



SIERRA  
**Community**  
HOUSE

COMMUNITY ENGAGEMENT  
ONGOING PROGRAMS  
**IN KINGS BEACH**

ALL CLASSES ARE FREE  
TODAS LAS CLASES SON GRATUITAS

**ExpresArte - In Spanish:** Mondays, 5:00 – 8:00pm at DOMUS, 204 Chipmunk St, Kings Beach

- Community Art Classes
- Clases de arte comunitario

**Yoga - English:** Mondays, 5:00 – 6:00pm at SCH, 265 Bear St, Kings Beach

**Mom's Cafe - Bilingual:** Tuesdays, 11:00am – 12:30pm at SCH, 265 Bear St, Kings Beach

- Get help with proper breastfeeding techniques, postpartum concerns, infant nutrition, and infant care.
- Obtenga apoyo con técnicas de lactancia materna, asuntos del posparto, nutrición infantil, y cuidado infantil.

**Zumba - Bilingual:** Wednesday, 5:30 – 6:30pm AND Thursdays, 5:30 – 6:30pm at DOMUS, 204 Chipmunk St, Kings Beach

**CalFresh Healthy Living - Bilingual:** various dates throughout the month at SCH, 265 Bear St., Kings Beach. Call 530-546-0952 for details.

- Healthy and delicious snacks and meals!
- ¡Bocadillos y comidas saludables y deliciosas!