

FRC Activity Categorization

Definition & examples below

1. FIRST 5 Core Workshops:
 - a. 24/7 Dad
 - b. SEEDS of Parenting
 - c. Triple P
 - d. Abriendo Puertas/Opening Doors
2. Alternative workshop: other Evidence based or Promising Practices workshops focused on child development
 - a. Incredible Years
3. Adult Workshops: any group gathering where information shared is relevant to the adult.
 - a. ESL
 - b. Digital Literacy
 - c. Fraud/Identity theft
 - d. Financial Literacy
 - e. Immigration info session
 - f. Disaster preparedness
 - g. Employment/Resume writing class
 - h. Cyber Bullying
4. Children's Activities: any gathering of young children where information is relevant to the child's development (under 6 years).
 - a. early learning classes
 - b. Music & Movement
 - c. Kinder Readiness
 - d. Arts Enrichment
 - e. Bridge Library (story time)
 - f. Palo Alto Zoo
 - g. Bring me a book
 - h. Zumbini
 - i. Baby & Me
 - j. Story Time
5. Support Groups: gatherings primarily fostering connectedness, reflection, dialogue
 - a. Parent Cafes/Cafetitos
 - b. Father support group
 - c. New parent support group
 - d. DV support group
6. Screening events: Primarily focused on prevention, help identify individuals in need to provide additional support
 - a. Vision
 - b. Dental/Oral Hygiene
 - c. Hearing communal

- d. Developmental screenings (ASQ)
 - e. Car seat Safety screenings
7. Health & Fitness: promoting health and general wellness (adults or children)
- a. Yoga
 - b. Zumba classes
 - c. Tai-Chi classes
 - d. Soccer program
 - e. Baseball (Jr. Giants)
8. General Community Activities: activities primarily for adults & youth
- a. Gardening
 - b. Sewing/knitting/crocheting
 - c. Folklorico dance