

## RESOURCES FOR PARENTS

---

### Community Resources

**Bananas Child Care Information and Referral Service** is the most commonly used service for finding either regular daily care or the occasional babysitter. Their services are available in many languages. This non-profit organization also provides valuable information for parents on a variety of topics and offers monthly workshops on issues related to raising children. Check their website or call 510/658-7353 for current hours. The web address is: [www.bananasinc.org](http://www.bananasinc.org).

**Parents' Press** is a free monthly newspaper called available at many markets and children's stores. It contains excellent information on private schools, after-school care, daycare, classes and recreational activities for children. The website is: [www.parentspress.com](http://www.parentspress.com).

The **Berkeley Parents Network** is a parent-run email forum for the community of parents in the Berkeley, California area. It gives busy parents an easy way to help and support each other by posting a message to one of the newsletters. Members can ask questions about parenting, give advice to other parents, find out about local resources and community events, look for childcare, sell household items, and more. They also have an extensive on-line archive of information about local resources at <http://parents.berkeley.edu/>.

### **Family Recreation**

- The City of Berkeley has recreational parks that sponsor sports, summer camp, and art programs. For more information: 510/644-6530 or [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us)
- For Bay Area Information: [www.bayarea.cityserch.com](http://www.bayarea.cityserch.com)
- The East Bay Regional Park District: [www.ebparks.org](http://www.ebparks.org) has nature and environmental education programs. Tilden Park, east of Berkeley, is the closest park area. The Park District number is 510/531-9300.
- The YMCA [www.baymaca.org/branches.html](http://www.baymaca.org/branches.html), sponsors summer activity programs. They are located in Berkeley (510/848-9622) or Albany (510/525-1130).
- Strawberry Canyon Youth Sports [www.oski.org](http://www.oski.org), summer program at U.C. Berkeley. Call 510/643-6720
- The Lawrence Hall of Science [www.lhs.berkeley.edu](http://www.lhs.berkeley.edu), near campus offers children's science classes. Call 510/642-5132