

**First 5 Sacramento Community Connections Grants: 2018-2021 Strategic Plan**  
**Term: July 1, 2020-June 30, 2021**

<b>Group Name</b>	<b>Community/ Target Pop.</b>	<b>Main Topics</b>	<b>Summary</b>
Absolute Expressions	South Sacramento	Parent Support/ Parent & Child Bonding	This group of volunteer educators would like to address stressful parenting in high risk areas with positive activities that they can experience with their children. Group activities will focus on literacy, fitness, arts and celebrating cultures. They especially would like to model positive interactions between parents and their children to be reinforced at home.
Breastfeeding Support	Orangevale/ Folsom	Breastfeeding Support/ Nutrition	This group will meet weekly for breastfeeding support and addressing nutrition for mothers with infants. The group would like to partner with WIC, FRCs, pediatricians, and doulas to help mothers get the support and encouragement that they need to successfully breastfeed.
Café and Play-Learn, Explore, Grow	North Highlands/ Foothill Farms	Parent Support and Education	Parents from this community expressed what supports they would like to help them reduce stress so they can better bond with their children. They would like to enjoy fun activities but also receive resources and information to help them in their parenting. This group will connect with community partners to obtain information about literacy, car seat and safe sleep, learning programs, and child first aid.
Developing Arts & Culture for Families	Folsom/ Rancho Cordova	Multicultural Connections/ Parent Support	These group leaders were inspired by the Nurturing Parent Program to take a positive role in their child's life and community in Rancho Cordova. They would like to meet twice a month for gatherings that nurture family unity and education. The group also proposes to invite and celebrate other cultures and traditions to learn from each other.
Families First	North Sacramento/ Natomas	Refugee families/ Reducing parent stress	This is an expansion of an existing group that would like to bring positive experiences to children of families dealing with emotional trauma. The group will focus on connecting families to resources, to each other, and to introduce fun activities that parents can do with their children such as reading, painting, and physical activities.
Kid's Art Space	South Sacramento/ Elk Grove	School Readiness/ Multilingual	This group consist of diverse leaders that speak Cantonese, Mandarin, Urdu, Punjabi, and English so they can connect with many populations. They would like to connect with each through reading, music, and art. They hope that parents will reinforce the activities that they learn at home with their children.
Little Friends at Play	Oki Park	Playgroups/ School Readiness/ Parent Support	This group will begin by offering playgroup meet ups over the summer to meet families and establish friendships in the community. Gatherings will consist of story time, circle time and developmental activities. They also would like to have various community partners to add an educational component for parents that address the physical and mental health and safety of their children.
Parent Participation Playgroup	Tahoe Park	Playgroups/ School Readiness	Parents of preschoolers in the SCUSD area would like to gather in their community for activities that allow them to build on important skills including physical activity, gardening and cooking. The goal of the group is to establish friendships and connections with other families that can last as the kids begin kindergarten.
STRUT	South Sacramento/ Elk Grove	Parent Support/ Parent & Child Bonding	This group would like to create a safe space for parents to go to have positive bonding time with their children through reading, arts, and play. Also, they would like for parents to meet other parents to build trust and a support system in their community for those who typically have no where to go in times of need or stress.