

# Captain Jason Dahl Family Resource Center



**DROP-INS BY  
APPOINTMENT ONLY**  
ASQ & ASQ:SE Assessment  
**Mon.- Fri. 8:00AM-4:30PM**

**Due to COVID-19 our FRC is  
only offering Virtual Classes  
until further noticed. To  
register for our Virtual classes  
please call (408)396-8301**

3200 Water St. San Jose, CA 95111  
Room P-5

# October 2020

**For more information please contact:**  
**Jennifer Interiano (408) 396-8301**  
jinteriano@catholiccharitiesscc.org  
**Phuong Le (408) 504-2175**  
ple@catholiccharitiesscc.org

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <a href="#">Spanish-Virtual 24/7 Dad</a> Session 4 of 6 6:00pm-7:30pm <a href="#">Spanish-Virtual Triple P</a> Session 4 of 6 6:00pm-7:30pm	2 Drop-Ins By Appointment 8:00am-4:30pm	3 <b>Drive-Thru School Pantry</b> 10:00am-11:30am Free Food Program
4	5 Drop-Ins By Appointment 8:00am-4:30pm <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	6 Drop-Ins By Appointment 8:00am-4:30pm <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	7 <b>Virtual Music &amp; Movement</b> Session 5 of 10 10:00am-11:00am Drop-Ins By Appointment 8:00am-4:30pm	8 <b>zumbini Virtual Zumbini</b> Session 1 of 6 10:00am-11:00am <a href="#">Spanish-Virtual 24/7 Dad</a> Session 5 of 6 6:00pm-7:30pm <a href="#">Spanish-Virtual Triple P</a> Session 5 of 6 6:00pm-7:30pm	9 Drop-Ins By Appointment 8:00am-4:30pm	10 <b>Digital Literacy and Virtual Parent Training at Dahl Elementary</b> 9:00am-1:00pm
11	12 Drop-Ins By Appointment 8:00am-4:30pm <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	13 <a href="#">SJPL Virtual Storytime</a> 10:00am-10:40am <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	14 <b>Virtual Music &amp; Movement</b> Session 6 of 10 9:00am-10:00am Drop-Ins By Appointment 8:00am-4:30pm	15 <b>zumbini Virtual Zumbini</b> Session 2 of 6 10:00am-11:00am <a href="#">Spanish-Virtual 24/7 Dad</a> Session 6 of 6 6:00pm-7:30pm <a href="#">Spanish-Virtual Triple P</a> Session 6 of 6 6:00pm-7:30pm	16 Drop-Ins By Appointment 8:00am-4:30pm	17 <b>Drive-Thru School Pantry</b> 10:00am-11:30am Free Food Program
18	19 Drop-Ins By Appointment 8:00am-4:30pm <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	20 Drop-Ins By Appointment 8:00am-4:30pm <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	21 <b>Virtual Music &amp; Movement</b> Session 7 of 10 10:00am-11:00am Drop-Ins By Appointment 8:00am-4:30pm	22 <b>zumbini Virtual Zumbini</b> Session 3 of 6 10:00am-11:00am <b>Spanish-Virtual 10 Steps to a Healthier You</b> Session 1 of 3 6:00pm-7:00pm	23 Drop-Ins By Appointment 8:00am-4:30pm	24
25	26 <b>Panda Hour</b> 1:00pm-2:00pm Drop-Ins By Appointment 8:00am-4:30pm <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	27 <a href="#">SJPL Virtual Storytime</a> 10:00am-10:40am <b>Diaper Distribution By Appt. Only</b> 9:00am-5:00pm	28 <b>Virtual Music &amp; Movement</b> Session 8 of 10 10:00am-11:00am Drop-Ins By Appointment 8:00am-4:30pm	29 <b>zumbini Virtual Zumbini</b> Session 4 of 6 10:00am-11:00am <b>Spanish-Virtual 10 Steps to a Healthier You</b> Session 2 of 3 6:00pm-7:00pm	30 <b>Virtual Bingo Day! By Registration</b> 10:00am-11:00am Drop-Ins By Appointment 8:00am-4:30pm	31 

Need MEDI-CAL Insurance? **Please call 408-251-8875**

**Legend/Key**

- 😊 First Day of Program
- ♥ Last Day of Program
- † Children Program

\*\* Fee for Service/Fundraising

**FIRST 5 Program**

330 Branham Lane East  
San Jose, CA 95111

**October  
2020**

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**CENTER IS  
CLOSED  
FOR THE  
MONTH**