



# WINTER 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. Please call for details!

## Parenting Circle Event

**THURSDAY, JANUARY 12th 5-7 pm**

**Oak Tree Lodge - 18847 Oak Tree Road**

Parents & caregivers of children 0-18 are invited to join a discussion on your parenting strengths & challenges, as well as share ideas of how the FRC can help better support you & your children.

*What types of support do you need? What would you like to see offered?*

**FREE childcare, a delicious dinner and \$25 gift cards included! Please join us! Registration required: Call 530-292-3174 by January 11th to register or with any questions about the 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. At Playgroup, we engage in imaginative, active play, arts and crafts activities, circle time with songs, stories and poems and outdoor fun. 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.

**CLASSES at the FRC**

**TO REGISTER,  
CALL 292-3174**

San Juan Ridge Family Resource Center Presents



**Let's De-Stress Together!**

FREE yoga class for adults

FREE childcare

Wednesdays 9-10:30 am

January 4-February 22

For all ability levels

Oak Tree Lodge-18847 Oak Tree Road

Participants must register in advance to attend and for childcare.

For information or to register, please call 530-292-3174

**SO MANY THANKS!**

The San Juan Ridge Family Resource Center owes much of its success to the tremendous help we receive in the form of donations and people power. We would like to extend our warmest appreciations to the following individuals and organizations to which we are very grateful - Ananda Village for their heartfelt, generous donations; Camptonville School for a donation of 1,096 canned goods for the food pantry; Grizzly Hill School and Twin Ridges Elementary School District for use of this beautiful site, service learning project participation, representation at events and much, much more; Nancy Lorenz for volunteering weekly to bring food to the food pantry; Master's Market, Mother Truckers and the Food Bank of Nevada County for incredibly generous, ongoing donations of food; Aubrey Puetz for encouraging young dancers to shine; Marcy Risque for the opportunity to practice yoga; Crowley Vandeross for hauling tons of recycling to the NSJ dump; everyone who helped at the Sweet 16 and the community-at-large for your kindness, generosity, encouragement and support!

**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, please visit [nevadacityrancheria.org](http://nevadacityrancheria.org)