

DEDICATED TO SUPPORTING FAMILIES LIKE YOURS

Birth & Beyond Family Resource Centers help build strong families, meet the needs of growing children, and ensure families receive the resources they need.



"The FRC means a lot to me because I know it will help me to become a better parent for my children and I know it will help me in the future with any of my stresses or concerns. I feel supported by the FRC."

—A B&B FRC PARENT

FAMILY SERVICES AT NO COST

Birth & Beyond Family Resource Centers are a proven program that provide family support services to pregnant women and families with children 0-17; including parenting workshops, home visits, and crisis intervention.

FAMILY RESOURCE CENTERS

Please call or visit an FRC near you.

We're here to help.

**La Familia
Counseling Center**
5523 34th Street
Sacramento, CA 95820
916-452-3601

**River Oak Family
Resource Center**
4625 44th Street, Room #36
Sacramento, CA 95820
916-244-5800

**Sacramento Children's
Home Meadowview Family
Resource Center**
2251 Florin Rd., Suite 158
Sacramento, CA 95822
916-394-6300

**North Sacramento Family
Resource Center**
1217 Del Paso Blvd., Suite B
Sacramento, CA 95815
916-679-3743

**Valley Hi Family
Resource Center**
7000 Franklin Blvd., Suite 820
Sacramento, CA 95823
916-290-8281

**WellSpace Health's
North Highlands
Community Health Center
and Birth & Beyond**
6015 Watt Ave., Suite 2
North Highlands, CA 95660
916-679-3925

**Folsom Cordova
Community Partnership**
10665 Coloma Rd., Suite 200
Rancho Cordova, CA 95670
916-361-8684

**Mutual Assistance
Network Firehouse
Community Center**
810 Grand Avenue
Sacramento, CA 95838
916-567-9567

Arcade Community Center
2427 Marconi Ave., Suite #103
Sacramento, CA 95821
916-514-8096

Child Abuse Information & Referral
916-244-1900 • www.thecapcenter.org

24-Hour Parent Support
888-281-3000

Community Information Line
2-1-1

Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.



Birth & Beyond



FAMILY RESOURCE CENTERS

Nurturing the Families of Sacramento

Check us out online: birth-beyondfrc.com!

FRCS SERVE FAMILIES

Home Visitation

In-home nurturing parenting workshops, which helps improve bonding, parent-child relationships, and child behavior. Connects families with community resources, health education, and information.

Crisis Intervention

Families receive information, referrals, and other resources to address their immediate crisis.



Parenting Workshops

Workshops designed to strengthen families are available at the Birth & Beyond Family Resource Centers, and other convenient locations in the community, in multiple languages.

● Nurturing Parenting Program

Parents learn about child development, empathy, discipline, and empowerment. *Approved for Court Mandated Parent Education.*

● Make Parenting A Pleasure

Parents learn effective parenting skills, how to manage stress and positive discipline. *Approved for Court Mandated Parent Education*

● DARE To Be You

Parents learn how to teach their children to feel better about themselves, communicate, be responsible and make decisions.

● Playcare

Playcare is provided, by trained individuals, to families during the workshops at the FRC so parents can focus fully on participating in the activities.

● Child Health & Safety Workshops

- Safe Sleep Baby Information & Classes



Additional Services

- After School Activities/Classes
- Anger Management
- Community Events
- Domestic Violence Services
- Employment Centers
- Fitness Classes
- Health Clinics
- Medical and Dental Referrals including Medi-Cal Services
- Mommy/Daddy and Me
- Parent Leadership
- School Readiness Services
- Self-Defense Classes
- Transportation

