

Northern California Children's Therapy Center (CTC)/Help Me Grow Yolo County Information and Groups Schedule

General information for all groups:

- All groups are **free** and any needed materials will be provided.
- All groups are **drop-in** and do not require pre-registration.
- We have a **no-late arrival** policy. If you can't make it by the time the group starts, try again next week.
- To maximize group space available to children, we ask that **only 1 adult per child** attend.
- All **parents MUST participate** in the group with their child and **supervise** their own child's behavior
- All groups are facilitated by a licensed therapist.
- No groups are held on holidays.
- All groups are held in the in the gyms at: **Northern California Children's Therapy Center, 1321 College Street, Woodland, CA**
- For more information, Call **Help Me Grow at 1-844-410-GROW**

Regular Groups Schedule:

- **Music Group**- all language speakers welcome.
 - Mondays 9:30-10:15; in English; birth- 2 years* months
 - Mondays 10:30-11:15; in English; 2 years-5* years
 - *If you are bringing multiple children, please attend the group age-appropriate for your older child only (unless you bring each individually)
 - Fridays 9:30-10:30; in Spanish; birth- 5 years
- **Developmental Playgroups**- all language speakers welcome
 - Wednesdays 9:30-11:00; Spanish/English; 18 months- 5 years
- **Partners in Parenting Workshops**- Spanish interpretation provided
 - Tuesday 11/5/19, 5:30-7:30; Mental Health Discussion and Support
 - Tuesday 11/19/19, 6:00-7:30; Fine Motor Learning and Toy Making
 - **Saturday** 12/7/19, 9am-12:00; Healthy Body and Mind
 - Tuesday 1/14/20, 6:00-7:30; Social Parenting & Language Series: Week 1, identifying parenting challenges and successes
 - Tuesday 1/21/20, 6:00-7:30; Social Parenting & Learning Series: Week 2, setting parenting goals
 - Tuesday 1/28/20, 6:00-7:30; Social Parenting & Learning Series: Week 3, how personality & temperament affect parenting
 - Tuesday 2/4/20, 6:00-7:30; Social Parenting & Learning Series: Week 4, positive parenting strategies
 - Tuesday 2/11/20, 6:00-7:30; Social Parenting & Learning Series: Week 5, importance of self-care in parenting
 - Tuesday 2/18/20, 6:00-7:30; Social Parenting & Learning Series: Week 6, The sensory system and how it impacts learning and parenting
 - Tuesday 3/24/20, 6:00-7:30; Understanding Negative Behaviors
 - **Thursday** 4/9/20, 5:00-6:00; Learn how to properly install a car seat
 - Tuesday 4/21/20, 6:00-7:30; Floor mobility: From Tummy Time to crawling
 - Tuesday 5/12/20, 6:00-7:30; Self-regulation: Everyone has an Engine- Exploring Tools for Caregivers a Children
 - Tuesday 6/23/20, Sensory Exploration: Learning and Making Playdough
- **Children's Therapy Center Quarterly Events**- all ages
 - Sunday 10/20/19, 4:00-6:00; Halloween Party
 - Sunday 2/9/20, 4:00-6:00; Valentine's Day Party
 - April TBD; Spring Fling
 - Summer TBD; Summer Fun



Find more information at HelpMeGrowYolo.org or call **844-410-GROW**