



**FREE**

Programs, services, and activities for families with children, birth through age 5.



## FIRST 5 Learning Together Initiative Family Resource Centers

### • Individual Parent Consultations, Workshops & Seminars

- \* Positive Parenting practices (limit setting, discipline, sleep habits)
- \* Preschool and kindergarten readiness
- \* Nutrition, health and wellness
- \* Language and literacy development

### • Child Developmental Screenings

### • Parent-Child Art Enrichment Classes

- \* Mirroring school experience for pre-school aged children

### • Information on community resources

- **Application assistance for Medi-Cal, Healthy Families, and Healthy Kids insurance programs for children:**

**CALL 1-888-244-5222**

### • And much **MORE!!**



## FRC Sites (Region 5)

**For class schedules, further information, or to set up an appointment please contact:**

### Cupertino / West San Jose

#### Canon Music Family Resource Center (by appointment only)

10885 S. Blaney Ave, Cupertino, CA 95014

Contact: Nancy Doan, BASW

(650) 688-3084    nancyd@jfcs.org

### Mountain View

#### Escuela Family Resource Center

260 Escuela Ave, Mountain View, CA 94040

Contact: Ana Moreno

(650) 688-3098    anam@jfcs.org

### Sunnyvale

#### Caring Hearts Family Resource Center (by appointment only)

645 W. Fremont Ave, Sunnyvale, CA 94087

Contact: Hadas Keppel, MA

(650) 688-3035    hadask@jfcs.org

### MAIN FAMILY RESOURCE CENTER

#### Mercy Street Family Resource Center

748 Mercy Street, Mountain View, CA 94041

Contact: (650) 967-4813

mercystreetfrc@gmail.com