

JOHN REED FAMILY RESOURCE CENTER

NEWSLETTER

SEPTEMBER 2026

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EVERY FAMILY DESERVES TO FEEL WELCOMED, VALUED, CONNECTED, AND SUPPORTED

A strong sense of belonging starts at home. It grows through the everyday moments we share, the connections we build, and the ways we show up for one another. The Family Resource Center is here to support you and your family along the way. In this month's newsletter, you'll find resources, activities, and opportunities to strengthen family connections, spend meaningful time together, and build a greater sense of belonging at home and in our community.



Reach us:

390 ARLEN DRIVE, ROHNERT PARK
CA 94928 (P3)
(707)792-4732
MONDAY · TUESDAY · THURSDAY
9-5PM
WEDNESDAY & FRIDAY
10:30-5PM



VISIT US

We're Here for Your Family,
Our Family Resource Center is here to support families with children ages 0-17 through education, connection, and resources.

We can help with:

- Parenting education
- Workshops and support groups
- Family support and referrals
- Early childhood resources
- Community programs and events
- Diapers
- Food pantry
- Clothing

Reach out to us, we're here to help your family thrive.



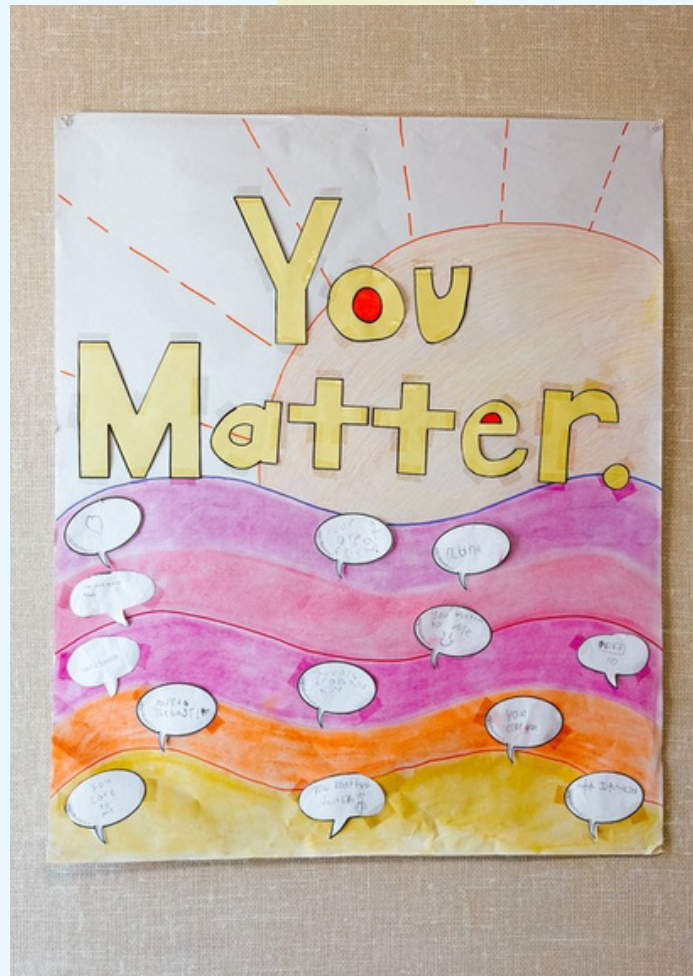
SCHOOL BASED THERAPY SUPPORT!

Students don't have to navigate challenges alone. Team Success provides individual and group therapy services right at school, making mental health support more accessible for students who may otherwise have difficulty receiving services.

School-based therapists can support students experiencing anxiety, depression, bullying, substance use concerns, school engagement challenges, peer relationships, and other social or emotional needs.

If you believe a student could benefit from additional support, connect with your school counselor or administration to learn more about Team Success and the referral process.

Team success is only available in limited locations. Please reach out to (707)792-4732 for additional information.



5 WAYS TO BUILD BELONGING AT HOME

- Say it out loud.
 - Remind your child: “I’m happy you’re here.” “You are an important part of our family.”
- Create family traditions.
 - A special meal
 - bedtime routine
 - weekly walk
- Give children a role.
 - Let them help set the table, choose a book, water a plant, or help prepare dinner. Contributing helps children know, “I have a place here.”
- Make room for their voice.
 - Ask what they think, listen to their stories, and include them in age-appropriate family decisions.
- Celebrate what makes your family YOUR family.
 - Share your language, foods, music, stories, traditions, and memories.

This Month's Family Challenge

This month, challenge your family to create more moments of connection at home. Choose one simple way to make each family member feel seen, heard, and valued.

- Try it together:
 - Share a meal without screens
 - Ask each other about your day
 - Create something together
 - Start a new family tradition
 - Tell someone in your family what you appreciate about them.

The goal: Make time to connect, listen, and remind one another that everyone has a place in your family.



FAMILY AFFIRMATIONS FOR SEPTEMBER

Words matter. When children regularly hear that they are loved, valued, and accepted, we help create the safety and connection that belonging grows from.

FOR CHILDREN

- I belong.
- I am loved for who I am.
- My voice matters.
- I can be myself.
- I have people who care about me.
- I can help others feel included, too.

FOR PARENTS & CAREGIVERS

- My presence matters to my child.
- I don't have to be perfect to create connection.
- I can make our home a place where everyone feels heard.
- Our family's traditions and experiences have value.
- Small moments of connection make a difference.

OUR FAMILY AFFIRMATION

"IN OUR FAMILY, THERE IS ROOM FOR EVERY VOICE, EVERY FEELING, AND EVERY PERSON. WE BELONG TOGETHER."



BONDING THROUGH ART

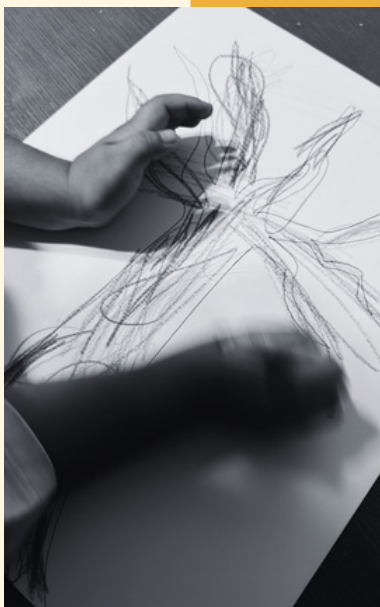
Art gives families a chance to slow down, connect, and learn more about one another. This month, we encourage you to try this 15 minute craft. Create a Family Belonging Tree together and celebrate what makes your family feel like home.

FAMILY BELONGING TREE

1. Draw a tree together.
2. On the leaves, write or draw the people, places, traditions, foods, languages, memories, and activities that make your family feel connected.
3. Add new leaves throughout the month.

Ask your child:

- "Where do you feel most like yourself?"
- "Who helps you feel included?"
- "How can we help someone else feel like they belong?"



BONDING THROUGH



CREATE. CONNECT. GROW.

The Family Resource Center invites you and your family to join us for Bonding Through Art, a fun and welcoming space for families to spend quality time together through creativity.

No art experience needed!

It's not about making the perfect piece, it's about creating memories, expressing yourselves, working together, and strengthening family connections.

Bring your family, your creativity, and come make something together!

START DATE:

WEDNESDAY, SEPTEMBER 23RD, 2026

1-2PM

(707)792-4732

John Reed Elementary Family Resource Center
309 Arlen Dr. P3
Rohnert Park, CA 94928

Food For Thought



healing with
food+love

Jump to a program:

- **HIV Nutrition Program**
Medically tailored weekly groceries for individuals with a positive HIV diagnosis, provided for as long as needed.
- **Welcome Home Program**
12 weeks of medically tailored groceries and/or meals following an inpatient stay.
- **Oncology Nutrition Program**
12 weeks of medically tailored groceries or meals for the client and their household.
- **Full Belly Program**
Medically tailored groceries and meals for expecting clients and their household, continuing for 12 weeks after baby is born.
- **Community Supports Program**
12 weeks of medically tailored groceries and meals for patients with Partnership HealthPlan insurance, with medical approval.
- **Infectious Disease Program**
Medically tailored groceries delivered weekly, with duration determined on a case-by-case basis.

Contact Information:

Crista Facciolla, Client Services Manager
(707) 887-1647 ext. 118
CristaF@FFTfoodbank.org
6550 Railroad Ave., Forestville, CA 95436

Accessible Languages: English, Spanish, and translation services available for additional languages (Medi-Cal patients)





HUMANIDAD
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PRENATAL
& POSTPARTUM**




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and Postpartum Therapy for
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Bicultural Parents

For more information and/or
to register, please call us

client_services@humanidadtherapy.org
707-525-1515 EXT 116

1260 N. Dutton Ave. Suite 230
Santa Rosa, CA 95401

MEASURE I



**OUR KIDS
OUR FUTURE**

**FIRST
5**



sonoma county

LEARN MORE:



The Family Resource Center is proud to partner with the Redwood Empire Food Bank! We're excited to share that John Reed is now a new food distribution site, making it easier for our families and community members to access fresh food and groceries close to home.

All are welcome! Stop by, pick up food for your household, and help us spread the word to families who may benefit.



ALL ARE WELCOME AT THE REDWOOD EMPIRE FOOD BANK

YOUR PRIVACY IS PROTECTED!



- We are NOT a government organization.
- We DO NOT ask for immigration status or Social Security numbers.
- We DO NOT share your personal information with anyone.

WHAT WE MAY ASK YOU:

- To better serve you, we may ask:
- Name
 - Date of Birth
 - Phone Number
 - Email
 - Veteran Status
 - Basic Demographic Information

This data is confidential and used only to help us improve our services.



FOOD DISTRIBUTION INFORMATION:

- All Redwood Empire Food Bank food distributions are open to everyone, but some of our partner pantries have restrictions. Please visit getfood.refb.org or call us to learn more at 707-523-7903.



- Bring your W⁵ Card or ID. If you don't have a W⁵ Card or need a replacement, let us know at your next visit.
- Yes! You can visit more than one food distribution site each month.
- Yes! You can authorize someone to pick up food for you. Just update your W⁵ account in advance.

CALFRESH ASSISTANCE:



Our CalFresh team is here to support you. Please visit refb.org/calfresh or call us for current CalFresh program information.

WE'RE HERE TO HELP!

Call our office at 707-523-7903 if you have any questions or need assistance.

Thank you for trusting us to support you. Together, we're building a hunger-free community!



09 SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	Cafecito para mama - 8:30-10:30AM 1	2	3	4	5	6
FRC CLOSED  7	CPI Food Distribution @3pm-5pm 8	Farm to pantry pick up every Wednesday @2pm 9	10	REFB Food Distribution at John Reed FRC @1-3pm 11	12	13
14	Cafecito para mama - 8:30-10:30AM 15	Farm to pantry pick up every Wednesday @2pm 16	Mobile Dental Clinic (8:30-4:30) 17	18	19	20
CPI Food Distribution @3pm-5pm 21	22	Bonding through Art 1-2pm 23 Farm to pantry pick up every Wednesday @2pm	Mobile Dental Clinic (8:30-4:30) 24	REFB Food Distribution at John Reed FRC @1-3pm 25	26	27
28	Partnership Information Session 9-10AM 29	Farm to pantry pick up every Wednesday @2pm 30	1	2	3	4

Explicación de

29 de Septiembre de 2026



The John Reed Family Resource Center – John Reed Elementary School

Se ofrecerán bocadillos y refrescos gratuitos.



Podemos ayudarlo con los siguientes:

- Explicación de sus beneficios para la salud
- Encontrar un medico
- Obtener respuestas a sus preguntas

JOHN REED FOOD DISTRIBUTION

John Reed Elementary is proud to be a partner of Redwood Food Bank! We invite local families to pick up free, fresh, and yummy groceries every 2nd and 4th Friday of the month.

Food Distribution Dates



**September 11, 2026
1PM - 3PM**



September 25, 2026
1PM - 3PM



Phone 707-792-4845
Fax 707-792-4517



390 Arlen Dr.
Rohnert Park, CA 94928

Cafecito PARA MAMÁS



DONDE HAY CAFECITO, HAY AMORCITO.

Nuestro objetivo es establecer un entorno seguro para cada participante mientras compartimos y aprendemos desde las perspectivas de los demás.

¡Únete a nuestro grupo de apoyo!

Martes
Octubre 13 y 27
Noviembre 10 y 24
Diciembre 8 y 22

8:30 AM

-

10:30 AM

Ubicación: Escuela Primaria John Reed P3
390 Arlen Dr. Rohnert Park, CA 94928

Para más información, por favor llámenos al (707) 792-4732.

TEENS SKATE FREE*

1ST FRIDAY NIGHTS
7:30 - 10:00 PM
STARTING SEPT 4TH

- * FREE ADMISSION FOR AGES 13-18
- * 1ST FRIDAY NIGHT OF EACH MONTH 7:30-10PM
- * MUST BRING SKATES OR PAY \$6 SKATE RENTAL

OTHER AGES ARE WELCOME FOR REGULAR \$16 ADMISSION

CAL SKATE
6100 COMMERCE BLVD ROHNERT PARK | WWW.CALSKATE.COM

DOWN TOWN ROHNERT * PARK *

ROHNERT PARK STATION
CARSHOW & FESTIVAL

PRESENTED BY
MOTORCYCLE SHOWTIME

3RD ANNUAL
CARSHOW

FREE EVENT 11-5PM OVER 100 PLAQUES AND TROPHIES
SUNDAY
SEPTEMBER 6TH, 2026

6400 STATE FARM DR, ROHNERT PARK CA 94928

CAR SHOW / CAR HOP / LIVE MUSIC / BEER GARDEN
FOOD & MERCH / ENTERTAINMENT & MUCH MORE

ALL MAKES: CLASSICS - HOT RODS - LOWRIDERS
TRUCKS - IMPORTS - MOTORCYCLES - BIKES - RC CARS

Fork'n Good FOOD FESTIVAL

THE SOCO MARKET

SATURDAY
SEPTEMBER 19TH
12PM - 8PM

SONOMA COUNTY FAIRGROUNDS

\$10 FESTIVAL BITES!

50+ FOOD VENDORS | LIVE MUSIC | RETAILERS | FAMILY FUN & MORE!

TICKETS ON SALE NOW!

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COTATI COMMUNITY FARMERS MARKET 2026

La Plaza Park, Cotati 94931
Wednesdays
June 3rd - September 30th
4:30pm to 7:30pm
Rain or Shine

info@ilovefarmersmarkets.org
www.ilovefarmersmarkets.org

cal fresh market north

FIESTA DE INDEPENDENCIA

At Rancho Cotate High School

5450 Snyder Ln.
Rohnert Park, CA 94928

Saturday, September 19, 2026

3:30 PM - 7:00 PM

FREE ADMISSION

Live music, dancing, food, prizes & fun
for the whole family!

FIESTA DE INDEPENDENCIA

en Rancho Cotate High School

5450 Snyder Ln.
Rohnert Park, CA 94928

Sábado, 19 de septiembre de 2026

3:30 PM - 7:00 PM

ENTRADA GRATUITA

¡Música en vivo, baile, comida deliciosa,
premios y diversión para todos!

FREE E-WASTE RECYCLING EVENT ROHNERT PARK

September 18 - 20, 2026 • 9A - 5P
ROHNERT PARK COMMUNITY CNTR
5401 SNYDER LN



zerowastesonoma.gov

EVENTO GRATUITO DE RECICLAJE DE APARATOS ELECTRÓNICOS ROHNERT PARK

18 al 20 de septiembre, 2026 • 9A - 5P
ROHNERT PARK COMMUNITY CNTR
5401 SNYDER LN



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