

Mon

Tue

Wed

Thu

Fri



1)
South Coast Community Services: Anger Management Group (Ages 13—17 years) 6:00pm—7:30pm
Youth Accountability Board Meeting 5:30-8pm

2)
House of Ruth: Life Skills Program 10-11:30 am
Math Tutoring: 5th—10th, 4:20-7:20 pm
Alcoholics Anonymous: Open Big Book Meeting 5:30-7:15pm

5)
Al-Anon: Spanish Support Group 10 am-12pm
Al-Anon: English Support Group 6-7:30pm
DBSA (Depressive Bipolar Support Alliance): Support Group Meeting 6-7:30p
Light House: Youth Empowerment Club 4-6pm

6)
South Coast Community Services: Drugs and Alcohol Group 6:00pm—7:30pm
Hip Hop Dance Class: Children 6:00pm - 7:00pm
Leading Ladies: Reading Club (Ages 3-5 years) 10am-11am
Para Los Niño's: Parenting Class 4:00pm - 6:00pm

7)
House of Ruth: Domestic Violence 101, 10-11:30am
Lighthouse Learning: Youth Empowerment Club 4pm— 6:00pm
Beauty For Ashes: Steps to Empowerment 6pm-7:30pm
South Coast Community Services: Truancy Prevention Group (Ages 13—17 years) 6:00pm—7:30pm

8)
Pomona Valley Learning Disabilities Group: Advocacy and Support Group 5:30pm-8pm
South Coast Community Services: Anger Management Group (Ages 13—17 years) 6:00pm—7:30pm

9)
House of Ruth: Life Skills Program 10-11:30am
Math Tutoring : 5th-10th grade, 4:20-7:20pm
Alcoholic Anonymous: Open Big Book Meeting 5:30-7:15pm

12)
Al-Anon: Spanish Support Group 10am-12pm
Al-Anon: English Support Group 6-7:30pm
DBSA (Depressive Bipolar Support Alliance): Support Group 6 – 7pm

13)
South Coast Community Services: Drugs and Alcohol Group 6:00pm—7:30pm
Hip Hop Dance Class: Children 6:00pm - 7:00pm
Leading Ladies: Reading Club (Ages 3-5 years) 10am-11am
Para Los Niño's: Parenting Class 4:00pm - 6:00pm

14)
House of Ruth: Domestic Violence 101, 10-11:30am
Lighthouse Learning: Youth Empowerment Club 4pm— 6:00pm
Beauty For Ashes: Steps to Empowerment 6pm-7:30pm
South Coast Community Services: Truancy Prevention Group (Ages 13—17 years) 6:00pm—7:30pm

15)
South Coast Community Services: Anger Management Group (Ages 13—17 years) 6:00pm—7:30pm
Inland Counties Legal Services: Free Legal Aid (first come first serve) starting at 5pm
Youth Accountability Board Meeting 5:30-8pm

16)
House of Ruth: Life Skills Program 10-11:30
Math Tutoring: 5th—10th grade, 4:20-7:20pm
Family Fun Night and Activities 6-7:30pm
Alcoholic Anonymous: Open Big Book Meeting 5:30-7:15pm

19)
Al-Anon: Spanish Support Group 10am-12pm
Al-Anon: English Support Group 6-7:30pm
DBSA (Depressive Bipolar Support Alliance): Support Group 6 – 7pm
Light House: Youth Empowerment Club 4-6pm

20)
South Coast Community Services: Drugs and Alcohol Group 6:00pm—7:30pm
Hip Hop Dance Class: Children 6:00pm - 7:00pm
Leading Ladies: Reading Club (Ages 3-5 years) 10am-11am
Para Los Niño's: Parenting Class 4:00pm - 6:00pm

21)
House of Ruth: Domestic Violence 101, 10-11:30am
Lighthouse Learning: Youth Empowerment Club 4pm— 6:00pm
Beauty For Ashes: Steps to Empowerment 6pm-7:30pm
South Coast Community Services: Truancy Prevention Group (Ages 13—17 years) 6:00pm—7:30pm

22)
South Coast Community Services: Anger Management Group (Ages 13—17 years) 6:00pm—7:30pm
Inland Counties Legal Services: Free Legal Aid (first come first serve) starting at 5pm

23)
House of Ruth: Life Skills Program 10-11:30am
Math Tutoring: 5th-10th grade, 4:20-7:20pm
Alcoholic Anonymous: Open Big Book Meeting 5:30-7:15pm

26)
Al-Anon: Spanish Support Group 10am-12pm
Al Anon: English Support Group 6-7:30pm
DBSA (Depressive Bipolar Support Alliance): Support Group 6 – 7pm

27)
South Coast Community Services: Drugs and Alcohol Group 6:00pm—7:30pm
Hip Hop Dance Class: Children 6:00pm - 7:00pm
Leading Ladies: Reading Club (Ages 3-5 years) 10am-11am
Para Los Niño's: Parenting Class 4:00pm - 6:00pm

28)
House of Ruth: Domestic Violence 101, 10-11:30am
Lighthouse Learning: Youth Empowerment Club 4pm— 6:00pm
Beauty For Ashes: Steps to Empowerment 6pm-7:30pm
South Coast Community Services: Truancy Prevention Group (Ages 13—17 years) 6:00pm—7:30pm

29
South Coast Community Services: Anger Management Group (Ages 13-17) 6-7:30 pm.

30)
House of Ruth: Life Skills Program 10-11:30am
Mat h Tutoring: 5th-10Th grade, 4:20-7:20pm
Alcoholic Anonymous: Open Big Book Meeting 5:30-7:15 pm



RC Family Resource Center Program Guide MARCH 2010

Alcoholics Anonymous: Open Big Book Meeting A program that is set forth in twelve steps; offering the alcoholic a way to develop a satisfying life without alcohol.

Al-Anon/Alateen: Support Group This program is offered to family members and friends who lives are affected by an alcoholic. Alateen is geared towards youth ages 12—18.

Beauty for Ashes: First Time Home Buyers Program This program provides information to increase your knowledge of foreclosures, FHA loans, closing cost and qualifications requirements.

Beauty for Ashes: Hope for a Women's Heart Encourages women and provides a safe place to discuss issues.

Beauty for Ashes: Money 101 Free money management workshop will help you learn how to manage your finances even in this tough economy.

Beauty for Ashes: Steps to Empowerment This agency serves women who are, or have been, in the criminal justice system and who are at risk of re-offending. A twelve step program for those with alcohol, chemical or similar dependencies.

Beauty for Ashes: Women Peer Support Group Open to all female residents of the City of Rancho Cucamonga aged 18 and older. Join this open forum to discuss a variety of issues that are plaguing women today.

Community Crises Response Team: Parent Support Group A workshop/support group for parents of teens. Topics include effective communication skills, how to support your teen and teaching healthy relationships.

DBSA Depressive Bipolar Support Alliance: Support Group Program for individuals, family and/or friends who are affected by Bipolar disorder or depression.

Healthcare Benefits for All: Healthcare Education Provides information about Healthy Families/Medi-Cal for children —18 and provides medical insurance referrals/information for adults. Provides education, enrollment and application assistance to uninsured children as well as health referral information.

House of Ruth: Domestic Violence 101 Offers battered women the opportunity to work toward their goals of self-sufficiency. Also seeks to create community awareness and improve community response to domestic violence. An open group that focuses on learning about family violence.

House of Ruth: Life Skills Class Offers battered women the opportunity to work toward their goals of self-sufficiency. Also seeks to create community awareness and improve community response to domestic violence. A class that focuses on goal setting, planning, self care and skill building.

Inland Counties Legal Services: Free Legal Aid Conservatorship, Guardianship, Family Law/Custody & Support Issues Consultation with Attorney's, Power of Attorney, Trusts & Wills, Advise on Bankruptcy, Medical Directive.

Lenders Who Care: Free Home Buying Workshop A workshop with free information on buying a home, building and maintaining a good credit score, tax benefits associated with buying a home, safe and suitable financing and creating a homeownership plan

Math Tutoring: 5th—10th grade Need assistance enhancing your math skills. Aid available for basic math and algebra

Pomona Valley Learning Disabilities Association This support group works with anyone living or working with children and young adults with special needs. Also provides information and education on Autism, ADHD, Learning Disabilities and Behavioral Disorders. Concurrently provides an adult social meeting for special needs 16 years of age and older. Participants of the adult social meeting must be accompanied by a parent/guardian.

Reach Out: Youth 4 Change A program where teens come together to learn how to improve their community and help foster their leadership skills

Safe Kids: Car Seat Safety Check 4 out of 5 children aren't buckled up correctly. Is your child one of them? Join us for a car seat check to ensure your little one's safety. Check is free of charge and lasts about 30-45 minutes. Must call and make appointment.

South Coast Community Services: Anger Management Program A group session for youth ages 13—17 which will help teens focus on self control, practice on problem solving without aggression, improve communication skills and gain awareness of emotions that influence behavior

South Coast Community Services: Drug and Alcohol Group A workshop for both parents/caregivers and their teens (ages 13 – 17) which will help participants gain resources to develop a healthy lifestyle, set positive future goals, identify factors that influence behavior, and learn ways to cope with stress. Teens and parents/caregivers will meet separately and confidentiality rules will be upheld.

South Coast Community Services: Truancy Prevention Group Program for teens ages 13 – 17 where participants will develop goals for the future, gain awareness of choices and consequences, gain skills needed to succeed in school and identify personal motivations.

T.O.U.C.H Ministries: Community Closet Giveaways This agency aims to provide needed services for the homeless and the working poor. City of Rancho Cucamonga residents are able to attend to receive emergency clothing. All items are on a first come first serve basis. Limit is one grocery bag per person.

Women on the Move Network: Who's your Hero? A weekly program where girls can have fun, gain confidence, make friends, learn to make good choices and develop positive attitudes through projects, crafts, music, videos, discussions and activities. *Signed parent slip required for attendance.*