

**First 5 Sacramento Community Connections Grants: 2018-2021 Strategic Plan**  
**Term: July 1, 2019 – June 30, 2020**

| <b>Group Name</b>                                | <b>Contact Name</b>                         | <b>Sponsoring Agency</b>                | <b>Community/ Target Pop.</b>   | <b>Main Topics</b>                                    | <b>Summary</b>   |
|--|---|---|---|---|--|
| Café & Play                                      | Leah Delancey<br>delanceyleah@gmail.com     | Liberty Towers                          | North Highlands/<br>Foothill Farms                                    | Play/<br>School<br>Readiness                          | This group will meet weekly for positive play and communication. Parent/child bonding, school readiness and healthy habits will be reinforced through a variety of activities. Parents will be empowered to take leadership roles at group meetings and support each other. Referrals and resources will be provided to families to strengthen their support system.                             |
| Elements of Play                                 | Alisha Givehchi<br>alishagivehchi@gmail.com | SCUSD<br>School<br>Readiness<br>Program | Southside Park<br>and surrounding<br>community                        | Play/<br>School<br>Readiness                          | This group will consist of week-long summer play groups and monthly meetings. Meetings will provide opportunities for young children and their families to experience the value of play through music, arts and crafts, story time, and gross and fine motor development. Most playgroups will take place at Southside Park, with some at the local library.                                     |
| Healthy Bodies &<br>Healthy Hearts<br>Mommy & Me | Saira Siddiqui<br>sairas87@gmail.com        | Tarbiya Institute                       | North/South<br>Natomas<br><br>Muslim mothers                          | Nutrition/<br>Health/<br>Culture                      | Monthly meetings will address modeling healthy behaviors by encouraging nutrition and physical fitness for isolated moms and their young children in a culturally acceptable way. Some activities will include presenters, a family fun run, Mommy & Me exercise, story time and cooking demonstrations.   |
| Learn Hmong With<br>Me- Expansion                | Kao Yee Xiong<br>kaoyeex@gmail.com          | EGUSD Pre-K<br>Educational<br>Program   | South<br>Sacramento/<br>Elk Grove<br><br>Hmong parents<br>of 0-5 kids | Culture/<br>Parent<br>Support/<br>School<br>Readiness | This project is an expansion of a group focused on young children celebrating Hmong culture and vocabulary. With this grant, parents will meet bi-weekly and have the opportunity to receive valuable education and information about parenting and their child's development. Workshops will include, but are not limited to, emotional literacy, preschool enrollment, special needs and IEPs. |
| Your World/ Your<br>Canvas Art Project           | Janine S. Anderson<br>jaynign@aol.com       | Praise by Nature<br>Ministries          | Rancho Cordova/<br>Lincoln Village<br>Neighborhood                    | Community<br>Connections<br>through Art               | This group will provide opportunities for families in the neighborhood to come together and bond through art projects with their children/grandchildren. Art projects will include ways of fostering the child's creativity and boosting their self-esteem. Groups will meet monthly.  |