

2023

Let's Talk

PARENTING

10 January

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

14 February

DEVELOPMENT DIALOGUE PART I: child development for ages 0-3

14 March

DEVELOPMENT DIALOGUE PART II: child development for ages 3-5

11 April

DO'S & DON'TS: understanding discipline for 0-5 year-olds

9 May

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

13 June

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

11 July

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

8 August

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

12 September

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

10 October

BABIES & SLEEP: what to expect?

14 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 (MCAGCC)
530.495.9358 (MWTC) to register.

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