



SPRING 2023 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 10-4 & OFFER the FOLLOWING:

Children's Activities

Classes & summer camps-see page 2 or call for information about current offerings

Clothes Closet - Mondays & Wednesdays 10-4

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

Drop-in Playspace Mondays & Wednesdays 10-4

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

Food Pantry - Tuesdays & Thursdays 12-3

Visit once weekly for a wide variety of food, as well as diapers

Parenting 1:1 - on an as needed basis

Support for parents and caregivers

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 10-4 (and other times on an as needed basis)

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

WRAP services - on an as needed basis

Wellness action planning for people of all ages & families, call for details!

EARTH DAY AT OAK TREE SATURDAY, APRIL 22ND NOON-4 PM

Oak Tree Lodge - 18847 Oak Tree Road

Featuring Native American drumming, kids activities and crafts, tabling by environmental organizations, sustainable fashion show and more!!!

Family friendly, alcohol-, smoke- and vape-free event



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. 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.

NURTURING PARENTING CLASSES at the FRC

We're very pleased to announce that the San Juan Ridge Family Resource Center will host Parenting Education Specialist Jinnae Anderson as she presents a series of three Nurturing Parenting workshops. Workshops will take place Wednesdays March 22, April 19 and May 17. Each class will meet from 5-7 pm in the Oak Tree Lodge, 18847 Oak Tree Road. **FREE** class with dinner and childcare also provided at no cost. Participants must register in advance. Please call 530-292-3174 to register.

March 22: Stressors on Parents and Kids—and How to Help

Do you find yourself feeling stressed, frustrated, and in need of nurturing as a parent or caregiver? You are not alone! Join other parents in this participatory class where we explore our unique needs and how we can better meet them, even in the midst of our busy—and often overwhelming—schedules. We will then turn to stressors in the lives of our children, and how we can best guide and help them to cope—and even thrive—as they manage their own life challenges.

April 19: Loving Discipline and Natural Consequences

Effective and loving discipline is a common area of struggle for parents and caregivers. How do we set limits from a calm and empathetic place when we are triggered? Which consequences work in a way that engenders self-responsibility in our children? We will explore these topics and more in this lively, interactive evening that will help you to create mutual respect, a deeper relationship, and an understanding of effective consequences with our kids.

May 17: Parenting with respect and understanding

How can we, as parents & caregivers, create a mutually respectful relationship with our kids? And how do we best help our kids with their overwhelming emotions, whether they are 2 or 12? We will discover communication tweaks, de-escalation techniques, emotional competence & more in this interactive workshop.

SAVE the DATES for SUMMER CAMP!

We're excited to share that we will offer five weeks of enriching summer camps for kids!!

PLAY CAMP for 3-5 year-olds - July 5-7

JUNIOR SPORTS CAMP for ages 5-7 - July 10-14

INTERMEDIATE SPORTS CAMP for ages 8-10 - July 17-21

SENIOR SPORTS CAMP for ages 11+ - July 24-28

ART CAMP for ages 6-12 - July 31-August 4

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, visit nevadacityrancheria.org