set out in the FAQs section below.

### What services will be available?

**Medical:** general exam, physicals, and immunizations (flu shots)

**Dental:** Dental screenings, x-rays, cleanings, fillings, and extractions

**Vision:** Eye health exams, vision exams, and custom prescription glasses made on-site

**Other:** chiropractic, acupuncture, HIV testing, health education, WIC, and other community resources

**All services are free; you do NOT need proof of insurance, employment, income, residency, immigration status, or ID**

You MUST have a wristband to receive services. Wristbands for next-day services will be distributed as follows:  
Friday and Saturday, January 10 and 11 from 4pm -6pm at the Nevada County Fairgrounds, 11228 McCourtney Road

The clinic is held on Saturday and Sunday, January 11 and 12

### Do all the members of my family need a wristband?

Yes. Anyone receiving service MUST have a wristband.

### Do veterans get priority?

Yes. Veterans receive priority entrance to the clinic. Service will begin at 7:00 AM on each clinic day. Please arrive by 11:00 am to avoid disappointment. Veterans do NOT have to wait in line for a wristband the day before. Veterans can receive services on the same day they visit the clinic.

### What to bring:

Your prescription medication, appropriate clothing, food and water

### What NOT to bring:

Illegal drugs, alcohol, or firearms

For more information, visit:  
[www.californiacareforce.org/patients/grassvalley](http://www.californiacareforce.org/patients/grassvalley)

## OUR FUNDING PARTNERS



## Gadget Self-Control

Children model what they see. If you are a media device at the dinner table or when your child needs your attention, you are sending a very clear message into the future: "My phone is more important than you. When you have a phone, it will be just fine to make it more important than me." Curb that kind of hypocrisy now. Imagine the limits you would like for your child when they are a teenager. Model those now.

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## PARENTING PARTNERS Parenting Tips with Annie



Annie Keeling, MFA

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Enforce unplugged family time and zones in your home.

How about...

- A device-free dinner
- No devices in the living room,
- No devices after lights-out

Media free mealtime provides your family with an opportunity to bond and connect with each other with no distractions. With devices present, there is a greater chance of developing unhealthy eating habits.

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

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

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

connecting point  
community services central



### 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](http://connectingpoint.org/events) or by  
phone, call Karen 274-5601

**OTHER UPCOMING CLASSES**  
CPR and First Aid - January 6-7  
Caregiver Essentials - January 7  
Living Well with a Chronic Condition  
- January 16 - February 20  
Qigong - January 27 - February 10



## 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.

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](mailto:pennvalleycubscouts@gmail.com)

Phone: 916-765-1602 (Maria)

Scholarships available

## OUR LENDING LIBRARY



We now have a dedicated section in our Lending Library for Accelerated Readers books.

Each book is marked with the reading level and point worth.

Come in and check out our selection of books for all ages! We have something for everyone and it is open to community.