

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
PARENTING EDUCATION									
Parenting Workshops; court approved	X	X	X	X	X	X	X	X	X
Parenting Workshops (non-English)	Spanish Hmong	Spanish	Spanish	Spanish	Spanish	Spanish Russian	Spanish Russian Hmong	Spanish Russian	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	Spanish	Spanish Hmong	Spanish	Spanish Russian	Spanish Russian Hmong Farsi	Spanish Russian Armenian Tugalog Hmong German Urdu Chinese	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
HEALTH EDUCATION AND MEDICAL SERVICES									
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	

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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
WIC on-site			X	X				X	
Other Health Clinic on site SPECIFY	Covered CA onsite as scheduled	California Covered on site	Sac Valley: Pregnancy Testing/ counseling/ STD testing/ Ultrasound		RN Health screens and education 2x weekly	Primary Care for children and adults	Sac Valley: Pregnancy Testing/counseling/STD testing/Ultrasound	Sac Valley: Pregnancy Testing/ counseling/ STD testing/ Ultrasound California Covered on site	CARES Clinic: STD testing
Free Condoms	X		X			X	X	X	X
Medi-Cal Enrollment Services on-site		X							
CHILD SAFETY									
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
SOCIAL ENGAGEMENT / DECREASE SOCIAL ISOLATION/COMMUNITY BUILDING									
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

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Stress Reducing Workshops	Creative Creations; Decorate, Design, and Develop	Presentations	Scrapbooking		X	Kraft Konnections Healthy Habits	Stress Relief	Women in Action Branching Out Fathers	
Stress Reducing Fitness Class	Zumba	Zumba	Zumba, Pilates, Yoga, Aerobics, mommy and me	Zumba	Zumba		Zumba Yoga	Zumba	Dance, Pilates, yoga
FRC Store/Baby Bucks	X		X				X		
Safety Net Services (food, utilities, clothes)	Baby Clothes, Diapers Household items, limited emergency financial assistance	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
SCHOOL READINESS & CHILD DEVELOPMENT									
Charter School/Education		High School/ Independent studies & GED prep.		High School/Independent studies Vocational Education				Employment Services	
After School Program					X			X	
Child Development/School Readiness Workshops	Imagination Station, Little Explorers	X	X	X	X	X	X	X	X
Sports League / Dance		Karate for Kids and Adults		Summer Camp					

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Baby Signs/ Infant Development			Baby and me	Infant Massage	Infant Massage			Tiny Tots	Baby Signs
SUPPORT GROUPS									
AOD Groups/ Services									
Anger Management Classes				X	X				X
Teen Groups	Teen Success sponsored by Planned Parenthood	X	X	X				X	
Relationship Skills Classes	Flourishing Families	X					Flourishing Families	Flourishing Families	
Support Groups	Hmong Women's, Spanish Women's, English Women's	Parent Support	Latinas United Grupo de apoyo especial	Grand-parents raising grand-children, Parent Support Group	Grand-parents raising grand-children, Domestic Violence	Parent Support Group	Sentimientos Verdaderos Talk it Out	Women's English & Spanish	Women's English & Spanish, Book Club
FINANCE & EMPLOYMENT									
One Stop, job readiness, on the job training...		X Adult Ed/ GED Prep	Job club				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	X
VITA (free tax prep)		X			X			X	
Produce Market				X					
ESL			X				X		X
Finance Education/Budgeting		X	X				X	X	X

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Community Exchange Program (clothes, dried foods, books...)	Little Free Library (see safety net resources)	Vouchers for employment & clothing thru Food Bank	Little Free Library		Little Free Library	Little Free Library		Little Free Library Clothing closet	X