Parent Support Groups in Placer County

Bilingual/Bicultural Maternal Support Groups

KidsFirst Roseville Support classes occur Monday, Wednesdays, and Thursdays, for a private consultation call 916-774-6802; KidsFirst support group occurs on Wednesdays at the Lincoln Lighthouse please call 645-3300; KidsFirst Auburn Support classes occur on Fridays, for a private consultation call 530-887-3536.

La Leche League (LLL)

An international, nonprofit, nonsectarian organization dedicated to providing education, information and support to women who want to breastfeed. Membership is \$40 for one year. All breastfeeding mothers and pregnant women interested in breastfeeding are welcome to come to their local chapter's free monthly meeting:

LLL - Auburn

Meets on the 4th Thursday of each month, 10am at St. Paul's Lutheran Church in Auburn. Contact Becky: (530) 878-1855.

LLL - Roseville/Citrus Heights

Meets the fourth Monday of each month, 7pm at Mercy Physicians Plaza in Carmichael. Also meets the third Tuesday of each month, 10am at Raley's Event Center in Roseville. Contact Deanna: 747-1180.

Bayside Moms & More

Moms with newborn to kindergarten-age kids meet on Fridays at 10:30am for play groups, park days, crafts and more. Serving Roseville/Granite Bay/Rocklin. 791-1244.

New Mothers Outlet

Support group for new parents and babies (6-12 months old), with regular weekly meetings offered in Roseville, Auburn, Elk Grove and Sacramento. Call 733-7080 (ext. 5) for days, times and locations. No pre-registration and drop-ins are always welcome.

Sacramento Parents with Multiples

For families with or expecting multiples. Meetings 7pm on 4th Tues each month (6:30pm, new members). Monthly newsletter, holiday parties, social activities for parents and children. 725-TWIN.

Mothers Of Preschoolers (MOPs) - Roseville

For moms with babies to kindergarten-age kids. Enjoy speakers, make fun crafts and meet new friends over a hot breakfast, while the children attend their own program to explore and play in a loving atmosphere. Meetings are twice a month (September-May) in Roseville on Thursday and Friday mornings, 9-11:15am; MOPs also conducts summer events. For more information contact Ali Browning: 408-2342 or browningdaniel@aol.com.

Rocklin Moms & Tots

A non-profit social and support group for Moms with young children in Rocklin and the surrounding areas. We offer a wide variety of activities including playgroups, park days, art, outings, holiday parties, moms' night out, dads & tots and more! Contact Rebecca: 415-0303.

Single Parent Support Group

Single parents in the Rocklin, Roseville, Granite Bay and Lincoln areas are welcome to share in activities and discussions and support for one another. Meets on the last Thursday of each month in Rocklin. Membership is free and kids are welcome to attend. 789-8709.

Me Gusta Baby Playgroups - Downtown Auburn

Connect with other families at a fun, free playgroup featuring eco-friendly toys and organic snacks. Thursdays 3:30-4:30pm and Fridays 10:30-11:30am (all ages welcome at both groups). Hosted at Me Gusta Baby boutique, 895 Lincoln Way in Auburn: (530) 888-7566 or info@megustababy.com

Friday Night KidzKlub

A three-hour respite for parents of special needs kids (ages 1-16), KidzKlub offers free compassionate and competent child care on the first Friday of each month, 6:15-9:15pm at Bayside Church in Granite Bay. Siblings welcome, nurse on hand. Advance reservations required. Contact Melynda: 746-8697 or KidzKlub@Surewest.net.

Nor-Cal Kids Club

This group offers support, information, community connections and fun for families with any type of special needs child. Meetings take place on the second Tuesday or Wednesday of each month, starting August 14, from 7-9pm, in the Auburn Library's Beecher Room. Contact Ron: (530) 315-0393 or NorCalKidsClub@Aol.com.

<u>SEAMS (Support, Education & Advocacy for Mothers and Fathers of children with Special Needs)</u>

Lead by teachers and parents, SEAMS supports, advises and welcomes all families and educators. Meetings include guest speakers and open forums. Held the 2nd Friday of each month 7pm-9pm at the Heritage Theatre (upstairs) in Lincoln. Contact Christina: 408-5069 or Info@MySeams.org.

Apoyo de Padres Para Padres

All Spanish speaking group to discuss/offer support for children with specials needs; meets and last Wednesday of month at 7 PM. For more information call Ivonne Guzmann at 916-685-1649.

El Dorado County Family Connections

PPD classes and therapy available to families and individuals; serving uninsured and insured individuals on a sliding scale fee. All services available in Spanish. Only sees residents on the Western Slope of El Dorado County/located in Placerville. For more information call 530-626-5164 or visit website at www.familyconnected.org

Sharing Parents Warmline

For parents whose babies have died from conception through early infancy. Call 916-424-5150.