

ACTION NETWORK PROGRAMS AND CLASSES

INFANTS AND PRE-SCHOOL

PRENATAL CARE, BIRTH CLASSES AND BREASTFEEDING SUPPORT: Action Network's Heidi Marshall, a registered Midwife, offers pre-natal and birth preparation classes and breastfeeding support via classes and home visits.

MUSIC TOGETHER - Have fun with your child with music. Music Together is an internationally recognized early childhood music and movement program for children from birth through age 5— *and the grownups who love them™*. Action Network offers three 10-week semesters each year in Gualala, and in 2014, will offer a semester in Point Arena.



LEARNING THROUGH PLAY – a drop-off Pre-Kindergarten preparation program offered to children 18 months to 5 years. Let your child enjoy creative and enriching ways to learn and grow, interact with other kids, and enjoy woven word, art, and music. 10am – 1pm Monday, Wednesday and Thursday, \$15 per session, Lunch included.

PLAYGROUP - for children 0-5 years and their caregiver. Let your little one interact and play with other children and enjoy a variety of educational toys. Gualala: Wednesday 10am-12noon and Friday 11am-12noon. Point Arena: Tuesday 1-4pm and Friday 2-4pm.

AFTER SCHOOL ENRICHMENT AT KASHIA AND SEA RANCH – enrichment classes – cooking, reading, math and crafts for children 0-13. Weekly sessions, schedule varies, check with Action Network for latest dates and times.

FOR INFORMATION ON ALL ACTION NETWORK CLASSES AND PROGRAMS

CALL 884-5413

ESPAÑOL: 884-5414

YOUTH

NUTRITION BASICS – Special Classes for Teens: Learn to prepare delicious and healthy recipes that are easy to prepare at home, and how to add good nutrition to your daily diet. The 2014 Session of 5 classes dates to be scheduled shortly.

GIRLS CIRCLE – The Girls Circle is a model of structured support groups for girls from 9-18 years. Leah Kirby, Action Network's Youth Advocate, leads various Girls Circles for different age groups. Group sessions are private and fully subscribed right now. Call Leah at 884-5413 for more information.



AFTER SCHOOL PROGRAMS AT POINT ARENA – Action Network's Family Resource Center is open for local Youth Tuesday and Friday afternoons from 4-5:30pm, and Wednesdays from 2-5pm for after School Activities including free WIFI, homework help and craft activities.

LEGO ROBOTICS: Classes for 4th graders and above, offered in the Summer and Christmas Holidays. Learn to build cool robots with Legos! Dates and times for sessions to be announced.

PINEWOOD DERBY PREP CLASSES: A series of classes taught by Mike Thomas aka "Daddy Bones" to help kids design and race a car at the Pinewood Derby's held twice a year at Gualala Arts Center. New dates to be announced soon.

MENTORING AND TUTORING

Action Network works with kids and their parents to provide Mentors and Tutors where needed. Please call us for more information.



ADULTS

NUTRITION BASICS – Learn to prepare delicious and healthy recipes that are easy to prepare at home. Classes taught in Spanish and English. Sessions of 5 classes scheduled throughout the year, see the calendar for more information.

COMPUTER LAB, FAX AND PHOTOCOPYING SERVICES Action Network's Family Resource Center in the Cypress Village, Gualala, offers computer and WiFi services, color copying and fax machine. Monday-Friday 10am to 4pm, closed holidays.

COUNSELING, LIFE COACHING, PARENTING CLASSES: Action Network offers counseling, coaching and parenting classes on an on-going basis. Staff also provide bi-lingual assistance and referrals to WIC, Food Stamps and various assistance programs year round. Hours Monday-Friday, 10am to 4pm.

