

**· PARENTING CLASSES ·**

<b>Adolescent Family Life Program-Sutter Health</b> Parenting classes for AFLP clients only. (ages 12-17).	285-4600
<b>Kaiser</b> (for members only) contact the child psychiatry department of your nearest Kaiser. Or call member services.	1-800-464-4000
<b>Sacramento County Child Protective Services</b> offers parenting classes throughout the community. Payment is on a sliding scale.	875-6140
<b>SETA/Head Start</b> Parenting classes at various times & locations. Some workshops in Spanish.	263-3804
<b>The Community Center for Health &amp; Well-Being</b> 1900 T Street Parenting classes every Tuesday at 5:30 or Thursday at 3:30. Also anger management classes. Payment through Blue Cross Medi-Cal or on a sliding scale if paying out of pocket.	424-4933

<b>BIRTH &amp; BEYOND</b>	
Free parenting classes offered at Family Resource Centers throughout the community. Everyone is welcome. Some offer classes in Spanish. Call for info.	
<b>La Familia Counseling Center</b> 5523 34th Street; Sacramento, 95820	452-3601
<b>Rancho Cordova Neighborhood Center</b> 10665 Coloma Road, Suite 300; Rancho Cordova, 95670	851-1651
<b>Dunlap Family Resource Center</b> 4322 4th Avenue; Sacramento, 95817	244-5800
<b>North Sacramento Family Resource Center</b> 1217 Del Paso Blvd; Sacramento, 95815	679-3743
<b>Valley Hi/Florin Family Resource Center</b> 2251 Florin Road, Suite 128; Sacramento, 95822	290-8281
<b>Meadowview Family Resource Center</b> 2251 Florin Road, Suite 158; Sacramento, 95822	394-6300
<b>North Highlands Family Resource Center</b> 6015 Watt Ave., Suite 2; North Highlands, 95660	679-3925
<b>Mutual Assistance Network</b> 811 Grand Ave., Suite A-3; Sacramento, 95838	927-7694