



811 5TH Street Modesto, Ca 95351 ♥ (209)549-8193
530 S. Santa Cruz Ave. Modesto, Ca. 95354 ♥ (209)549-8822
www.prefamilies.org

The mission of the Parent Resource Center is to build stronger families by offering education, mentoring and supportive services to empower and strengthen our community.

Parenting Education Classes

- ♥ *Madres Amorosas (Spanish Women's)*
Monday 9:30 to 11:30a.m
- ♥ *Co-Ed Parenting Class*-**Monday 9:30 to 11:30a.m**
(This class is held at 2020 Standiford Ave. Ste. C1)
- ♥ *Mom's Moments* –**Tuesday 9 to 11a.m.**
- ♥ *Family Focus* – **Tuesday 5:30 to 7:00p.m.**
(Date, time, and location may vary. Please call for more info)
- ♥ *Parenting Basics (Co-Ed)*
Wednesday 9:30 to 11:30a.m
- ♥ *Connecting With Your Teen* -**Wednesday 5 to 7p.m.**
(Sessions in English & Spanish, please call for current language)

Other Services

Mental Health Services

- ♥ *In collaboration with Sierra Vista Child & Family Services, El Concilio and Leaps & Bounds.*

Differential Response

- ♥ *In collaboration with Child Protective Service working with families in the home to prevent child abuse and neglect.*

Health Insurance Enrollment and Outreach

- ♥ *Application assistance with Kaiser Child Health Plan.*

CalFresh Enrollment and Outreach

- ♥ *Application assistance with foods stamps, quarterly nutrition presentations and cooking demonstrations.*

Additional Classes

- ♥ *Mommies to Be (Prenatal & Childbirth Education)* - **Wednesday 2:30 to 4:30p.m**
- ♥ *Growing Together/Creciendo Juntos - Healthy Birth Outcomes* - **Bilingual Pregnancy Support group**
(This class is held at 530 S. Santa Cruz Ave.)
Thursday 9 to 11a.m
- ♥ *Heroes for Health (Nutrition/Exercise)*
(Please call for more information)
- ♥ *Simplemente Mujer – Spanish women's support group* *(Please call for more info)*
- ♥ *A New Day – Support Group*
(Please call for more information)
- ♥ *Steps to Success- Family Literacy & GED Preparation in collaboration with Stanislaus Literacy Center*-**Tuesday and Wednesday 1:30 to 4:30p.m**

All Services offered free of charge.

On-site child care available



Funding made possible through a grant from the Stanislaus County Children and Families Commission



“Partner Agency”