**SPRING PROGRAM CALENDAR**
**APRIL, MAY, JUNE 2022**

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**COMMUNITY EVENTS**

**Bloom Shaboom** • Sunday, May 15, 12:00 - 4:00 pm • Burrows Pocket Park

Let’s celebrate with a fun day outdoors in honor of community! Join us for live music from Aireene Espiritu and La Familia Peña-Govea. Plant seeds and create book arts, enjoy the Chispa mobile art cart, shop at our large plant sale, bid in our silent auction, and sample tasty food and drinks. Plenty of fun for kids and adults, plus a chance to see our new garden and murals.

Free registration. Volunteers needed. Visit fccenters.org/bloomshaboom for details.

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**EDUCATIONAL SERIES**

**1, 2, 3 Magic (Cantonese)** • 4/7 - 6/9 • Thursdays, 9:30 - 10:30 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.

Cheryl 415.857.0885 cau@fccenters.org

**Baby Steps (Spanish)** • 4/14 - 5/5 • Thursdays, 3:30 - 4:30 pm

This workshop series will teach caregivers with children 0-12 months how to have a healthy pregnancy and practices to care for their babies and themselves. Topics include crying, postpartum, oral health and food stages for children 0-12 months, and the importance of self-care.

Javier 415.745.9140 jparedes@fccenters.org

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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.

fccenters.org  @fccenters info@fccenters.org Family Connections Centers
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

Spanish 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

Daytime Teatime: English Support Group
Enjoy tea while you discuss concerns, create fun projects, and connect with other caregivers to share ideas and resources. Javier, 415.745.9140, jparedes@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
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.

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

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

Grocery and Meal Distributions
We offer weekly grocery or meal distributions for families, which include bags of fresh produce or prepared meals.

All Family Support services and basic needs assistance are free.
**SPRING PROGRAM CALENDAR**

**APRIL 2022 WORKSHOPS**

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

- **Development of Teenagers (Spanish)**  
  - April 7, 3:30-4:30 pm
  - In this workshop, you will learn about adolescent development and navigating these stages with your children. Presenters will discuss the changes happening in your teen’s physical, behavioral, and social-emotional development, sharing tools to help their growth.
  - Javier, 415.745.9140
  - jparedes@fccenters.org

- **Cooking with Katie (Spanish)**  
  - April 15, 5:00-6:00 pm
  - Family meals are a chance to share the foods you ate growing up with your children and celebrate your culture through family recipes. Cooking and eating together also offers children the opportunity to try new foods while using their language, math, and science skills, and -- of course -- their five senses!
  - Yadira, 415.333.3845
  - yortega@fccenters.org

- **Safe Exercises to Do During Pregnancy (Mandarin)**  
  - April 21, 1:00-2:00 pm
  - Let’s examine how a baby is born: learn about the structure of the pelvis, the third trimester of pregnancy, labor positions, and safe exercises that can increase the chances of a healthy delivery.
  - Cheryl, 415.857.0885
  - cau@fccenters.org

- **Bullying Prevention Strategies**  
  - English/Cantonese: April 28, 1:00-2:30 pm
  - Spanish: June 17, 3:00-4:00 pm
  - In this workshop, you will learn about adolescent development and navigating these stages with your children. Presenters will discuss the changes happening in your teen’s physical, behavioral, and social-emotional development, sharing tools to help their growth.
  - Derek, 650.741.4276
  - dmui@fccenters.org

- **EDMO & the Importance of Out-of-school Programming (Spanish)**  
  - April 28, 2:30-3:30 pm
  - EDMO is a 501(c)(3) non-profit that provides high-quality, year-round, out-of-classroom programming, including on-site and online summer camps, afterschool programs, one-on-one tutoring, and mentoring sessions. In this workshop, presenters will teach you about the EDMO Method, a multifaceted approach to learning so that kids can gain hard skills (like STEAM) while practicing soft skills (SEL).
  - Javier, 415.745.9140
  - jparedes@fccenters.org

- **Motivating Children to Learn (Cantonese)**  
  - April 28, 4:30-5:30 pm
  - Motivation and curiosity are fundamental for children’s school success. In this workshop, learn how to redirect children with good study attitudes, develop child-driven learning strategies, strengthen relationships, and encourage youth to do homework in a fun way.
  - Cheryl, 415.857.0885
  - cau@fccenters.org
How to Talk to Your Medical Providers During Pregnancy (Mandarin) • 5/5 • 1:00 - 2:00 pm
Presenters will discuss the common myths of pregnancy and how to detect early signs. Learn how to listen and stay attuned to your body and communicate effectively with your obstetrician during pregnancy.
Derek, 650.741.4276
dmui@fccenters.org

Gaming and Screen Use (Cantonese) • 5/13 • 10:30 - 11:30 am
Gaming and screen use affect both children and adults on a regular basis, and screen time significantly increased during the pandemic. Join this workshop to recognize excessive screen use, its impacts, and healthy alternatives.
Cheryl, 415.857.0885
cau@fccenters.org

Positive Parenting (Spanish) • 5/13 • 11:00 am - 12:00 pm
In this workshop, learn positive parenting tips to promote healthy social and emotional development in children and how to reduce challenging behaviors. Participants will also gain information about local and online resources for additional support.
Yadira, 415.333.3845
yortega@fccenters.org

How to Deal with the Stress of Newborns (Spanish) • 5/13 • 1:00 - 2:00 pm
Having a baby can be stressful. This workshop will share resources for when you need extra support and help you minimize the challenges of having a newborn. Learn how to prepare your home, methods for preventing accidents and injuries, and information on bathing and crib safety.
Javier, 415.745.9140
jparedes@fccenters.org

Psychological & Socioemotional Changes During Puberty (Cantonese) • 5/19 • 4:00 - 5:00 pm
“Adolescents don’t rebel against their parents, they rebel against their parents’ incorrect discipline!” - Dr. Thomas Gordon
Join this workshop to learn about the physical/mental changes and brain development of adolescents, how to set an effective communication framework with young people, and basic listening skills for communicating with teens.
Derek, 650.741.4276
dmui@fccenters.org

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info@fccenters.org Family Connections Centers
Facts & Myths of COVID and Other Vaccines (Spanish) • 6/9 • 3:30 - 4:30 pm
In this workshop, presenters will cover facts and myths about the COVID vaccine. They will also explore common questions, including the reasons for getting vaccinated, whether vaccines are effective in protecting people, and the associated side effects.
Javier, 415.745.9140  jparedes@fccenters.org

Managing Diabetes (Cantonese) • 6/9 • 1:00 - 2:00 pm
This workshop will provide an overview of diabetes and its two types. Learn how healthy eating and physical activity can help you in preventing diabetes.
Derek, 650.741.4276  dmui@fccenters.org

Prenatal Nutrition Diet (English) • 6/13 • 2:00 - 3:00 pm
During pregnancy, the basic principles of healthy eating remain the same. These include eating plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. However, a few nutrients in the pregnancy diet deserve special attention, and we’ll learn about them together in this workshop.
Javier, 415.745.9140  jparedes@fccenters.org

Children’s Development and Growth (Cantonese) • 6/21 • 3:30 - 4:30 pm
Gain knowledge on how children learn and grow, from newborn to age 6. The workshop will cover the benefits and importance of a healthy and balanced diet for children, preventative health concepts, and North East Medical Services’ pediatric care offerings for families.
Cheryl, 415.857.0885  cau@fccenters.org
EARLY CHILDHOOD EDUCATION

First Steps (Ages 6-36 months + parent/caregiver) • Mon., Wed., Fri. • 11:00 am

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: firststeps@fccenters.org, 415.715.6746

Pop N’ Play (Ages 3-4 years + parent/caregiver) • Mon., Wed., Fri. • 10:00 am

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. April 4 - 24; May 9 - 27; June 6 - 24

Kristina: popnplay@fccenters.org, 415.715.6746

Preschool (Ages 3-5 years + TK) • Spring: January 4 - June 1; Summer: June 13 - August 5

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: prek@fccenters.org, 415.787.3628

KINDERGARTEN-5TH GRADE PROGRAMS

Homework Club • Mon., Tues., Thurs., Fri. ~ 2:00 - 6:00 pm • Wed. ~ 12:30 - 6:00 pm

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.

Sam, 415.715.6746 hwclub@fccenters.org

Summer Academic Enrichment • Monday - Friday • 9:00 am - 3:00 pm • 6/13 - 8/5

This summer, Family Connections will explore Earth’s diverse landscapes, the depths of sea and marine life, and outer space and astronomy. Join us for a 2-week or 3-week session, or the full summer!

Sam, 415.715.6746 SAE@fccenters.org