



Family Resource Centers
PENN VALLEY SITE

OCTOBER 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

Hi there! We are still here to support you and your family! We ask that you please call to set up a time to access our services, like the Diaper Project.

Please call 268-5606 or 278-8257 to set up a time to access these services. We can arrange a time for you to pick up what you are needing. Stay safe and healthy!

STORY TIME WITH LAURIE



Virtual Playgroup
Wednesday's 10 am

Our playgroup features stories, songs, sharing, prereading and math exercises.

Fun, Free Preschool Activities for parents and their young children

Contact Laurie
530-278-8257

To sign up and receive the Zoom invite.

DRIVE-THRU FLU SHOTS! FREE

October 6, 2020
12- 4 pm

Twin Cities Church parking lot
11726 Rough and Ready Hwy,
Grass Valley
Entry via westbound entrance of
parking lot only

- Flu shots available for adults and children 3 and older
- Wear clothing that allows easy access to your upper arms
- Drive-thru event only - no walk-ups, please
- All occupants in your car must wear a face covering (3 and older)
- Formas disponibles en español / Paperwork available in Spanish

For more info, call 530-265-7265

NEVADA COUNTY LIBRARY ACTIVITIES

The Nevada County Library has been offering many activities on Facebook, Instagram, and online! Including Baby Story Time, Book Boogie Story Time, Book Clubs, and much more!!

To see what they are offering go to their website
mynevadacounty.com/library
or connect with them on Facebook and Instagram

YOUTH HUB FOR DISTANCE LEARNING COMING SOON

Nevada County, Nevada County Fairgrounds are partnering with NEO and the Friendship Club to offer FREE Youth Hub for Distance Learning.

Details are still being worked out but the vision is that this center will serve multiple school districts and will be offered free of charge. They will announce hours and if you will need to sign-up in advance

Supervision will be provided by The Friendship Club and NEO. The goal is to connect children with services that they may need for distance learning. Like internet access.

Once they announce when they will be opening we will let you know. What a wonderful resource this for our children!



OUR FUNDING PARTNERS



The Power of Music

Music is a joyful and sometimes unusual addition to your parenting. This tool can be used to enhance learning, create a pattern interrupt, or increase communication. Since children are hard-wired for music before language, you can use this to your advantage.

Whether it's a favorite song on Spotify or your singing a song from childhood, music can be used to teach transition, reach, and calm. Music can set the tone, change the mood, break up an altercation, give direction

PARENTING PARTNERS Parenting Tips with Annie



Annie Keeling,
MFA

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calm high energy or bring up low energy -all in a loving and respectful way. Try the following:

- Pick an easy tune - like "Skip to My Lou" - and use it throughout the day to give directions. "Wash, wash, wash your hands..." or "Climb, climb, climb, in your seat"
- Musical Concert. Invite all family members to participate. Instruments can range from store-bought shakers to pots and pans.
- Parade. Wind through the house as you make music.
- Music Appreciation Hour. Listen to a handful of songs from different eras, cultures, instrumentation, or styles,
- Dance Night. Everyone chooses a favorite dance tune. Move the coffee table and dance.
- Lullabies. Singing to your child at bedtime is one of the most important rituals you can give your child. Children are like baby penguins. The sound of their parent's voice is truly magical music to their ears.

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.



FALL IN-PERSON PROGRAMS STARTING AT NEO

NEO is excited to announce their in-person Fall programs!

Hangouts, video games, photography, and music....it's almost like old times! They can't wait to see you all in person.

Participants must register in advance. Space is limited so register today!

Use the link to register, learn more about the series, or to learn about their COVID safety plan : neoyouthcenter.org



your connecting point

Needing more resources to support you during this time? Call 2-1-1 and they can connect you to those resources to support you and your family or visit their COVID-19 resource page

211connectingpoint.org/nevada-county/covid-19

FREE DIAPERS



We have diapers supplied from the Diaper Project. These diapers are free and are to help supplement the cost of diapers for families. You are welcome to get a package of diapers a week from us. We carry diapers from size one to size five.
Call to schedule a time to pick up!

FOOD RESOURCES

The Food Bank of Nevada County will continue to host DRIVE-THRU distributions at:

Grass Valley Seventh Day Adventist Church
12889 Osborn Hill Rd, GV
Thursdays 10am to 1pm

North San Juan Oak Tree Campus
18847 Oak Tree Road, NC
Tuesday September 8th, 10 am to 12pm

In partnership with Twin Ridges Elementary School District, SJR Family Resource Center, and the County of Nevada.



Interfaith Food Ministry is continuing with their normal distribution schedule via DRIVE-THRU.

Mondays, Wednesdays, Fridays
10am to 1pm

2nd Saturday of the month
10am to 12pm
440 Henderson Street
(530) 273-8132