As we move into the last months of 2021, Family Connections Centers is excited for the wonderful traditions that this season brings. We continue to prioritize the safety of our families and will host small celebrations of fall, Halloween, and winter within our programs, with opportunities for families to pick up treats and crafts to enjoy at home.

To read full program descriptions, our COVID-19 response, and more about our organization, please visit us at fccenters.org. And for fun news and highlights, follow us on Facebook and Instagram.

Please note: programs will be closed on October 11, November 11, November 22–26, and December 20–January 3.

**COMMUNITY EVENTS** All community events are free. Please contact us for additional details.

**FRIDAY OCTOBER 22nd 1:30pm**

**PPE Giveaway & Family Artmaking**
Pick up hand sanitizer and face masks for children and adults. Then join us inside the center to meet our two muralists and participate in fun art activities.

Yadira, 415.333.3845
yortega@fccenters.org

**FRIDAY OCTOBER 29th 2:00–3:30pm**

**Trick or Treat!**
Stop by our center for some sweet treats and a spooky photobooth, then take home a fun gift bag filled with craft activities. Halloween costumes encouraged!

Cheryl, 415.857.0885
cau@fccenters.org

Our calendar is printed in multiple languages:
- Lea nuestro calendario en español.
- 閱讀我們的中文日曆。
- Đọc lịch của chúng tôi bằng tiếng Việt.
FALL 2021 PROGRAM CALENDAR

PARENT/CAREGIVER GROUPS  All caregiver groups are free.

Chinese Support Group
We offer two weekly Support Groups in Cantonese. These groups are a space for families to learn skills, ask questions, and grow together.

CHERYL, 415.857.0885
cau@fccenters.org

Latinx Support Group
With two weekly Support Groups in Spanish, caregivers can connect with one another, gain support, and explore child development topics.

YADIRA, 415.333.3845
yortega@fccenters.org

Vietnamese Support Group
Our monthly Vietnamese Support Group is for caregivers to access resources, and participate in engaging activities with one another.

ALLY, 650.479.1279
aduong@fccenters.org

Parent/Caregiver Advisory Board
- Portola - Cantonese: CHERYL, cau@fccenters.org, 415.857.0885
- Portola - Spanish: SAMANTHA, sdelcastillo@fccenters.org, 650.257.0068
- Excelsior - Cantonese: DEREK, dmui@fccenters.org, 650.741.4276
- Excelsior - Spanish: YADIRA, yortega@fccenters.org, 415.333.3845

The Parent Advisory Board is a forum for families to provide guidance on our programs and services, plan community events, and advocate for parents’ needs in the community.

FAMILY SUPPORT SERVICES  All Family Support services are free.

Case Management
A dedicated advocate works with the parent/caregiver to help with childcare, schools, housing, employment, and basic family needs.

SAMANTHA, 650.741.4726
sdelcastillo@fccenters.org

Diaper Bank & Baby Formula
Family Connections has diapers and baby formula available for families that need them.

YADIRA, 415.333.3845
yortega@fccenters.org

Grocery Program
Our Grocery Program is available for families facing food insecurity. We provide each family in the program bags of fresh produce and grocery items.

CHERYL, 415.857.0885
cau@fccenters.org

fccenters.org
Portola: 415.715.6746  Instagram: @fccenters
Excelsior: 415.333.3845  Facebook: Family Connections Centers
**FALL 2021 PROGRAM CALENDAR**

**WORKSHOPS AND EDUCATION**  *Workshops are free. Contact us to register.*

**1-2-3 Magic**  *(in English)*
The 1-2-3 Magic series helps parents/caregivers strengthen their relationships with children and encourage good behavior. Caregivers will learn about the simple yet effective “1-2-3 Counting Method” and how to decrease parental stress and depression.  
*This Series is also offered in Vietnamese, September 9 – November 18, 2021.*

Derek, 650.741.4276  
dmui@fccenters.org

**Individualized Education Program (IEP)**  *(in Spanish)*
Workshop participants will receive an overview of the Individuals with Disabilities Education Act (IDEA) and how to participate in the development of an IEP, gaining an understanding of the principles of IDEA and the IEP process. Workshop facilitators will also provide resources and tools for families.

Samantha, 650.257.0068  
sdelcastillo@fccenters.org

**The Bilingual Family**  *(in Cantonese)*
For families raising bilingual children, it’s important to separate fact from fiction in our understanding of language development. Workshop attendees will learn tools and strategies to best support their bilingual children, promoting growth and school success.

Derek, 650.741.4276  
dmui@fccenters.org

**How to Apply for Early Childhood Programs**  *(in Spanish)*
Learn about the available early childhood education programs in San Francisco and get help in selecting the best programs for your family, applying, and accessing financial assistance.

Yadira, 415.333.3845  
yortega@fccenters.org

**Childhood Lead Poisoning Prevention**  *(in Cantonese)*
Lead poisoning can cause serious harm to a child’s health, damage to the brain, and slowed development. Caregivers will learn about lead exposure prevention and how to ensure their children are safe.

Cheryl, 415.857.0885  
cau@fccenters.org

**High Blood Pressure: A Silent Disease**  *(in Cantonese & English)*
It is estimated that one in three adults have high blood pressure. There are no obvious symptoms, making it especially important to understand the facts about this disease. Caregivers will learn about nutrition, food choice, and the causes and risk factors of hypertension.

Derek, 650.741.4276  
dmui@fccenters.org

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FALL 2021 PROGRAM CALENDAR

WORKSHOPS AND EDUCATION  Workshops are free. Contact us to register.

**SF Unified School District Enrollment**
- In English: Cheryl, 415.857.0885, cau@fccenters.org
- In Cantonese: Derek, 650.741.4276, dmui@fccenters.org
Caregivers will learn about the SFUSD application process, the types of programs that are offered at schools, language pathways, and special education. Caregivers will also learn how to choose and apply to a school, how the student assignment process works, and how to get help along the way.

**Immigration Rights** (in Spanish)
Caregivers will learn about their constitutional rights and how to exercise them when confronted by Law Enforcement. They will also hear about court orders, DACA, health information, and other immigration topics.
Yadira, 415.333.3845  yortega@fccenters.org

**Labor Rights for Domestic Workers** (in Spanish)
Presenters will discuss fair salaries for domestic workers, as well as salary raises and contract negotiations. Participants will learn what types of cleaning products are harmful to use and which are better for the worker’s health.
Samantha, 650.257.0068  sdelcastillo@fccenters.org

**Safety on the Street** (in Cantonese)
Our priority is to keep families protected. Workshop presenters will share tips on staying safe outside of your home, as well as ways bystanders can minimize risk when intervening in dangerous situations.
Cheryl, 415.857.0885  cau@fccenters.org

**Childhood Lead Poisoning Prevention** (in Spanish)
Lead poisoning can cause serious harm to a child’s health, damage to the brain, and slowed development. Caregivers will learn about lead exposure prevention and how to ensure their children are safe.
Yadira, 415.333.3845  yortega@fccenters.org

**Healthy Relationships and Boundaries** (in Spanish)
Setting healthy boundaries with the people in our lives is important for both caregivers and children. Learn about what healthy boundaries are, how to establish them, and how to model boundaries with children.
Samantha, 650.257.0068  sdelcastillo@fccenters.org
FALL 2021 PROGRAM CALENDAR

EARLY CHILDHOOD EDUCATION  Contact us for details on enrollment.

**First Steps** (Ages 6–36 months + parent/caregiver)
First Steps is a playgroup for families to learn together. Our teachers will guide you and your little ones through engaging activities involving songs, goofy dances, silly read-alongs and more. **Free to enroll.**

- **Mon, Wed, Fri**
- **11:00–11:30am**
- **Elsa, 415.715.6746**
- firststeps@fccenters.org

**First 3 weeks of each month**

**Pop N’ Play** (Ages 3–4 years old + parent/caregiver)
Pop N’ Play is a playgroup that incorporates movement, music, and literature into activities, creating a fun space for learning. Classes include visitors from librarians, dance teachers, and artists. **Free to enroll.**

- **Mon, Wed, Fri**
- **10:00–10:45am**
- **Kristina, 415.715.6746**
- popnplay@fccenters.org

**August 16th – December 17th**
- **AM: 9:00am–12:00pm**
- **or PM: 1:00–4:00pm**

**Fall Preschool** (Ages 3–5 years old)
Our licensed Pre-K program is a play-based kindergarten readiness program that focuses on social-emotional skills with peers and teachers. Classroom activities include lessons in art, science, literacy, and math.

- **Lupe, 415.715.6746**
- prek@fccenters.org

KINDERGARTEN - 5TH GRADE  Contact us for cost and enrollment details.

**Homework Club**
HW Club is an after-school program to support children’s academics and literacy. Once homework is complete, children have access to enrichment activities, including arts and crafts, cooking workshops, games, computers, and trips to the park and neighborhood gardens.

- **Mon, Tues, Thurs, Fri**
- **2:00–6:00pm**
- **Wed**
- **12:30–6:00pm**
- **Samantha, 415.715.6746**
- hwclub@fccenters.org

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