

2022

Let's Talk

PARENTING

20 January

BABY, IT'S COLD OUTSIDE: indoor activities to do with small children on cold days

17 February

SIBLING PREP 101: preparing your little one for the "new" little one

17 March

SUGAR AND S.P.I.C.E. AND EVERYTHING NICE: child development

21 April

MANAGE, ENCOURAGE, MODIFY: understanding discipline by age and development

19 May

LET'S TALK ABOUT IT: postpartum mental health for new moms and dads

16 June

PLANES, TRAINS, AND CARS...OH MY!: safe travel with young children

21 July

KINDERGARTEN 101 FOR MOMS & DADS: transitioning your preschooler to a kindergartener

18 August

YUMMY FOR MY TUMMY: tips for parents on infant and young child nutrition

15 September

DADDY & ME: helpful parenting tools for Dads (Moms welcome, too!)

20 October

BABIES & SLEEP: what to expect?

17 November

HOME AGAIN – AWAY AGAIN: preparing young children for deployment and reintegration

11AM-12PM : ZOOM

Registration deadline is 7 days before each class.
REGISTRATION REQUIRED.
Call 760.830.7622 to register.

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Behavioral Health Branch

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