Family Connections is kicking off 2022 with a wide range of new workshops and educational series that are focused on supporting families in their long-term health, economic success, and their child’s healthy development. Join us for in-person and virtual education with your family, weekly support groups, and classes that will guide you and your family’s growth. To read full program descriptions, our COVID-19 response, and more about our organization, please visit us at fcccenters.org. And for fun news and highlights, follow us on Facebook and Instagram.

Please note that programs are closed on January 17, January 31, February 1, February 21, and March 28-April 1.

**EDUCATIONAL SERIES**  Educational workshops are free. Contact us to register.

- **Family Economic Success** (in Spanish or Cantonese)
  - **Spanish:** JAN. 19 - FEB. 23 3:30-4:30 pm
  - **Cantonese:** JAN. 13 - FEB. 18 1:30-2:30 pm
  - This series will support families in improving their financial well-being. Topics will include budgeting and saving, tax returns and filing, tenant rights, and career-related resources. **Space is limited; registration is required.**
  - **Samantha, 650.257.0068**
  - **sdelcastillo@fcccenters.org**

- **Baby Steps** (in Cantonese)
  - **Fridays**
  - MARCH 4 – 25
  - 10:00-11:00 am
  - Learn why attachment is important and how to support a healthy foundation for human connection and your child’s development. Healthy attachments provide children with the "secure base" they need to explore the world around them.
  - **Derek, 650.741.4276**
  - **dmui@fcccenters.org**

- **1-2-3 Magic** (in Spanish)
  - **Wednesdays**
  - MARCH 9 – MAY 18
  - 10:00-11:00 am
  - 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.
  - **Yadira, 415.333.3845**
  - **yortega@fcccenters.org**

**Virtual Program Via Zoom** Link will be provided following registration.

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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.
**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
The Importance of a Father’s Involvement in Early Childhood (in Vietnamese)
Learn about the positive impact that fathers have on both a mother’s health during pregnancy and a child’s health and early development. Hear about the role that fathers can play during pregnancy and early childhood.
Ally, 650.479.1279
aduong@fcccenters.org

Social Emotional Skills (in Spanish)
Children with strong social-emotional skills are more likely to succeed in school, work, and their personal lives. In this workshop, caregivers will learn about the importance of supporting social-emotional skills so their children will develop healthy relationships.
Yadira, 415.333.3845
yortega@fcccenters.org

Healthy Attachment (in Spanish)
Learn why attachment is important and how to support a healthy foundation for human connection and your child’s development. Healthy attachments provide children with the “secure base” they need to explore the world around them.
Yadira, 415.333.3845
yortega@fcccenters.org

Early Literacy Workshop (in Cantonese)
Learn more about the development of early literacy in children, including 5 activities to help your child prepare for reading, ways to share a book with your child, and free resources provided by the library.
Derek, 650.741.4276
dmui@fcccenters.org

Parents’ Role in Supporting Developmental Screening (in Spanish)
Learn about the Ages and Stages Questionnaires – 3rd Edition (ASQ-3), a screening tool that schools, childcare providers, health care professionals, and social workers use to assess whether a child is hitting developmental milestones. Attendees will leave with an understanding of how to be best partner with their child’s providers, following screenings.
Samantha, 650.257.0068
sdelcastillo@fcccenters.org
## WORKSHOPS AND EDUCATION
*Workshops are free. Contact us to register.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop Title</th>
<th>Language</th>
<th>Details</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>MARCH 7th</td>
<td>Dual Language Development (in Cantonese)</td>
<td></td>
<td>Learn about bilingualism and the scientific research that shows the benefit of dual language development in children. Participants will gain techniques to use with their children that facilitate healthy language development and enhance their language skills.</td>
<td>Cheryl, 415.857.0885 <a href="mailto:cau@fccenters.org">cau@fccenters.org</a></td>
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<tr>
<td>THURSDAY</td>
<td>MARCH 10th</td>
<td>Importance of Children's Oral Health (in Cantonese)</td>
<td></td>
<td>Developing healthy oral hygiene in young children is important for their long-term oral health. This workshop will provide information about proper oral hygiene, tooth decay, and best practices for supporting your child’s oral health.</td>
<td>Derek, 650.741.4276 <a href="mailto:dmul@fccenters.org">dmul@fccenters.org</a></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>MARCH 17th</td>
<td>How Social Media Impacts Teens’ Development (in Spanish)</td>
<td></td>
<td>Social media has become prevalent, and it’s important to understand how it impacts teenagers. Presenters will discuss the phenomenon, “Facebook Depression,” cyber bullying, and how to discuss social media with your children.</td>
<td>Yadira, 415.333.3845 <a href="mailto:yortega@fccenters.org">yortega@fccenters.org</a></td>
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<tr>
<td>THURSDAY</td>
<td>MARCH 24th</td>
<td>How to Understand Children through the Lens of Child Development (in Spanish)</td>
<td></td>
<td>Learn about children’s brain development, including emotions and language, and what is considered “normal”. Presenters will share tools that help caregivers support their child’s healthy development, and caregivers will gain information to better understand and connect with their children.</td>
<td>Samantha, 650.257.0068 <a href="mailto:sdelcastillo@fccenters.org">sdelcastillo@fccenters.org</a></td>
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**EARLY CHILDHOOD EDUCATION**  
*Contact us for details on enrollment.*

- **First Steps**  
  (Ages 6–36 months + parent/caregiver)  
  Build healthy bonding and enjoy fun activities together, while learning about your child’s cognitive and emotional development. Activities include arts, movement, songs, and stories.  
  *Free to enroll.*  
  📞 Elsa, 415.715.6746  
  ☎️ firststeps@fcccenters.org

- **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.*  
  📞 Kristina, 415.715.6746  
  ☎️ popnpplay@fcccenters.org

- **Spring Preschool**  
  (Ages 3–5 years old and TK)  
  Our preschool is an academic and play-based program that supports young learners in expressing their creativity, developing their social-emotional, math, and literacy skills, and preparing for kindergarten.  
  📞 Jenny, 415.715.6746  
  ☎️ prek@fcccenters.org

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

- **Homework Club**
  HW Club is an afterschool program that supports children’s academics and literacy. Children receive healthy snacks and have access to fun enrichment activities. After homework, there are arts and crafts, cooking workshops, games, and trips to the park and neighborhood gardens.  
  📞 Samantha, 415.715.6746  
  ☎️ hwclub@fcccenters.org

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*fccenters.org*  
*Portola: 415.715.6746*  
*Instagram: @fcccenters*  
*Excelsior: 415.333.3845*  
*Facebook: Family Connections Centers*