



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!



Questions?

Contact

Carly Murray
cprinty@gotrsac.org
(916)-512-0472

Registration opens February 9th!

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



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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