



GIS TALENT SHOW

LOCATION - MPR

1ST-8TH - MARCH 19TH, 4:30-5:30PM
TK & K - MARCH 19TH, 8:45-9:45AM



JOIN GIRLS ON THE RUN!



Hello, **BOLD HEART!**

Girls on the Run offers 90-minute practices 2x per week led by trained volunteer coaches, who create a welcoming environment using our evidence-based curriculum. The lessons in 'Hello, Bold Heart!' are about more than just running. It teaches girls how to share what's in their hearts with confidence and help others to do the same. Throughout the 8-week season, girls will learn, grow, and bond with their teammates.

★ **Girls on the run®**

of Greater Sacramento

GIRLS LEARN HOW TO...



Build confidence to boldly share their thoughts, ideas, and feelings



Discover their Heart Power to speak up – even when they feel nervous



Learn to listen deeply, show empathy, and invite others to speak up, too

Season Info:

Practices M/W 3:30-4:30pm

Season Starts: March 9th

Season Ends: May 9th

Registration Deadline: March 16

Registration Fee: \$215

Use code GOTR30

SCAN TO SIGN UP!



Registration opens February 9th!

<https://www.pinwheel.us/register/index/Spring26>

Questions?

Contact

Carly Murray
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(916)-512-0472



PARENT WORKSHOP

JOB SEARCH & EMPLOYMENT SKILLS WORKSHOP

Grab a snack and a drink while you're here

 10 Feb, 2026
05.00 PM

Community Outreach Academy of Sciences

Presented by: Sergey Terebkov and
Yuliya Balabanova
Slavic American Chamber of
Commerce

- Job Search Techniques
- Job Interview Techniques
- Tips and Resources for Immigrant Families

SCAN



Join us for a practical workshop to build confidence and skills for today's job market.



Sergey Terebkov
Slavic American Chamber
of Commerce

 916-286-1908

 www.coamiddle.org

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