MUTUAL ASSISTANCE NETWORK'S
Arcade Community Center
2427 Marconi Avenue STE 203 Sacramento, CA 95821
(916) 514 8096

Group/Class/ Programs Descriptions

Nurturing Parenting Program :
Nurturing Parenting program for Infants/Toddlers, school aged children and teens. A weekly workshop that focuses on nurturing parenting, disciplining, helping kids manage behavior, self expression and more! A Certificate of Completion award provided at the end of this workshop which meets Sacramento County Child Welfare Services and Court requirements. Play care is provided at some classes **Call ahead to confirm**
Facilitators and languages available:
English: Latrell Ludd, Lou Angelo

Home Visitation
Provides in-home nurturing parenting education, which helps improve bonding, parent-child relationships, and child behavior. Connects families with community resources, health education, and information.
For registration please contact us at (916) 514-8096

Black Infant Health:
A weekly group for African American Women (18 years or older) · Pregnant: 26 weeks or under. Commitment to attend group sessions . To connect with the group and find out more information, please call: (916) 514-8096

Street Team
Join Arden-Arcade's Black Child Legacy Team in our weekly grassroots efforts to canvass the The neighborhood!

YOUTH POP UP!
Come join us for a FREE, FUN & SAFE party for the Arcade Youth! Food, Games, Prizes, Live DJ & more. Youth Pop Ups will occur EVERY OTHER Friday from 5pm-8pm. Please call for location! (916) 514-8096

Bundle of Joy
An opportunity for community members to get gently used baby clothes and other items, as well as be connected to local resources. This event takes place on the 2nd Thursday of every month 10am—12pm

Health Corner
* Cervical Health Awareness Month. For Medi-Cal individuals who are interested in screenings, exams, and other preventative care questions , please call Planned Parenthood in Sacramento (916) 444-7966.

*National Birth Defects Prevention Month . For more information about prenatal and preventative care, please call the California Department of Public Health at (916) 558– 1784
For Medi-Cal recipients, please call (916) 880-4040 for Free testing, ultrasounds, as well as information about fetal development and any other questions

Counseling:
FREE one on one counseling and other services for men, women and children who have experienced domestic violence or have been sexually assaulted .
By appointment only **Provider:** Monica

Relationship Talk:
Is open to males and females. This FREE group is held weekly and delivers a court and CPS approved domestic violence curriculum. This group is designed for building healthy supports with other women while learning of the cycle and impact of violence. For more information or to arrange an appointment please contact us at (916) 514 8096

Safe Sleep Baby:
Did you know that unsafe sleeping conditions for your infant can lead to his or her death? Please join us at our Safe Sleep Baby workshop where you will learn the contributors to sleep related death and how to prevent this tragedy in your home. Our interactive workshop will teach you the information you need and give you the tools you need to keep your baby healthy. An infant's Pack and Play travel crib will be raffled off at each class.
Facilitators: Marg Almazan, For registration please contact us at (916) 514-8096.

Community Impact Group:
The Arcade Community Center has taken on the role of Community Incubator Lead towards the Reduction of African American Child Deaths here in the Arden-Arcade neighborhood. The Community Impact Group is a team of invested neighbors and stakeholders who are united in their commitment to take action to support the Black Child Legacy Campaign and to reduce African American Child Death Disparities in Sacramento County. There are opportunities for volunteering and other ways to take action around this cause! Please feel free to call for more details.
Facilitators: Kula Koneig 916)514-8096
For more information about The Black Child Legacy Campaign County please visit this website: http://blackchildlegacy.org/

The Mutual Assistance Network presents...

Arcade

Community Center

2427 Marconi Avenue
Ste 101
Sacramento
CA 95821
(916) 514-8096

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **SITE CLOSED** 	**2**	3 **Free Counseling Appointment Only** 9:00am –4:00pm **STREET TEAM!** 6PM—7:30 PM	4
6	7	8	9 **Bundle Event** 10:00am-12:00pm	10 **Free Counseling Appointment Only** 9:00am –4:00pm **Youth Fun Pop Up!!** 5:00pm-8:00pm	11
13 **Nurturing Parenting Program ITP 0-6** *FIRST DAY OF CLASS* Lesson 1 10:00 AM—12:00 PM	14 **Infant Safe Sleep (English)** 3:00 PM—4:00 PM	15 **Nurturing Parenting Program ITP 0-6** Lesson 2 10:00 AM—12:00 PM	16	17 **Free Counseling Appointment Only** 9:00am –4:00pm **Safe Sleep Baby Workshop (Dari)** 3:30pm-5:30pm **STREET TEAM!** 6PM—7:30 PM	18 **Nurturing Parenting Program School Age 6+** *FIRST DAY OF CLASS* Lesson 1 & 2 10:00 AM—2:30 PM
20 **Nurturing Parenting Program ITP 0-6** **NO CLASS TODAY**	**21** **Community Impact Group** 6:00 PM—7:30 PM **Making Parenting a Pleasure** *FIRST DAY OF CLASS* Lesson 1 6:00 PM—8:00 PM	22 **Nurturing Parenting Program ITP 0-6** *LAST DAY TO JOIN CLASS* Lesson 3 10:00 AM—12:00 PM	23 **Making Parenting a Pleasure** Lesson 2 6:00 PM—8:00 PM	24 **Free Counseling Appointment Only** 9:00am –4:00pm **Youth Fun Pop up** call for location 5:00pm-8:00pm	25 **Nurturing Parenting Program School Age 6+** *LASTDAY TO JOIN. MUST BE PRESENT FOR 3RD LESSON* Lesson 3 & 4 10:00 AM—2:30 PM
27 **Nurturing Parenting Program ITP 0-6** Lesson 4 10:00 AM—12:00 PM	**28** **Making Parenting a Pleasure** *LAST DAY TO JOIN CLASS* Lesson 3 6:00 PM—8:00 PM	29 **Nurturing Parenting Program ITP 0-6** Lesson 5 10:00 AM—12:00 PM	30 **Making Parenting a Pleasure** Lesson 4 6:00 PM—8:00 PM	31 **Free Counseling Appointment Only** 9:00am –4:00pm **STREET TEAM!** 6PM—7:30 PM	

Join Us For...

Car Seat Safety Class

For participating parents! Please call today for more information.

Youth POP UP!!

Call for location and to volunteer!

Birth & Beyond
Family Resource

Like Us On facebook

*Fun Fact: January is **National Thank You Month,** and with 6,500 spoken languages in the world today, that's a lot of ways to express gratitude!*