

# Parent Education

Sacramento 的食物銀行 & 家庭服務計劃



*Guiding parents in raising children in a healthy and supportive manner*

## ELIGIBILITY

Open to expectant parents, parents or legal guardians with children 0-5 years old in the greater Sacramento area.

## SERVICES

Supportive parenting courses, referrals, mentoring, access to parent resource center and more.

## INCENTIVES

After completion of each course, parents will earn credits for diapers, formula, baby food, clothing and additional items.

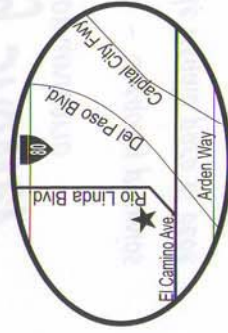


## Orientation is required prior to starting the program



### Main Campus (Oak Park)

3308 Third Ave. Sacramento, CA 95817  
parent.op@sacramentofoodbank.org



### Saca Community Learning Center (North Sacramento)

2469 Rio Linda Blvd. Sacramento, CA 95815  
parent.saca@sacramentofoodbank.org

Please call for the next orientation date.

**(916) 313-7622**

Please bring your photo identification, current proof of address and either your child's birth certificate, proof of pregnancy or proof of legal guardianship to the orientation.

## Community Baby Shower

Refreshments - Games and prizes  
Expectant parent package  
Children's Boutique voucher

Expectant parents are invited to participate in a free Community Baby shower after completion of our *During your Pregnancy* course.

[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)

Referred by: friend  relative  internet  211  self

Agency  Phone #