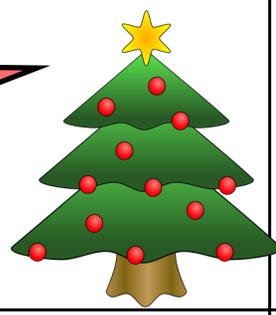
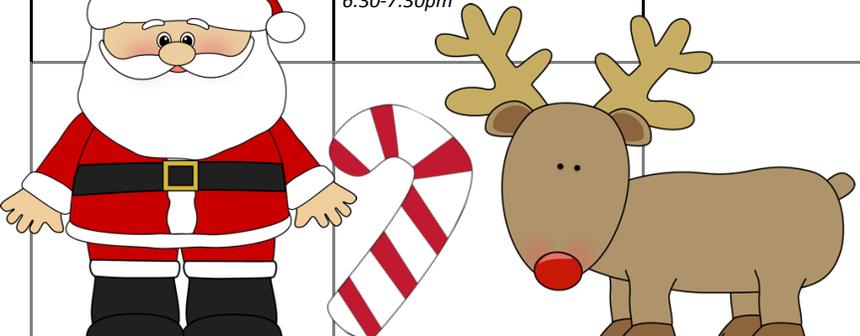


December

Monday	Tuesday	Wednesday	Thursday	Friday
			1) <u>Community Clothes Closet</u> 12-2pm <u>Toastmasters:</u> 6:30-7:30pm <u>YAB Meeting:</u> 5:30-8:00pm <u>Who's Your Hero:</u> 4pm-5:30pm <u>Overeaters Anonymous:</u> 7pm-8pm	2) <u>Basic Tutoring:</u> 5-7pm 
			5) <u>Reach Out: Nurturing Parent Program</u> 5:30-7:30pm <u>Happy Healthy</u> <u>Toastmasters:</u> 6:15 - 7:45	6) <u>Food Pantry:</u> 12-3pm <u>Community Clothes Closet</u> 12-2pm <u>Al-Anon: Spanish Support Group</u> 6-7:30 pm <u>Nurse's Support Group:</u> 6:00-7:30pm <u>Rainbow Reading:</u> 6:30-7:30pm <u>Unity Tree:</u> 6:00-8:00pm
<div style="border: 2px solid black; background-color: red; color: white; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Holiday Closure December 24-January 1 Happy Holidays!</p> </div>				
12) <u>Reach Out: Nurturing Parent Program</u> 5:30-7:30pm 	13) <u>Food Pantry:</u> 12-3pm <u>Community Clothes Closet</u> 12-2pm <u>Al-Anon: Spanish Support Group</u> 6-7:30 pm <u>Nurse's Support Group:</u> 6:00-7:30pm <u>Rainbow Reading:</u> 6:30-7:30pm	14) <u>Speaker Masterminds Meet-Up:</u> 5 - 7:30pm <u>Reach Out: Nurturing Parent Program</u> 5:30-6:30pm <u>Rancho Recovery Meeting:</u> 6pm-7pm	15) <u>Community Clothes Closet</u> 12-2pm <u>Who's Your Hero:</u> 4pm-5:30pm <u>YAB Meeting:</u> 5:30-8:00pm <u>Toastmasters:</u> 6:30-7:30pm <u>Overeaters Anonymous:</u> 7pm-8pm	16) <u>Basic Tutoring:</u> 5-7pm 
19) <u>Reach Out: Nurturing Parent Program</u> 5:30-7:30pm <u>Happy Healthy</u> <u>Toastmasters:</u> 6:15 - 7:45 	20) <u>Food Pantry:</u> 12-3pm <u>Community Clothes Closet</u> 12-2pm <u>Al-Anon: Spanish Support Group</u> 6-7:30 pm <u>Nurse's Support Group:</u> 6:00-7:30pm <u>Rainbow Reading:</u> 6:30-7:30pm	21) <u>Reach Out: Nurturing Parent Program</u> 5:30-6:30pm <u>Divorce Workshop:</u> 6pm-7:30pm <u>Rancho Recovery Meeting:</u> 6pm-7pm	22) <u>Community Clothes Closet</u> 12-2pm <u>Who's Your Hero:</u> 4pm-5:30pm <u>Toastmasters:</u> 6:30-7:30pm <u>Parents Helping Parents:</u> 5:30-8pm <u>Overeaters Anonymous:</u> 7pm-8pm	23) <u>Basic Tutoring:</u> 5-7pm
			<p>RC Family Resource Center 9791 Arrow Route Rancho Cucamonga, CA 1730 Monday-Friday 12-8pm 909.477.2781 RCpark.com</p>	



RC Family Resource Center Program Guide

ADULT PROGRAMS & WORKSHOPS

Nurturing Parent — Mondays 5:30 – 7:30 pm

Evidence based program that encourages the use of positive parenting techniques for parents with children from the ages of 0 - 5 years. Childcare is provided. This class is offered through Reach Out. For more information or to register, please call Reach Out at 909.982.8641. **Pre-registration is required.**

Parents Helping Parents — 3rd Thursdays – 6-7:30 pm

Parenting Class. Childcare is provided. This class is offered through South Coast Community Services. For more information or to register, please call Ronda Melendrez (909) 730-1259 or Vivian (909) 730-1253 (Spanish). **Pre-registration is required.**

Toastmasters — Thursdays 6:30-7:30 pm

Come develop your presentation speaking and leadership skills. For more information, please contact (909) 477-2781.

Rancho Recovery — Wednesdays 6-7pm

Open discussion about recovery, alcohol addiction, and 12 steps programs.

Overeaters Anonymous — Thursdays 7-8pm

This 12 step program is for men and women who are struggling with compulsive overeating, anorexia, and bulimia.

COUNSELING & SUPPORT GROUPS

Al-Anon (Spanish) Support Group — Tuesdays 6-7:30 pm

A program offered to family members and friends whose lives are affected by an alcoholic. For more information, please contact (909) 824-1516 or visit www.iealanon.org

Alcoholics Anonymous — Fridays 5:30-7:15 pm

A program that is set forth in twelve steps; offering the alcoholic a way to develop a satisfying life without alcohol. *Open enrollment*

YOUTH & TEEN PROGRAMS / WORKSHOPS

Basic Tutoring — Fridays 6 - 7 pm

Drop-in assistance for students in Kindergarten - 12th grades. Students must provide their own books and supplies - bring homework. Tutoring provided by students of Chaffey Joint Union High School District. For more information, please contact Alyson Lee (909) 367-0300 or Esther Park (909) 255-4499.

Rainbow Reading Club — Tuesdays 6:30 - 7:30 pm

FREE learning fun (*6 week program*) for kids ages 3 - 5 years old. Presented by Miss Kathy and Leading Ladies. For more information, please contact (909) 999-5433.

Who's Your Hero? — Thursdays 3:30 - 5 pm *

Activity based mentoring program for girls ages 9 - 11. Learn how to make good choices, explore new ideas and make friends. Presented by Women on the Move Network. For more information, please contact Barbara Marino (909) 982-1210 or visit wotmnetwork.org. * **Signed parental permission slip required.**