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