

# Birth & Beyond Family Resource Centers MENU of SERVICES



Birth & Beyond Family Resource Centers offer a wide variety of services in an effort to strengthen families throughout Sacramento County.

SERVICES OFFERED AT BIRTH & BEYOND FAMILY RESOURCE CENTERS	RIVER OAK, DUNLAP 244-5800	LA FAMILIA 452-3601	MEADOWVIEW 394-6300	FIREHOUSE COM. CENTER 927-7684	ARCADE COM. CENTER 514-8096	WELLSPACE HEALTH, NORTH HIGHLANDS 679-3925	NORTH SACRAMENTO 679-3743	FOLSOM CORDOVA COMMUNITY PARTNERSHIP 8590045	VALLEY HI 290-8281
<b>PARENTING EDUCATION</b>									
Parenting Workshops; court approved	X	X	X	X	X	X	X	X	X
Parenting Workshops (non-English)	Spanish	Spanish Hmong	Spanish	Spanish Hmong	Spanish	Spanish Russian	Spanish Russian Hmong	Spanish	Spanish
Prenatal Workshops	X	X	X	X	X	X	X	X	X
Father's Workshops	X	X	X	X	X	X	X	X	X
Home Visitation	Spanish Hmong	Spanish Hmong Chinese- Mandarin	Spanish Vietnamese Hmong	Spanish Hmong	Spanish	Spanish Russian	Spanish Russian Hmong	Spanish Russian Armenian Tugala	Spanish Vietnamese
Differential Response	X	X	X	X	X	X	X	X	X
Kit for New Parents	X	X	X	X	X	X	X	X	X
<b>HEALTH EDUCATION AND MEDICAL SERVICES</b>									
Health Education in-home services	X	X	X	X	X	X	X	X	X
Health Fairs	X	X	X	X	X	X	X	X	X
Nutrition Services/ Information	X	X	X	X	X	X	X	X	X
OB Clinic				X		X		X	
Dental Clinic			1-2 times a yr			X	1-2 times a yr		1-2 times a yr
Mental Health Counseling/Services	X	X	X	X	X	X	X	X	X

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WIC on-site			X	X				X	
Other Health Clinic on site SPECIFY		California Covered on site		WellSpace Prenatal Clinic	RN Health screens and education 2x weekly	Primary Care for children and adults		Sac Valley: Pregnancy Testing/ counseling/ STD testing/ Ultrasound  California Covered on site	CARES Clinic: STD testing
Free Condoms	X		X			X	X	X	X
<b>CHILD SAFETY</b>									
Car Seat Safety	X	X	X	X	X	X	X	X	X
Bike Helmet Safety	X		X	X				X	X
Infant Safe Sleeping workshops	X	X	X	X	X	X	X	X	X
Poison Prevention Specialist	X					X	X	X	
Water Safety Education		X	X	X			X		X
<b>SOCIAL ENGAGEMENT / DECREASE SOCIAL ISOLATION/COMMUNITY BUILDING</b>									
Family Nights	X	X	X	X	X		X	X	X
Community Referrals/Crisis Intervention	X	X	X	X	X	X	X	X	X
Respite/Parent Time-out room							X	X	X
Stress Reducing Workshops	Stressbusters	Presentations	Walk & Talk Cheap Eats; Healthy Treats		X	Kraft Konnections Healthy Habits	Stress Relief		
Stress Reducing Fitness Class	Zumba		Zumba,	Zumba	Zumba		Zumba	Zumba	Dance,

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	Yoga		Pilates, Yoga, Aerobics				Yoga Walk & Talk		Pilates, yoga
FRC Store/Baby Bucks	X		X				X		
Safety Net Services (food, utilities, clothes)	Baby Clothes, Diapers Household items	Baby clothes Pampers Bus passes	X	Food, Utilities	Food, Clothes	Baby/ Children's Clothes	Baby Food, clothes, Diapers, wipes	Food, Diapers, Bus passes, utilities, eviction prevention, emergency shelter	Food, utility, clothes
Limited Transportation (van and bus passes)	X	X	X	X		X	X	X	X
<b>SCHOOL READINESS &amp; CHILD DEVELOPMENT</b>									
Charter School/Education		High School/ Independent studies & GED prep.		High School/Independent studies Vocational Education					
After School Program					X			X	
Child Development/School Readiness Workshops	X	X	X	X	X	X	X	X	X
Sports League / Dance		Karate for Kids and Adults		Summer Camp Sports League					
Baby Signs/ Infant Development				Infant Massage	Infant Massage				Baby Signs
<b>SUPPORT GROUPS</b>									
AOD Groups/ Services									
Anger Management Classes				X	X		X		X

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Teen Groups		X	X	X				X	
Relationship Skills Classes	X	X		X			Flourishing Families	Flourishing Families	
Support Groups	Hmong Women's, Spanish Women's, English Women's	Parent Support	Latinas United Sista Talk	Grand-parents raising grandchildren, Parent Support Group	Grand-parents raising grandchildren, Domestic Violence	Parent Support Group	Sentimientos Verdaderos Talk it Out	Women's English & Spanish	Women's English & Spanish, Book Club
<b>FINANCE &amp; EMPLOYMENT</b>									
One Stop, job readiness, on the job training...		X Adult Ed/ GED Prep					X	X	
Community Meeting Rooms	X	X	X	X	X	X	X	X	X
Computer Classes	X	X						X	
Free Computer Use and Internet	X	X		X				X	X
VITA (free tax prep)		X		X	X			X	
Produce Market				X					
ESL							X		X
Finance Education/Budgeting		X					X	X	X
Community Exchange Program (clothes, dried foods, books...)		Vouchers for employment & clothing thru Food Bank						X	X