WU YEE CHILDREN'S SERVICES | 護兒兒童服務 JOY LOK FAMILY RESOURCE CENTER 聚樂家庭資源中心

Joy Lok FRC Newsletter

April - June 2026

Hop Into Spring

Welcome to a season filled with bright days, fresh energy, and new possibilities. From fun family activities to engaging workshops, we're excited to share a joyful spring with you and your little ones.

Please note that we are temporarily operating from our previous location at 888 Clay Street while maintenance continues at our Jackson Street site.

- Joy Lok Family Resource Center

- UPCOMING WORKSHOP -

1-2-3 Magic

Virtual Parenting Series

Wednesday, April 8th to May 27th

10:30am - 12:00pm

On Zoom • In Cantonese

Parenting can be tough, and you don't have to face it alone. Discover the 1-2-3 Magic method to handle misbehavior with simple steps that reduce stress, build consistency, encourage independence, and support a stronger bond with your child.

The series is appropriate for families with children 2 - 12 years old.

- Upcoming Workshop -

Healthy Homes - Less Toxic Cleaning

Janice Lee - SF Department of Public Health

Thursday, April 30th

10:30am-11:30am

In-Person at 888 Clay Street • In Cantonese

Did you know that 1 out of 3 commercial cleaning products contains ingredients that are harmful to your family's health or the environment? Learn ways to reduce your exposure to harmful chemicals with safer cleaning alternatives.

Limited childcare. Free gifts for participants!

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Funding for Joy Lok FRC Programs are provided in part by the San Francisco Department of Early Childhood.

San Francisco Department of Early Childhood

For Expecting Mothers

- UPCOMING WORKSHOP -

Pregnant Moms Support Group

with Susan Yu, BSN, RN, PHN
SF Department of Public Health

Thursdays, May 7th to May 28th
10:30am - 12:00pm
On Zoom • In Cantonese

Pregnancy brings new changes and challenges which can be a stressful and emotional time for moms-to-be. Find emotional support from peers and learn about: postnatal wellbeing, newborn care, the importance of breastfeeding and support, infant and car seat safety, and community resources.

Free gifts for participants!

- UPCOMING WORKSHOP -

Family Yoga

Ngan Lee, Yoga Phamily

Fridays, May 8th, 22nd, and 29th
10:30am - 11:30am
In - Person at Willie Woo Woo Clubhouse
In English with Cantonese Interpretation

Yoga is a great way to connect with your child while practicing mindful breathing and physical development. Come move your body with your little one and learn about all the benefits of yoga. Please bring your water bottle and dress in comfortable clothes.

The series is appropriate for families with children 3 to 5 years old - must attend all 3 sessions.

All equipment will be provided.

- UPCOMING WORKSHOP -

Myths and Truths of Bilingualism

Wednesday, June 17th
10:30am - 12:00pm
On Zoom • In Cantonese

It can be confusing to know how to help your child learn two languages when everyone has a different opinion. In this workshop, we'll talk about how kids actually become bilingual while clearing up some myths. You'll also get easy tips on how to keep your family's language strong at home, even after your child starts school in English.

Free bilingual books for participants!

Joy Lok Family Resource Center

Please CALL or SCAN to sign up for our activities and for other general inquiries.

We are currently located at:
888 Clay Street
San Francisco, CA 94108
415.391.4890

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