



**ARC Family Resource Center**

1640 S. State St.

Ukiah, CA 95482

(707)234-3300

# January 2017

\*programa es en español

\*\*program is Bilingual/programa es bilingüe

All programs are free unless indicated with a dollar sign (\$)!

¡ Todos los programas son gratis al menos que tengan un símbolo de dólar (\$)!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> <b>CLOSED</b> <b>CERRADO</b>	<b>3</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>4</b> 9:00-10:00AM Zumba**(\$)	<b>5</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>6</b> 10:30-12:30PM Triple P Positive Parenting Group (1/8)	<b>7</b>
<b>8</b>	<b>9</b> 9:00-10:00AM Zumba**(\$)  3:00-4:30PM Play-Date (ages 0-5)	<b>10</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>11</b> 9:00-10:00AM Zumba**(\$)	<b>12</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>13</b> 10:30-12:30PM Triple P Positive Parenting Group (2/8)	<b>14</b>
<b>15</b>	<b>16</b> <b>CLOSED</b> <b>CERRADO</b>	<b>17</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>18</b> 9:00-10:00AM Zumba**(\$)	<b>19</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>20</b> 10:30-12:30PM Triple P Positive Parenting Group (3/8)	<b>21</b>
<b>22</b>	<b>23</b>  3:00-4:30PM Play-Date (ages 0-5)  5:30-7:00PM Triple P Positive Parenting Group (1/8)	<b>24</b> 9:00-11:00AM Mamá y Yo Playgroup**	<b>25</b> 9:00-10:00AM Zumba**(\$)  11:00-3:30PM Immigration Attorney Robyn Mancini **(\$) Abogada De Inmigracion * (\$)  10:30AM Car Seat Class * (\$) (In Spanish)  11:30AM Car Seat Class (\$)	<b>26</b> 8:30-5:00PM ARC FRC Store  9:00-11:00AM Mamá y Yo Playgroup**	<b>27</b> 10:30-12:30PM Triple P Positive Parenting Group (4/8)	<b>28</b>
<b>29</b>	<b>30</b> 9:00-10:00AM Zumba**(\$)  10:30AM Car Seat Class **(\$) (English/Spanish)  3:00-4:30PM Play-Date (ages 0-5)  5:30-7:00PM Triple P Positive Parenting Group (2/8)	<b>31</b> 9:00-11:00AM Mamá y Yo Playgroup**	Office hours are: <b>Monday –Thursday 8:30AM-5:00PM</b> <b>Fridays CLOSED</b> Horarios de oficina: <b>lunes –jueves 8:30AM-5:00PM</b> <b>viernes CERRADO</b>			