

Birth & Beyond Family Resource Centers is a proven program that provides family support services to pregnant women and families with children through five years of age.

Services are provided at 9 Family Resource Centers in the neighborhoods where children and families reside.

<p>La Familia Counseling Center 5523 34th Street (916) 452-3601 Hyperlink to: http://www.lafcc.com/services.html</p>	<p>WellSpace Health's North Highlands Multi-Service Center 6015 Watt Ave. Suite 2 (916) 679-3925 Hyperlink to: http://www.wellspacehealth.org/loc_north_highlands.htm</p>
<p>River Oak Family Resource Center at Dunlap House in Oak Park 4322 4th Avenue (916) 244-5800 Hyperlink to: http://www.riveroak.org/familyresource_center.html</p>	<p>Folsom Cordova Community Partnership 10665 Coloma Rd., Suite 200 (916) 361-8684 Hyperlink to: http://www.thefccp.org/our-programs/birth-and-beyond/about-birth-and-beyond.html</p>
<p><u>Mutual Assistance Network</u></p>	
<p>Firehouse Community Center 810 Grand Avenue (916) 567-9567 Hyperlink to: http://www.mutualassistance.com/content/view/26/29/</p>	<p>Arcade Community Center 2300 Edison Avenue (916) 514-8096 Hyperlink to: http://www.mutualassistance.com/content/view/4/4/</p>
<p><u>Sacramento Children's Home</u></p>	
<p>Meadowview Family Resource Center 2251 Florin Rd., Suite 158 (916) 394-6300 Hyperlink to: http://kidshome.org/what-we-do/family-resource-centers/</p>	<p>North Sacramento Family Resource Center 1217 Del Paso Blvd., Suite B (916) 679-3743 Hyperlink to: http://kidshome.org/what-we-do/family-resource-centers/</p>
<p>Valley Hi Family Resource Center 7000 Franklin Blvd., Suite 820 (916) 290-8281 Hyperlink to: http://kidshome.org/what-we-do/family-resource-centers/</p>	

Nurturing Parenting 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.

Parenting Workshops:

Nurturing Parenting Program:

Parents learn about child development, empathy, discipline, and empowerment. Classes are available to expectant families; parents of infants, toddlers, and preschoolers; and fathers.

Approved for Court Mandated Parent Education

Make Parenting A Pleasure:

Parents learn effective parenting skills, how to manage stress, and positive discipline.

Approved for Court Mandated Parent Education

DARE To Be You:

Parents learn how to teach their children to feel better about themselves, communicate, be responsible and make decisions.

School Readiness – Offers age appropriate learning and development skills and reading resources, as well as information on free books and how to establish reading routines. Links families to their local school districts preschool programs and enrollment requirements.

Crisis Intervention – Assist families with concrete support in times of need. Families receive advocacy and resources to address their immediate crisis.

Referrals Forms:

General Community

Child Welfare Service Providers

For more information, please contact Gina Roberson, CAPC Associate Director, at (916)244-1935 or groberson@thecapcenter.org

Visit the First 5 Sacramento website to learn more at

<http://www.first5sacramento.net/Programs/Pages/EffectiveParenting.aspx>