

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join Us! En Español Pagina: 2 / 粵語頁面: 3 + Via Zoom in Spanish ! Via Zoom in Cantonese * Via Zoom in Vietnamese</p>	<p>FOR PROGRAM DESCRIPTIONS, PLEASE SEE BACK PAGE</p>		<p>1</p> <p>SPRING BREAK</p>	<p>2</p> <p>SPRING BREAK</p>
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ONGOING ACTIVITIES AND SERVICES

All ongoing activities are free and take place virtually unless otherwise noted.

Case Management

A dedicated advocate works with the parent/caregiver to help with childcare, schools, housing, employment, and basic family needs. Available in English, Spanish, Cantonese and Vietnamese. Please contact Derek at Dmui@fccenters.org

Community Learning Hubs

Neighborhood-based programs that will support children, youth, and families with distance learning, provide enrichment and physical activities, and support youth with their social-emotional development. Community Learning Hubs are not a replacement for schools. They are designed to support the SFUSD distance learning curriculum and to ensure children and youth have the in-person supports needed to be successful.

For more information, please contact Tina at ttam@fccenters.org.

Latinx Support Groups

Join us to discuss concerns, share tips and resources, explore parenting and child development topics, and hear about latest updates. Meetings are conducted in Spanish.

For the link to join, contact Stephanie at smendez@fccenters.org

Chinese Support Groups

Join us to discuss concerns, share tips and resources, explore parenting and child development topics, and hear about latest updates. Meetings are conducted in Cantonese.

For the link to join, contact Ally at Aduong@fccenters.org

First Steps

Come online and join our First Steps program for some virtual learning! Our teachers will guide you and your little ones through engaging activities involving familiar songs, goofy dances, silly read-alongs and more.

For more information on how to join us, please contact Madeleine at msebastien@fccenters.org

Pop-N-Play

Join us this April as we move our Pop-N-Play program online! This month's enrichment series will involve movement, music and literature! Join us on Mondays, Wednesdays and Fridays for free engaging classes facilitated by some of our favorite arts vendors in the Bay Area.

Participants ages 3-4 can enroll to dance, sing and read with us.

For more information, contact Samantha at Sdelcastillo@fccenters.org

Pre-K

Children ages 3-5. A balance between an academic- and play-based program, our Preschool offers young children a rich, child-centered, creative curriculum designed to prepare them for kindergarten.

For more information on how to join us, please contact Madeleine at msebastien@fccenters.org

EVENTS AND WORKSHOP

Events and workshops are free and take place virtually unless otherwise noted.

1-2-3 Magic — 10-Week Parenting Class (Vietnamese Series)

This parenting program will help parents encourage good behavior and strengthen relationships. Space is limited. Registration required.

1-2-3 Magic — 10-Week Parenting Class (Cantonese Series)

This parenting program will help parents encourage good behavior and strengthen relationships. Space is limited. Registration required.

1-2-3 Magic — 10-Week Parenting Class (Spanish Series)

This parenting program will help parents encourage good behavior and strengthen relationships. Space is limited. Registration required.

Baby Steps — 6-Week Workshop Series (English with Cantonese/Spanish translation)

Come join us to learn how to have a healthy pregnancy and practices to care for your baby and yourself. Space is limited. Registration required.

**We have a location
in the Portola!
Call for their
program information!**

Family Connections
Centers • Portola
2565 San Bruno Ave.,
San Francisco, CA 9434
415.715.6746

**We have a location
in the Excelsior!
Call for their
program information!**

Family Connections
Centers • Excelsior
5016 Mission St.,
San Francisco, CA 94112
415-333-3845

lunes	martes	miércoles	jueves	viernes
<p>¡Únete a nosotros!</p> <p>+ Vía Zoom en español ^Vía Zoom en inglés ¡Vía Zoom en cantonés *Vía Zoom en vietnamita</p>	<p>PARA DESCRIPCIONES DE LOS PROGRAMAS POR FAVOR MIRE LA PAGINA DE ATRAS</p>		<p>1</p> <p>Vacaciones de primavera</p>	<p>2</p> <p>Vacaciones de primavera</p>
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ACTIVIDADES DEL MES

Todas las actividades en curso son gratuitas y se llevan a cabo virtualmente a menos que se indique lo contrario.

Manejo de casos

Un defensor dedicado trabaja con los padres/cuidadores para ayudar con el cuidado de niños, las escuelas, la vivienda, el empleo y las necesidades básicas de la familia. Disponible en Inglés, Español, Cantonés y Vietnamita. Póngase en contacto con Stephanie en SMendez@fccenters.org.

Centros de aprendizaje comunitarios

Programas basados en vecindarios que apoyarán a los niños, jóvenes y familias con el aprendizaje a distancia, proveer enriquecimiento y actividades físicas, y apoyarán a los jóvenes en su desarrollo socioemocional. Los centros comunitarios de aprendizaje no sustituyen a las escuelas. Están diseñados para apoyar el plan de estudios de aprendizaje a distancia del SFUSD y garantizar que los niños y jóvenes tengan el apoyo en persona necesario para tener éxito. Para obtener información sobre cómo unirse, comuníquese con Jessica en jzatarain@fccenters.org.

Grupo de Apoyo Latinx

Únase a nosotros para discutir inquietudes, compartir consejos y recursos, explorar temas de crianza y desarrollo infantil y enterarse de las últimas actualizaciones. Las reuniones se conducirán en español. Para obtener información sobre cómo unirse, comuníquese con Stephanie en smendez@fccenters.org.

Grupo de Apoyo Chino

Únase a nosotros para discutir inquietudes, compartir consejos y recursos, explorar temas de crianza y desarrollo infantil y enterarse de las últimas actualizaciones. Las reuniones se conducirán en Cantonés. Para obtener información sobre cómo unirse, comuníquese con Ally en Aduong@fccenters.org.

Primeros Pasos

¡Conéctese en línea y únase a nuestro programa Primeros Pasos para aprender virtualmente! Nuestras maestras lo guiarán a usted y a sus pequeños a través de actividades interesantes que involucren canciones familiares, bailes divertidos, lecturas chistosas y más. Para obtener más información sobre cómo unirse a nosotros, comuníquese con Yadira en Yortega@fccenters.org

Pop-N-Play

¡Únase a nuestro programa de Abril Pop-N-Play en línea! ¡La serie de enriquecimiento de este mes incluirá movimiento, música y literatura! Únase a nosotros los lunes, miércoles y viernes para recibir clases gratuitas impartidas por algunos de nuestros proveedores de arte favoritos en el Área de la Bahía. Los participantes de 3-4 años pueden inscribirse para bailar, cantar y leer con nosotros. Para información sobre cómo unirse, con Samantha en Sdelcastillo@fccenters.org

Pre-K

Para niños edades 3-5. Un balance entre un programa académico y basado en el juego, Nuestro preescolar ofrece a los niños pequeños un currículo rico, creativo y centrado en el niño para prepararlos el kínder. Para obtener más información sobre cómo unirse a nosotros, comuníquese con Madeleine en msebastien@fccenters.org

EVENTOS Y TALLERES

Los eventos y talleres son gratuitos y se llevan a cabo virtualmente a menos que se indique lo contrario.

123 Serie Mágica — 10 Semanas de clases para Padres (Vietnamita)

Este programa de crianza ayudará a los padres a fomentar el buen comportamiento y fortalecer las relaciones. El espacio es limitado. Se requiere registro.

123 Serie Mágica — 10 Semanas de clases para Padres (Chino)

Este programa de crianza ayudará a los padres a fomentar el buen comportamiento y fortalecer las relaciones. Las clases comienzan el martes 2 de marzo. El espacio es limitado. Se requiere registro.

123 Serie Mágica — 10 Semanas de clases para Padres (Español)

Este programa de crianza ayudará a los padres a fomentar el buen comportamiento y fortalecer las relaciones. Las clases comienzan el miércoles 3 de marzo. El espacio es limitado. Se requiere registro.

Pequeños Pasos — Una serie de 6 semanas (inglés con traducción al español y al chino)

Acompáñenos para aprender como tener un abrazo saludable y practicas para cuidar a su bebe y a Usted mismo. Las clases comienzan el viernes 5 de marzo. El espacio es limitado. Registración es necesario.

¡Tenemos una ubicación en la Portola! ¡Llame para obtener información sobre su programa!

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2565 San Bruno Ave.,
San Francisco, CA 9434
415.715.6746

¡Tenemos una ubicación en el Excelsior!

¡Llame para obtener información sobre su programa!

Family Connections
Centers • Excelsior
5016 Mission St.,
San Francisco, CA 94112
415.333.3845

星期一	星期二	星期三	星期四	星期五
<p>加入我們!</p> <p>! 廣東話, 網上通過 Zoom ^ 英文, 網上通過 Zoom + 西班牙語, 網上通過 Zoom</p>	<p>節目詳情 請查閱後面/第二頁</p>		1	2
<p>5</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班早上^ 11:00-11:30am: First Steps幼兒班(P)^ 1:00-1:45pm: PNP(樂繽紛)^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 2:30-3:30pm: 亞裔支援組(P)!</p>	<p>6</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班 早上^ 1:00-1:30pm: 拉丁裔支援組(E)+ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 3:30-4:00pm: 拉丁裔支援組(P)+ 3:30-4:30pm: 123 神奇法 (P)!</p>	<p>7</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班早上^ 11:00-11:30am: First Steps幼兒班(P)^ 1:00-1:45pm: PNP(樂繽紛)^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班 (E)^ 3:00-4:00pm: 123 神奇法 (P)* 3:30-4:00pm: 亞裔支援組(P)! 4:00-5:00pm: 123 神奇法 (E)+</p>	<p>8</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班 早上^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班 (E)^</p>	<p>9</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班早上^ 11:00-11:30am: First Steps幼兒班(P)^ 1:00-1:45pm: PNP(樂繽紛)^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 3:00-4:00pm: 嬰兒成才(P)</p>
<p>12</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班早上^ 11:00-11:30am: First Steps幼兒班(P)^ 1:00-1:45pm: PNP(樂繽紛)^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 2:30-3:30pm: 亞裔支援組(P)!</p>	<p>13</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班 早上^ 1:00-1:30pm: 拉丁裔支援組(E)+ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 3:30-4:00pm: 拉丁裔支援組(P)+ 3:30-4:30pm: 123 神奇法 (P)!</p>	<p>14</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班早上^ 11:00-11:30am: First Steps幼兒班(E)^ 1:00-1:45pm: PNP(樂繽紛)^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 3:00-4:00pm: 123 神奇法 (P)* 3:30-4:00pm: 亞裔支援組(P)! 4:00-5:00pm: 123 神奇法 (E)+</p>	<p>15</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班 早上^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^</p>	<p>16</p> <p>8:30am-5:30pm: 社區學習中心^ 10:00-11:30am: Pre-K 學前班早上^ 11:00-11:30am: First Steps幼兒班(P)^ 1:00-1:45pm: PNP(樂繽紛)^ 1:00-2:30pm: Pre-K 學前班 下午^ 1:00-3:00pm: Pre-K 面授學前班(E)^ 3:00-4:00pm: 嬰兒成才(E)</p>
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經常的活動

經常活動都是網上及免費, 除非另行通知.

家庭輔導服務

一位專職的提倡人員與父母/照顧者一起工作, 以幫助兒童保育, 學校, 住房, 就業和基本家庭需求, 提供英語, 西班牙語, 粵語和越南語。

請透過DMui@fccenters.org與Derek聯繫。

社區學習中心

以社區為基礎的計劃, 該計劃將支持兒童, 青少年和家庭進行遠程學習, 提供豐富的體育活動, 並支持青少年的社會情感發展。社區學習中心不能替代學校, 它們只在支持SFUSD遠程學習課程, 並確保兒童和青少年成功獲得所需的幫助。請透過

ttam@fccenters.org與Tina聯繫。

拉丁裔支援組

加入我們, 討論問題, 共享資源和技巧, 探索育兒和兒童發展主題, 並了解最新動態。會議以西班牙語進行, 有關加入的鏈接。

請透過smendez@fccenters.org與Stephanie聯繫。

亞裔支援組

加入我們, 討論問題, 共享資源和技巧, 探索育兒和兒童發展主題, 並了解最新動態。會議以廣東話進行, 有關加入的鏈接。請透過Aduong@fccenters.org與Ally聯繫。

幼兒班

在網上加入我們的“幼兒班”計劃, 進行一些虛擬學習! 我們的老師將通過有趣的活動指導您和您的孩子, 這些活動包括熟悉的歌曲, 舞蹈, 朗誦等等。有關如何加入我們的更多信息。請透過Jfu@fccenters.org與Julyann聯繫。

樂繽紛

請加入我們4月樂繽紛網上課程! 本月的豐富系列將包括運動, 音樂和文學! 在星期一, 星期三和星期五加入我們, 免費參加由我們在灣區一些最受歡迎的藝術品供應商講授的課程。3-4歲的參與者可以報名參加跳舞, 唱歌和讀書。欲了解更多信息。

請透過DMui@fccenters.org與Derek聯繫。

學前班

招收3-5歲學童, 提供一個以兒童為中心, 以學術和遊戲學習為基礎的計劃課程; 準備他們進讀幼兒園。請透過msebastien@fccenters.org與Madeleine聯繫。

特別活動與講座

所有活動與講座都是網上及免費, 除非另行通知。

1-2-3 神奇法 : 10 週家長教育課程 (越南話)

本課程將幫助家長鼓勵並採取良好行動, 促進良好的親子關係。

1-2-3 神奇法 : 10 週家長教育課程 (廣東話)

本課程將幫助家長鼓勵並採取良好行動, 促進良好的親子關係。

3月2日星期二開始上課。名額有限, 必須儘早報名。

1-2-3 神奇法 : 10 週家長教育課程 (西班牙語)

本課程將幫助家長鼓勵並採取良好行動, 促進良好的親子關係。

3月3日星期三開始上課。名額有限, 必須儘早報名。

嬰兒成才 : 6 週教育課程 (英語課, 中文/西班牙語翻譯)

加入我們, 了解如何健康懷孕和練習照顧寶寶和自己。

3月5日星期五開始上課。名額有限, 必須儘早報名。

我們在Portola區有一個家庭資源中心!
歡迎電話查詢相務!
Family Connections
Centers • Portola
2565 San Bruno Ave.,
San Francisco, CA
94134
415.715.6746

我們在Excelsior區有一個家庭資源中心!
歡迎電話查詢相關服務!
Family Connections
Centers • Excelsior
5016 Mission St.,
San Francisco, CA
94112
415.333.3845