

PARENTING CLASS locations in Sacramento. Free parenting classes parenting tips advice skills effective positive court ordered online divorce co-parenting, Parent child children, county, programs. Go to: www.onefatherslove.com to view the online resource center.



Helping Individuals and Families Achieve Self Sufficiency

Co-Parenting classes Parent Education Program

4640 Orange Grove Ave., Sacramento, CA 95841
 Ph. (916) 971-7392 Fax: (916) 575-1947
 San Juan Unified School District offers very affordable Co-parenting classes-call for schedule.

**Sacramento County Department of Health and Human Services Parenting Class Contacts:
 Center for Community Health and Well Being**

1006 21st Street, Sacramento, CA. 95815,
 Ph. (916) 875-6140

Great Sacramento county DHHS/CPS parenting classes and parenting programs, which are *free* and Court certified. Contact Marcella Raty (916) 875-6140 - Laura Fishel (916) 875-9872 Monday - Friday 8:00a.m. to 5:00p.m

Parent Orientation Session:

Go to the Wednesday parenting class orientation even if you have not been required to take a parenting class yet, it will give you a registration and parenting class referral, which puts you a step ahead of your caseworker."Orientations - Wednesday

at 2:00p.m. Granite Regional Office Park, 3331 Power Inn Road (Clock Tower).

Goal: The orientation session provides information about the Juvenile Court process and services.

Parents can pre-register for a DHHS parenting class at that time."

"In general, all classes are for parents of children ages birth to 18 years. However, in addition to providing basic parenting-discipline - communication information, another goal of the classes is to provide group experience at which time parents can talk about individual parenting problems. Therefore whenever possible, encourage your parent to take a class."

Specialized Parenting Classes: "If you have a special needs or teenage child, please contact one of the Parenting Instructors for an appropriate referral."

How to achieve Children's Mental Health Services

For information and referral services for all Child and Family Integrated System of Care Services contact:

Child and Family Access Team

(888) 881-4881—Toll Free

(916) 875-9980

3331 Power Inn Road, Suite 170, Sacramento, CA 95826

You do *not* have to have a case worker to be eligible for ACCESS services.

If you want to make a self referral for participation in their parenting classes then you can call ACCESS and describe your situation to them.

Sacramento Community Family Resources Parenting Class List:

Name	Address	Days/Hours	Fee	Contact	Specialties
Downtown Area					
Sacramento Black Alcoholism Center *Anger Management *Batters Treatment	3307 Broadway, Ste.200 Sacramento, CA 95817	Call for schedule.	Sliding scale/ income-based	916-454-4242	*Sessions are ongoing *No child care.

Sacramento Native American Health Center	2020 J Street Sacramento, CA 95811	Call for Schedule.	Free???	916-341- 0575	Providing parenting classes and home visitation services to families with Native children ages 0-5.
Celebration of Self	1900 T Street	Tuesday 5:30p.m. - 7:30p.m. Thursday 3:30p.m. - 5:30p.m.	Sliding Scale Fee Blue Cross/Medi- Cal Welcome	(916) 424-4933	*Bi-Lingual
East Area					
Fathers Resource Center	3443 Ramona Ave. Suite 25 (Across from the Clock Tower)	Thursday 6:00 - 8:00pm Ongoing	No Fee	739-0894	*English *Family Court accepted *Can begin class at any session.
Dept. of Health and Human Services	Clock Tower 3331 Power Inn Road, Room 1-A	Tuesday 10 - 12pm	No Fee	875-9872	*Spanish
Dept. of Health and Human Services	Clock Tower 3331 Power Inn Road Room 1-c	Thursday 1:30 - 3:30 *Call to check for opening	No Fee	875-9872	*English
North Area					
Strengthening Multi-Ethnic Families and Communities	Firehouse Community Center 810 Grand Avenue	Monday 3:00 - 5:00	No fee	213-3289	Age group 3-18. *Snacks & Playcare available.
Make Parenting a Pleasure	Firehouse Community Center 810 Grand Avenue	Tuesday 6:00 - 8:00pm	No Fee	927- 7694x113	CPS Approved. Playcare available.
Dare 2 be you!	Firehouse Community Center 810 Grand Avenue	Thursday 6:00 - 8:00pm	No Fee	927-7694	Age group 2 - 5. Snacks & Playcare.
The Children's Receiving Home	3555 Auburn Blvd.	Thursday 2 - 4pm	No Fee	482-2370 x358	*No Child Care
Strategies for Change	4330 Auburn Blvd., Suite 2200	Ongoing Tuesday 5:30p.m. - 7:30p.m. (For 1st class & intake arrive @4:30p.m.)	100.00/Series Sliding Scale	473-5764	*Child Care Provided
Positive Option Family Service	2400 Glendale Lane, Suite C	Ongoing Tuesday 5:30p.m. - 7:30p.m. Wednesday 11:00a.m. - 1:00p.m.	7.00/Person/ Class	973-2838	*Pre-register. *Child Care Provided

The Effort at North Highlands Family Resource Center	6015 Watt Ave., Suite 2 North Highlands 95660	Monday(English) 2:00p.m. - 4:00p.m. Tuesday(Spanish) 10:00a.m. - 12:00p.m. Open enrollment. Tuesday(English) 9:00a.m. - 11:00a.m. Wednesday(Spanish) 6:00p.m. - 8:00p.m. Open Enrollment.	No Fee	For English: 679-3925x111 or 679-3925x107 For Spanish: 679-3925x125	*Play Care Provided. *Allows make up classes. *You must enroll within the first 3 classes. *Arrive to class within 10 minutes or no credit for attendance. *First 30 people to arrive will attend.
Mutual Assistance Network of Del Paso Heights	Firehouse Community Center 811 Grand Ave.	Tuesday 6:00 - 8:00pm	No fee	English: 927-7694x101 For Spanish: 927-7694x214	*Can begin participation anytime. *Play Care provided.
North Sacramento Family Resource Center	1217 Del Paso Blvd.	Tuesday (English) 10:00 12:00 Thursday(Spanish) 1:00 - 2:30	No fee	English: 290-8261 Spanish: 290-8263	*Can begin participation anytime. *Play Care provided.
Sienna Vista Family Resource Center	Classes held at the Madison Elementary school 5241 Harrison St. North Highlands 95660	Call for Schedule	No Fee	331-7984	*Can begin participation anytime. *Refreshments *Play care provided.

South Area

La Familia Counseling Family Resource Center	5523 34th Street	Tuesday 5:30 - 7:30 Thursday 10 - 12 pm	No Fee	(Spanish) 875-9872 or 452-3601 (English) 875-6140 or 452-3601 (Hmong) 452-3601	*Pre-registration required. *Playcare provided.
Meadowview Family Resource Center	2251 Florin Road, Suite 158	Call for Schedule. Monday(English) 10:00a.m. - 12:00p.m.	No Fee	394-6300	*Playcare Provided
Vally Hi - Florin Family Resource Center	7000 Franklin Blvd., Suite 820	Call for Schedule		(English) 290-8286 (Spanish) 290-8247	*Playcare provided. *Pre-registration required. *Can begin participation anytime.
Dunlap Family Resource Center	4322 4th Avenue	Wednesday(English) Call for schedule.	No Fee	874-9911 or 874-9908	*Women Only. *Playcare Provided.

Oak Park					
River Oak Family Resource Center	4322 4th Avenue.	Call for Schedule	No Fee	244-5829	*Some classes have Dads only, others are open to all. *Pre-registration required. *Some classes have playcare provided.
Oak Park Community Center	3425 Martin Luther King Jr. Boulevard	Ongoing Tuesday(Hmong) 9:00a.m. - 11:00a.m.	No Fee	875-2896	*Women Only *Pre-registration required
Rancho Cordova					
Folsom Cordova Community Partnership Family Resource Center	10455 Investment Circle, Rancho Cordova.	Call for Additional days and times. Mondays (Spanish) Wednesday (English) 4:30p.m. - 6:30p.m. Thursday (English) 6:00p.m. - 8:00p.m.	No Fee	*361-8684 (Spanish) & (English)	*Pre-registration required. *Play care provided.
Birth and Beyond	1217 Del Paso Blvd. Sacramento, CA. 95815	12 sessions	No Fee	Ph. (916) 679-3743	<i>free parenting classes and workshops</i>
Child and Family Institute					
Oak Park Office 4545 9th Avenue, Sacramento, CA. 95820 Ph. (916) 736-0828					
Del Paso Office 3951 Performance Drive, Sacramento, CA. 95838 Ph. (916) 921-0828					
Works with Children and their Families. Intense Family Counseling and/or Therapy for Children 2-18 age group. To be eligible you must have a referral from a county agency such as A. C. C. E. S. S., Child Protective Services Etc..					
C. A. A. R. E. Diagnostic and Treatment Center					
3300 Stockton Blvd., Sacramento, CA. 95820 Ph. (800) 770-6992 or (916) 734-8396					
Works with Children and their Parents/Caregiver. Intense Family Therapy with the use of technology. The treatment plan is up to one year. To be eligible you must have a referral from a county agency such as A. C. C. E. S. S., Child Protective Services, Children's Receiving Home, Etc..					