

# Captain Jason Dahl Family Resource Center



**FRC HOURS:**  
Mon.– Fri. 8:30AM-5:00PM  
**DROP-INS BY  
APPOINTMENT ONLY**

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

# September 2021

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

For more information please call:  
**(408) 396-8301**  
We speak English, Spanish and Vietnamese  
Se Habla Español Chúng tôi nói tiếng việt

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <i>Drop-Ins by Appt.</i>	2 <i>Drop-Ins by Appt.</i>	3 <i>Drop-Ins by Appt.</i> <u>Virtual Storytime with San Jose Public Library</u> 12:30pm-1:30pm	4
5 	6 FRC CLOSED	7 <i>Drop-Ins by Appt.</i> <u>Diaper Distribution By Appt. Only</u> 9:00am-12:00pm	8 <b>FRC CLOSED for Professional Development</b>	9 <i>Drop-Ins by Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 1 of 10 10:00am-11:00am	10 <i>Drop-Ins by Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 2 of 10 10:00am-11:00am <u>Virtual Storytime w/ SJPL</u> 12:30pm-1:30pm <u>Virtual 24/7 Dads Workshop</u> Session 1 of 6 6:00pm-8:00pm	11 <u>Drive-Thru School Pantry</u> <u>Free Food Program</u> 9:00am-11:00am
12	13 <i>Drop-Ins By Appt.</i> <u>Diaper Distribution By Appt. Only</u> 9:00am-12:00pm <u>A La Carte– Free Food Program</u> 2:00pm-3:30pm	14 <i>Drop-Ins by Appt.</i> <u>Diaper Distribution By Appt. Only</u> 9:00am-12:00pm	15 <b>FRC CLOSED for Professional Development</b>	16 <i>Drop-Ins by Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 3 of 10 10:00am-11:00am <u>Virtual Science Class w/ Palo Alto Jr. Museum</u> 1:00pm-1:45pm	17 <i>Drop-Ins By Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 4 of 10 10:00am-11:00am <u>Virtual 24/7 Dads Workshop</u> Session 2 of 6 6:00pm-8:00pm	18
19	20 <i>Drop-Ins By Appt.</i> <u>Diaper Distribution By Appt. Only</u> 9:00am-12:00pm <u>A La Carte– Free Food Program</u> 2:00pm-3:30pm	21 <i>Drop-Ins by Appt.</i> <u>Diaper Distribution By Appt. Only</u> 9:00am-12:00pm	22 <b>FRC CLOSED for Professional Development</b>	23 <i>Drop-Ins by Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 5 of 10 10:00am-11:00am	24 <i>Drop in by Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 6 of 10 10:00am-11:00am <u>Virtual Moon Festival Celebration</u> 3:00pm-4:00pm <u>Virtual 24/7 Dads Workshop</u> Session 3 of 6 6:00pm-8:00pm 	25 <u>Drive-Thru School Pantry</u> <u>Free Food Program</u> 9:00am-11:00am
26	27 <i>Drop-Ins By Appt.</i> <u>A La Carte– Free Food Program</u> 2:00pm-3:30pm	28 <i>Drop-Ins by Appt.</i> <u>Diaper Distribution By Appt. Only</u> 9:00am-12:00pm	29 <i>Drop-Ins by Appt.</i>	30 <i>Drop-Ins by Appt.</i> <u>Virtual BabyCare with Music &amp; Movement</u> Session 7 of 10 10:00am-11:00am		

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

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