



Family Resource Centers
PENN VALLEY SITE

NOVEMBER 2019

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

WE WILL BE CLOSED

We will be closed Monday
November 11th in observance of
Veterans Day and Thursday
November 28th and Friday
November 29th in observance of
Thanksgiving.

Have a great long weekend and
holiday spent with family and
friends!

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.

CLOTHES CLOSET DONATIONS

We are running low on our kids
clothes!
Please bring in your clean used kids
clothes to the Family Resource
Center.

Thank you!



TRIPLE P PARENTING CLASSES

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. Triple P is one of the few parenting programs in the world that is based on evidence from clinical research. For more than 30 years, Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations. That's why Triple P can help.

- Put some great new tools in your parenting tool box!
- Reduce family stress
- Become a more confident parent
- Create an organized, orderly family routine with ground rules that everyone knows & follows
- Enjoy a more harmonious family environment

CHRISTMAS ASSISTANCE

Sign-Ups Happening Now



Salvation Army's Christmas Assistance program signups are happening soon. It is time to start thinking about Christmas and if you are in need of help now is the time to get signed up.

CHILDREN, SENIOR CITIZENS, or people with disabilities who have low income CHRISTMAS GIFTS, CLOTHING, & TOYS!

November 4th and 5th
10am to 3pm
10725 Alta Street GV
530-274-3500

WHAT TO BRING:

- PROOF OF IDENTITY for ALL household members (photo ID, birth certificates, shot records, etc)
- PROOF OF INCOME (paystubs, awards letters, etc.)
- WISH LISTS it is important to know ahead of time, what toy your children would like



FREE COMMUNITY CLASSES

Did you know that Connecting Point offers free classes that are open to the public?
Register online at connectingpoint.org/events or by phone, call Karen 274-5601

Upcoming Classes

Freedom from Smoking
8-week series

Ready to quit smoking? Finding your path to a smoke-free life is easier with the right help. This program is a proven way to quit smoking and stay quit. You'll set a quit date, build a quit plan, & work through your 1st smoke-free weeks with support.

Saturdays, Nov. 2-Dec.14
11 to 1pm
Connecting Point

TIP OF THE MONTH from 40 Assets

Tip - Asset #20
(Quality) Time at Home - with/without Electricity



The silver lining during a power outage. With lights or in the dark, talk! Tell your children about your childhood, everyone making up stories (not scary), take turns adding the next sentence, share hopes, dreams, and ideas/plans for the future, plan a family vacation.

With light, gather books to read aloud together, puzzles, arts & crafts, board games. Lots of listening and lots of conversations.

Best of all, developing good, fun, weekly habits for when the power comes back.

Questions?
271-5617
nedrussell@pacbell.net



STORY TIME
Every Wednesday
10-11:30

Welcoming parents & their children (birth to 5)
Connect with your child & other parents
Drop-ins welcome!