



Family Connections Centers

Family Connections supports the development of strong, healthy families and thriving communities. We create opportunities for people of different backgrounds to work together cooperatively, sharing cultures, values, knowledge, and resources.

PORTOLA CENTER
2565 San Bruno Ave.
San Francisco, CA 94134
415.715.6746

EXCELSIOR CENTER
5016 Mission St.
San Francisco, CA 94112
415.333.3856

www.fccenters.org

Our programs are: • led by certified teachers and experienced staff • multilingual, offered in Cantonese, English, Mandarin, Spanish, and Vietnamese • free or offered on a sliding scale

EARLY CHILDHOOD EDUCATION

FIRST STEPS is a playgroup for families with children 6–36 months old. Parents/caregivers interact with their child through fun arts, movement, and cooking activities, and songs and games enhance learning. Children gain social, emotional, and cognitive skills, as well as friendships.

POP N’ PLAY is a program for children and their parents/caregivers to have fun and learn together. Activities focus on preliteracy, arts and crafts, and family bonding. This is a great introduction to our collaborative learning programs and helps families to prepare for preschool.

PRESCHOOL is a balanced program focused on play-based learning and academics. In a child-centered classroom, this creative curriculum prepares children for kindergarten. Teachers strengthen each child’s socioemotional skills to help them become independent and inquisitive learners.



KINDERGARTEN THROUGH 5TH GRADE



HOMEWORK 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.

SUMMER ACADEMIC ENRICHMENT is a full-day, Monday through Friday summer program that reinforces children’s learning in academics and provides fun opportunities to explore new subjects. Kids explore science, technology, the arts, literacy, and math through hands-on activities and take weekly field trips to San Francisco’s landmarks and cultural institutions.

“The early childhood education programs offered here have given him the foundation for a love of learning. He is always excited when we pick him up with stories about his day to tell. The teachers are experienced and nurturing.”

—Tuc, parent participant

LITERACY

EARLY LITERACY WORKSHOPS provide a fun and engaging environment for parents/caregivers to learn strategies to support their children’s literacy at home, increasing their comfort in using tools to promote learning.

READ-ALOUDS are an essential aspect of our programs. A literacy specialist, teacher, or local librarian leads activities that combine songs, books, rhymes, movement/dancing, and arts and crafts to engage children and parent/caregivers in language and literacy development.





FAMILY SUPPORT

CASE MANAGEMENT SERVICES are available to community members. A dedicated advocate works with the parent/caregiver to help with childcare, schools, housing, employment, and basic family needs. Staff work with clients to create an individualized service plan that helps them increase stability in their lives.

EDUCATIONAL WORKSHOPS are offered on a variety of topics to help parents/caregivers learn about their children's developmental stages, strategies to promote school readiness at home, school enrollment, strategies to advocate for their children in school, family economic stability, and more.

GROCERY AND MEAL DISTRIBUTION are offered weekly to families facing food insecurity and include bags of fresh produce and prepared meals.

BABY FORMULA AND DIAPER BANKS are available to families on an ongoing basis, to ensure that newborns and children have access to essential items for healthy growth.

PARENT ADVISORY BOARDS are a forum for parents/caregivers to share knowledge about community resources, provide feedback on programs and services, plan community events, advocate for parents' needs in the community, and build leadership skills.

PARENTING CLASSES help parents/caregivers encourage positive behavior in children and strengthen relationships. In this evidence-based, interactive program, parents learn how to improve their children's cooperation, reduce misbehavior, and decrease parental stress.

PRENATAL EDUCATION consists of workshops and hands-on classes led by nurses, doulas, and staff. Facilitators discuss topics to help moms have a healthy pregnancy and adopt practices to care for a healthy baby. Participants receive self-care and baby-care items.

SUPPORT GROUPS provide parents/caregivers an opportunity to discuss concerns, share personal experiences, and explore parenting and child development topics. Participants learn about self-care, create projects as a group, read books together, and reflect on new ideas.



HEALTH & WELLNESS

DISEASE PREVENTION WORKSHOPS AND CLINICS are led by public health nurses and healthcare providers and cover topics that include disaster preparedness, flu prevention, the importance of receiving regular health screenings, and communicable diseases.

EXERCISE CLASSES are available for children and parents/caregivers. Classes include yoga, taichi, Pilates, and dance/movement.

HEALTHY EATING, NUTRITION, AND COOKING CLASSES teach participants to make healthy, delicious, and affordable meals for their families. Classes include hands-on cooking demonstrations, food tastings, and take-home tools.

"I feel very happy to be part of Family Connections and to be able to share the growth of my children and family with other moms, as well as attending their fun and educational classes for little ones. They welcome you with warmth and humanity and help you find resources of all kinds. They also empower us as moms, and as women.

—Tanya, parent participant

COMMUNITY EVENTS

COMMUNITY EVENTS provide opportunities for families to socialize, network, share culture, and have fun in a safe, welcoming environment! These events include holiday celebrations, arts and crafts, and family games.

