



Family Connections Centers

Family Connections provides community-driven, multilingual education and support programs to ensure children and families can thrive. We envision a connected, equitable community where every child and family can access the education and resources they need.

415.715.6746
fcenters.org

E Excelsior
5016 Mission Street
San Francisco, CA 94112

P Portola
2565 San Bruno Avenue
San Francisco, CA 94134

V Visitacion Valley
1099 Sunnydale Avenue
San Francisco, CA 94134

*Experienced, certified teachers and multilingual staff
Programs offered in Cantonese, English, Mandarin, Spanish, and Vietnamese*

EARLY CHILDHOOD EDUCATION

Free • Year-round • Registration opens on 28th of each month

- V TUMMY TIME: 0-18 Months + Parent/Caregiver**
Caregivers learn tools to nurture their child's early development and families bond and build healthy attachment through music, movement, story, and play.
- E FIRST STEPS: 6-36 Months + Parent/Caregiver**
Families engage in activities that foster toddlers' cognitive and social-emotional skills, caregivers grow their knowledge in supporting healthy development, and families build friendships and neighborhood connections.
- P POP N PLAY: 2.5-4 Years + Parent/Caregiver**
A monthly cohort learning program that helps children prepare for preschool and caregivers deepen their abilities in and knowledge of child development.

PRESCHOOL PROGRAMS

Spring, Summer, Fall Sessions • Monday-Friday, 9am-4pm

- E PRE-K:** A play-based program that prepares children for kindergarten with lessons in math, literacy, arts, science, and enrichment activities. Multilingual teachers strengthen each child's social-emotional skills to help them become independent and inquisitive learners.

Our preschools are Early Learning For All (ELFA) centers with the SF Department of Early Childhood. To apply for free or subsidized Pre-K, including ELFA, visit sfdec.org/early-learning.

YOUTH MENTORSHIP & FIELD DEVELOPMENT

We offer opportunities for high school, college, and early professionals to gain mentorship and coaching, hands-on experience, and career growth supporting our holistic programs.

SCHOOL-AGE PROGRAMS

Kindergarten-5th Grade • Follows SFUSD Calendar

- P HOMEWORK CLUB:** An afterschool program with daily literacy and STEAM education, activities that reinforce school learning, and nature-based programming. Children receive healthy food and visit the local park and library.
- P SUMMER ACADEMIC ENRICHMENT:** A full-day summer program for children to engage in science, technology, engineering, arts, literacy, gardening, and math. Children take weekly field trips to cultural institutions, parks, and landmarks across the Bay Area.





FAMILY SUPPORT PROGRAMS

All programs/services are free • **E P V**

CASE MANAGEMENT: Clients work with multilingual staff to set goals and increase stability in their lives. Families get help with childcare, school enrollment, housing, employment, immigration, and other needs.

DIAPERS, FOOD PANTRY, AND BASIC NEEDS ASSISTANCE: Receive diapers, baby items, groceries, and essential items.

EDUCATIONAL WORKSHOPS: Classes for adults on topics including civil rights, children’s developmental stages, tools to promote school readiness at home, advocating for children’s needs in school, financial literacy, and more.

CIVIC ENGAGEMENT & LEADERSHIP: Through workshops, opportunities to plan/execute community events, and participation in city rallies and public hearings, caregivers grow their leadership and advocacy skills and experience.

PARENT ADVISORY BOARDS: A forum for caregivers to provide feedback on our programs, shape new services and initiatives, and communicate their families’ needs.

PARENTING CLASSES: A 10-week, evidence-based series that helps caregivers encourage positive behavior in children, strengthen family relationships, reduce children’s misbehavior, and decrease parental stress.

PRENATAL EDUCATION: Nurses, doulas, and staff lead hands-on classes to help moms have a healthy pregnancy and adopt practices to care for their baby.

SUPPORT GROUPS: A space for parents/caregivers to share personal experiences and explore parenting topics in their home languages. Participants learn about self-care, create fun projects, and reflect on new ideas.



HEALTHY CONNECTIONS

Holistic programs for all ages • **E P V**

HEALTH & WELLNESS WORKSHOPS: Led by public health nurses and healthcare providers and integrated in our education and family support programs. Topics include disaster preparedness, illness prevention, dental hygiene, health screenings, and communicable diseases.

EXERCISE CLASSES: Activities include yoga, learning to bike ride, dance, fitness, meditation, and more.

NUTRITION & COOKING CLASSES: Hands-on cooking lessons for children and families to learn about nutritious meals and make healthy and affordable meals together.

NATURE-BASED PROGRAMS: Local garden instructors and environmental groups teach families about the life cycle of plants, composting, native species, growing herbs/vegetables, and how to care for our environment.

COMMUNITY & FAMILY CELEBRATIONS

Free to attend • **E P V**

We host holiday celebrations, block parties, and family nights for neighbors and families to deepen relationships, enjoy arts and music, and share cultural traditions. Events include food, games, local partners, and resources.

