



April 2010/May 2010



First 5 San Francisco

parent education

Parent Education

April 11-17 – Week of the Young Child

The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs. Come celebrate with your child and family. All events are free.

Saturday 10: Official Kick-Off Event, Family Day in the Park 10:00am - 3:00pm, Children and families will enjoy hands-on activities, free lunch, face painting, jumpers, information booths and more at the official Week of the Young Child kick-off event. Ocean View Park/Minnie Lovie Ward Recreation Center, Montana St (between Capitol and Plymouth).

April 11: Sunday Streets: Along the Great Highway, roll, bike, walk. Don't miss Freedom from Training Wheels

April 17: Family Day at the Library – Arts Workshop from 10-11 am, Family Storytime 11am–12 pm, Performances, music and dance, from 12:30 pm- 4 pm. Children of all ages. Main Library, second Floor, 100 Larkin St, 10:15 am.

April 18: UCSF Family Day at the Movies presents “The Princess & the Frog”. Enjoy a free private screening suitable for all the family. Cole Hall Cinema, UCSF Medical Sciences Building, 2pm - 4pm. 513 Parnassus Avenue (at 3rd Avenue)

• **April 18:** Sunday Streets: Bayview, along 3rd Street from King and 4th (Caltrain Station) to Bayview Playground.

May is National Mental Health Month

If you are in need of mental health services and you live in San Francisco, you can call: (415) 255-3737, or (888) 246-3333, at any time of the day or night. You should be able to see a counselor within 48 hours.

If you or a loved one is in crisis, you can call the Mobile Crisis Treatment Team. They can talk to you and visit you in your home. They are available Monday through Friday from 11am -11pm, or weekends, 12 - 7pm. Their number is: (415)355-8300. There is also the Westside Crisis drop-in located at 888 Turk Street. It is open Monday through Saturday from 9am - 5pm.

A guide to mental health services for children and youth in San Francisco has been created as a joint project between Community Behavioral Health Services Child, Youth, and Family System of Care and Support for Families of Children with Disabilities. To access this guide, visit www.supportforfamilies.org or call (415) 282-7494.

Additionally, behavioral health consumers have other legal rights as users of behavioral health services, as stated in the San Francisco Behavioral Health Plan's Online Consumer Services Guide. This guide is available online, go to www.sfdph.org and search for Consumer Guide to Services. These include rights to:

- privacy and confidentiality
- participate in your mental health care plan
- refuse any medical procedure
- be spoken to in words you understand
- read your medical record
- know the benefits, risks and costs of treatment before you consent to proceed be informed of your right to file a grievance or complaint.

24 Hour Crisis Services:

San Francisco General Hospital Psychiatric Emergency: (415) 206-8125 Comprehensive Child Crisis Services: (415) 970-3800

Talklines

For Parents (24 hour): (415) 441-kids Drug Line (24 hour): (415) 362-3400

Summer Fun

Looking for summer activities can be overwhelming. There are many to choose from at a variety of costs, dates and times. There are many fun summer camps for children 3- to 5-years-old. You can check out www.SFkids.org for a comprehensive list as well as summer classes and family activities. The search feature allows you to search by age groups as well. Here are a few camp samples for young ones. Most camps offer some kind of scholarships – don't be shy about asking!

Acrosports, Amercian Gymnastics, YMCA's, Buena Vista Childcare, Camp Doodles, Children's Day School, JCC of SF, Kids Outdoor Club, Lango, Presidio Dance Theater, Slesian Boys' and Girls' Club, Tree Frog Treks, The Janet Pomeroy Center and many more.

April Fun Highlights

First and third Sunday of the month: Children's story time and family walk at the SF Botanical Garden at Strybing Arboretum, Golden Gate Park at 10:30 – 11:30am (415) 661- 1316 **FREE**

Daily: Tree House Toddler Exploration Indoor Zone at Randall Museum, 199 Museum Way, 10 am-5pm, (415) 554-9600. **FREE**

3 & 10: Little Bears Music Program -storytelling, dancing and games to create a unique musical experience for each child/caregiver for ages 5 and younger. Marina Branch Library, 3:30-4:15 pm, 1890 Chestnut St. **FREE**

8: Monthly Moms (and Dads) and Kids movie at Presidio Theater, 2340 Chestnut Street. Movie starts at 12:45pm the second Thursday of each month. Check www.jillrusso.com for the movie title. (415) 776-2388 **FREE**

8: Crissy Field: “Art, Bugs, and Beyond” - Preschoolers will learn about bugs, hear a bug story, and make a bug puppet! Call (415) 355-2818 for a reservation, Sunset Branch Library, 10:30-11:30am, 1305 18th Ave. **FREE**

10, 11, 17, 18: Annual Cherry Blossom Festival in Japantown. **FREE**

13: Music and Movement with Charity Kahn – Join us for a rocking morning of music and movement with Charity Kahn. For kids 3-5 years old. Western Addition Branch Library, 10:30 am, 1550 Scott St. **FREE**

14: Logical Consequences, Not Punishment workshop at Parents Place at 6:30pm, 1710 Scott Street. (415) 359-2454 \$30

17: Earth Day Stroll – An Earth Day adventure for the whole family at Crissy Field, 10am-2pm. (415) 561-7690. **FREE**

17: Bug Day at Randall Museum, 199 Museum Way, is a fun day of “bug” activities for families. 10am-2pm. (415) 554-9600, donations requested. **FREE**

19-25 National Turn Off Your TV Week, <http://www.screentime.org> **FREE**

25: Día de los Niños/Día de los Libros is an afternoon of multicultural music, dance, storytelling, puppetry, art activities, and a book giveaway! Main Library, 1-4 pm, 100 Larkin St. **FREE**

May Fun Highlights

Every Wednesday (9:30-10:45 am)/Thursday (Noon-1pm): Drop-In Play (Up to 4 years old) - meet and play with other children and parents at Parents Place playroom. Koret Family Resource Center, 1710 Scott Street, 359-2454. \$8

Every Tuesday/Thursday: New Family Forum at Newborn Connections, 3698 California St., 600-BABY. **FREE**

Every Saturday: Story Time at the Sports Basement for wee ones 3 and under at 10am, 1590 Bryant St. (415) 575-3000. **FREE**

Calendar of Events & Resources



Weekly: Pump It Up, 201 Mendell St., Drop-in jumpy times are Mondays and Fridays, 10:30am-12pm, and Wednesdays, 3:30pm-5pm. (415) 375-9596. \$6-\$10

3: The San Francisco Birth & Baby Fair offers workshops for new and expectant parents, exhibits local resources, and products geared toward families and babies. Held at 10am-3pm at Fort Mason Center, 99 Marina Blvd. www.birthandbabyfair.com. \$5 or 2 for \$8

9: Mothers Day – Say thanks and show them some love to all mothers, step moms, grandmothers, foster mothers and moms-to-be.

12: The Terrific Twos: Tantrum Taming, Toileting and More! At Parents Place at 5:30pm, 1710 Scott Street. (415) 359-2454 \$35

13: Monthly Moms (and Dads) and Kids movie at Presidio Theater, 2340 Chestnut Street. Movie starts at 12:45pm the second Thursday of each month. Check www.jillrusso.com for the movie title. (415) 776-2388 **FREE**

15: Junior Engineer Day at Randall Museum, 10am-3pm (415) 554-9600 **FREE**

30: Carnival Festival and Parade in the Mission District- **FREE**

First 5 San Francisco Program Highlight

2010-2011 Parent ACTION RFP released

The 2010-2011 Parent ACTION RFP for Starter and First Year grants have been released. **Applications are due to the First 5 SF office(1390 market street, suite 318) by 5pm on Thursday, June 10, 2010.**

There are two types of grant applications.

The Starter Grant (\$2500) is intended for parent groups supported by agencies (community based organizations, preschools, elementary school Kindergarten classrooms, church groups, etc.) for parents with children 0-5 years of age. The Starter Grant is a pre-cursor to the 1st Year Grants intended to build agency staff capacity on parent engagement by facilitating a group of parents to design and implement their own projects.

The First Year Grant (\$3000-\$3500) is intended for parent groups with or without agency support. Parents are expected to take on more responsibilities on their own to design and implement the projects.

Applicants are strongly encouraged to attend one of the below Q&A sessions. RSVP required. Please call Elaine Wang at 415-554-8966.

For agency staff only:

April 22 or May 17th from 1: 30 to 3:30pm (at First 5 office)

For agency staff and parents (with childcare and translation service provided):

April 24th from 10 am to 12pm at Mission Rec. Center Auditorium/ 745 Treat street,

Or

May 15th from 10am to 12pm at Visitacion Valley playground clubhouse (Cora & Leland street) (415) 863-3330.

For further details, please download the application packet from

http://www.first5sf.org/funding_opportunities.htm#action

Or contact Elaine Wang at 415-554-8966 /email ewang@first5sf.org.

San Francisco Free Museum Days

For budget-minded families who would like to visit museums without breaking the bank, take advantage of the free admission days at various institutions around town. Beware that the museums can get busy with lots of kids from school or day camp field trips.

First Tuesday of each month free:

-Museum of Craft and Folk Art, 51 Yerba Buena Lane (between Market & Mission), (415) 227-4888. Hours: 11 am–6 pm

-Yerba Buena Center for the Arts Gallery, 701 Mission St. at 3rd, (415) 978-2787. Hours: noon- 8 pm

-San Francisco Museum of Modern Art, 151 Third St. at Mission, (415) 357-4000, Hours: 11am–5:45 pm

-The de Young Museum, 50 Hagiwara Tea Garden Drive, Golden Gate Park, (415) 863-3330. Hours: 9:30 am–5 pm

-Legion of Honor, Lincoln Park in the Presidio, (415) 863-3330. Hours: 9:30 a.m.–5 p.m.

-Conservatory of Flowers, John F. Kennedy Dr. in Golden Gate Park, (415) 666-7001. Hours: 10 am– 4:30 pm

-Cartoon Art Museum, 655 Mission St., (415) 227-8666. Hours: 11 am–5 pm (pay-what-you-wish day).

First Wednesday of each month free:

- Bay Area Discovery Museum, 557 McReynolds Rd., Sausalito, (415) 339-3900. Hours: 9am-4pm

-Exploratorium, 3601 Lyon & Bay St., (415) 361-0360. Hours: 10 am–5 pm

-San Francisco Zoo (SF residents only), Sloat Blvd. at 47th Ave. (415) 753-7080. Hours: 10 am–5 pm

Third Wednesday of each month free:

- Academy of Sciences, Golden Gate Park, 55 Music Concourse Dr. (415) 379-8000 9:30 am-5 pm

First Thursday of each month free:

-The Chinese Historical Society of America, 965 Clay Street. Hours: 12 – 5 pm

Every Sunday of each month free:

-Asian Art Museum, 200 Larkin St. at Fulton, (415) 581-3500. Hours: 10 am–5 pm

First Sunday of each month free:

- Hyde Street Pier National Historic Landmark Vessels, (415) 561-5000

- Coyote Point Museum, 1651 Coyote Point Dr., San Mateo. (650)342-7755. 12pm–5pm.

Always Free Every Day!

• Randall Museum, 199 Museum Way, (415) 554-9600. Hours: 10 am–5 pm

• San Francisco Botanical Garden, 1199 9th Ave (at Lincoln Way), (415) 661-1316. Hours: Mon–Fri 8am – 4:30 pm

• Cable Car Barn & Powerhouse Museum, 1201 Mason Street at Washington, (415) 474-1887. Hours: 10 am–5pm

• Musee Mecanique, Pier 45 (Shed A at the end of Taylor Street), (415) 346-2000. Hours: 10am –7 pm

• San Francisco Fire Department Museum, 655 Presidio Ave., (415) 558-3546, Thursday through Sunday, 1-4 pm

• The Crissy Field Center, 603 Mason Street (Presidio), (415) 561-7690

• Museo ItaloAmericano, Fort Mason Center. Building C. (415) 673-2200. Hours: noon–5 pm

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