

First 5 Sacramento Community Grants Funded- Round 4 January 2018-December 2018

Group Name	Sponsoring Agency	Contact Info	Community Target Population	Main Topics	Summary
Afghan Mom Support Group	Sacramento Food Bank & Family Services	Gabriela Lopez glopez@sacramentofoodbank.org 916-456-1980	Oak Park and Arden Arcade Mothers from Afghanistan	Parent Support/ Cultural Integration	This group will meet biweekly at the Sacramento Food Bank to offer support for Afghan mothers who have children ages 0-5. Activities will include story time, with a focus on family literacy, arts & crafts, and guest presenters that will give the moms resources to help them acclimate to living in Sacramento.
Black Mother's Club For Healthy Babies	Sacramento Breastfeeding Coalition	Felicia Byrd Fbyrd00@yahoo.com	Alder Grove/ Marina Vista African American Mothers Breastfeeding	Breastfeeding Support	Bi-weekly meetings for African American mothers who are breastfeeding. Mothers will get mentoring on how to successfully breastfeed and how to provide education to family members who can help encourage and support breastfeeding in the African American community.
Del Paso Heights Play Dates for Kids	Pacific Housing Inc./ Mutual Assistance Network	Y. Vang 916-704-3960	North Sac/ Del Paso Heights Immigrant Families	Integration and Inclusion of Cultures	Group leaders representing different cultures will hold bi-monthly playdates where families in the neighborhood can have fun and learn about each other's culture. All activities will be 0-5 focused on music, play, story time, cooking, and gardening.
Leer, Jugar Cantar	Benito Juarez Neighborhood Association	Ramona Landeros 916-529-5299	North Sac/ DPH Spanish Speaking	School Readiness for Latino Children	This group encourages bilingual/bicultural literacy with Latino children to prepare them for school. The group will meet weekly and use nursery songs, books, dance, music and board games all led by parents.
Muslimas United Sisters Circle	Salam Community Center	Kalima 916-538-0596 Muslimasunitedsistercircle@gmail.com	Arden Arcade/ Del Paso Heights Muslim Women of all ethnicities	Empowering Muslim Women and their Children	Muslim women from various backgrounds will gather to bond with their children through education, communication, literacy, story time, and craft projects. Parents will also have the opportunity to learn about different topics that will foster their social and emotional wellbeing as parents.
My Child's Keeper	Mutual Assistance Network- Arden/Arcade	Sawait Seyoum Shseyoum80@gmail.com	Sacramento County Eritrean (North East African) Families	Combining Eritrean Cultures and American	This group would like to reduce isolation and create a space where the Eritrean community can support, strengthen and encourage one another as they raise their young children in a foreign country. During the weekly meetings, there will be stories read in English and Tigrinya, arts & crafts, music and movement, and school readiness activities that benefit children.
"R" Babies "R" Us	Mutual Assistance Network	Jill Campbell 916-996-2997 rbabiesrus@gmail.com	Del Paso Heights	Family Health	This group will meet monthly to go over ways to combat unhealthy lifestyles and emotional trauma through healthy living. Sessions will be filled with interactive and engaging fitness and nutrition activities for parents to do with their children.

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“Rhythm & Grooves” Music Playgroup	North Natomas Library	rhythmandgroovesplaygroup@gmail.com	Sacramento County/ Natomas Parents with autistic children	Special Needs- Autism/ Rhythmic Playgroup	Families with autistic children will meet monthly to participate in a rhythmic playgroup. Through music therapy, children will improve language comprehension, social skills and cognitive function.
Project Twinkle	Mutual Housing	araiyeth@gmail.com (916)712-4609	South Sacramento-Fruitridge/Stockton Parents at Greenway Village Apartment Complex	Community Support/ Circle Time	This is a support group for the South Sacramento community to provide a safe place for families to come together, learn about the benefit of circle time, and connect with other families in their community. The circle time will include, songs, story time, ABC’s, counting, and arts and crafts.
Sacramento Pouch Project	Valley Hi Family Resource Center	SacramentoPouchProject@gmail.com 916-996-7910	Countywide	Parent/Child bonding through Babywearing	This group wants to spread the knowledge and practice of babywearing to parents, who otherwise could not afford it, to promote parent child bonding. Babywearing is the practice of carrying a child close to you using a type of sling or carrier. Each meeting will include a babywearing activity designed to bond caregivers with their young children, such as, eye contact, dancing, or reading.
Tigers On The Move	First 5 FRC Walnut Grove	Heather Goss hgoss@rdusd.org (916)776-2077	River Delta- Isleton	Family Health and fitness	This group wants to bring fun and healthy activities to Isleton, where many families are isolated from family friendly fitness activities. Once a week there will be a parent-child dance and physical fitness activity, along with a parent education health topic.