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

July - September 2026

Summer Vibes and Community Strides

Summer is officially here, and we are so excited to bring you this season's parent workshops, interactive groups and events, plus resources to keep your family thriving. Come dive into what we have in store for you!

We hope to see you and your family here soon!

Joy Lok Family Resource Center

- UPCOMING WORKSHOP -

Infants and Toddlers Development Series

Tuesday, July 14th to September 1st
10:30am - 12:00pm

Classes conducted in-person in Cantonese with limited child care. Incentive and certificate upon completion.

Explore ways to create a vibrant environment for your child. You'll gain practical parenting tips, resources, and support to nurture their development. Topics will include:

- Promoting Healthy Development
- Cultural Differences in Parenting
- Parent-Child Attachment and Bonding
- Positive Loving Discipline
- Family Safety and Well-Being

- UPCOMING WORKSHOP -

Let's Play! - Development Series

Developing Body Awareness: July 10*
Identifying Emotions: Oct 8
Developing Early Communication: Jan 14
Friday*/ Thursdays, 10:30am - 11:30am

On Zoom • In Cantonese

Playtime is your baby's superpower for learning! Join these workshops to discover gross motor, fine motor, and social-emotional milestones — plus get fun, age-appropriate activity ideas you can try every day! Each workshop also includes sing-along lullabies and interactive storytime.

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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 Families

- UPCOMING WORKSHOP -

Pregnant Moms Support Group

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

Thursdays, September 10th to October 1st
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, car seat and home safety, and community resources.

Free gifts for participants!

Joy Lok Family Resource Center

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

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

- EVENT & GIVEAWAY -

Community Baby Shower

Wednesday, August 5th
10:00am - 12:00pm
In-Person • In Cantonese

Learn about healthy brain development, early language learning, and Wu Yee's programs for expectant families and babies. Connect with other soon-to-be moms and discover resources to support your growing family.

We will have raffle prizes and participants receive a free newborn gift basket!

CalFresh

Medi-Cal

New Changes to Public Benefits

Recent changes have tightened eligibility for CalFresh and Medi-Cal:

- CalFresh: Able-bodied adults ages 18–64 without dependents must now work or volunteer 20 hours a week to keep benefits, and many lawfully present noncitizens are no longer eligible.
- Medi-Cal: Asset limits have returned for seniors and people with disabilities, undocumented adults face reduced coverage (like losing routine dental care), and able-bodied adults without children will soon face work-reporting rules and more frequent renewals.

If you have any questions about your eligibility or if you have an existing case, we can help you!

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