


<p>Monday</p> 	<p>Tuesday</p>	<p>1 Wednesday</p> <p>Parenting Classes: Toddlers  <b>9:30 AM</b> English <b>11 AM</b> Spanish</p> 	<p>2 Thursday</p> <p>Parenting Classes: Preschoolers  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>11AM-12 PM</b> Stroke/ Parkinson's Exercise class  <b>4-5 PM</b> Diabetes Support Grp <b>SPAN</b>  <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)  <b>6-9 PM</b> Food Handlers Class <b>ENG</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>3 Friday</p> <p><b>11 AM– 12 PM</b> Communication Enhancement Group</p> 
<p>6  <b>1–2 PM</b> Breastfeeding Support Grp  <b>2:30-4 PM</b> Parenting Class: Infants  <b>5:30 – 7:30 PM</b> Diabetes Class</p>	<p>7                      Parenting Classes: Infants  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>5:30 – 7:30 PM</b> Diabetes Class <b>SPAN</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499)</p>	<p>8                      Parenting Classes: Toddlers  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>11 AM – 12:30 PM</b> Toy Library  <b>11AM &amp; 12:30 PM</b> Hospital Tour Expectant Parents (<b>ENG</b>) SMHCV  <b>3-4:30 PM</b> Pain Management</p>	<p>9                      Parenting Classes: Preschoolers  <b>9:30 AM</b> English <b>11 AM</b> Spanish                      Total Joint Replacement Class  <b>1-2 PM</b> English <b>2-3 PM</b> Spanish  <b>5 PM</b> Diabetes Support Grp <b>ENG</b>  <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)  <b>6-9 PM</b> Food Handlers Class <b>SPAN</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>10  <b>11 AM– 12 PM</b> Communication Enhancement Group</p> 
<p>13  <b>10 AM – 12 PM</b> Widow Support Grp  <b>10-11AM</b> Healthy Bones (Norman Park Cntr)  <b>1–2 PM</b> Breastfeeding Support Grp  <b>2:30-4 PM</b> Parenting Class: Infants  <b>5:30 – 7:30 PM</b> Diabetes Class</p>	<p>14  <i>St. Valentine</i>                        Parenting Classes: Infants  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>12:15-1:15 PM</b> Men's Group (Norman Park Cntr)  <b>5:30 – 7:30 PM</b> Diabetes Class <b>SPAN</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499)</p>	<p>15                      Parenting Classes: Toddlers  <b>9:30 AM</b> English <b>11 AM</b> Spanish</p> 	<p>16                      Parenting Classes: Preschoolers  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>11AM-12 PM</b> Stroke/ Parkinson's Exercise class  <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)  <b>6-9 PM</b> Food Handlers Class <b>ENG</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>17  <b>11 AM– 12 PM</b> Communication Enhancement Group</p>
<p>20  <b>CENTER CLOSED</b>                      in observance of  </p>	<p>21                      Parenting Classes: Infants  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>1-2 PM</b> Caregivers Support Group  <b>5:30 – 7:30 PM</b> Diabetes Class <b>SPAN</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499)</p>	<p>22                      Parenting Classes: Toddlers  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>11 AM – 12:30 PM</b> Toy Library  <b>11 AM</b> Hospital Tour for Expectant Parents (<b>SPAN</b>) SMHCV</p>	<p>23                      Parenting Classes: Preschoolers  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>11AM-12 PM</b> Stroke/ Parkinson's Exercise class  <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)  <b>6-9 PM</b> Food Handlers Class <b>SPAN</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>24  <b>11 AM– 12 PM</b> Communication Enhancement Group</p> 
<p>27  <b>10 AM – 12 PM</b> Widow Support Grp  <b>1–2 PM</b> Breastfeeding Support Grp  <b>2:30-4 PM</b> Parenting Class: Infants  <b>5:30 – 7:30 PM</b> Diabetes Class</p>	<p>28                      Parenting Classes: Infants  <b>9:30 AM</b> English <b>11 AM</b> Spanish  <b>5:30 – 7:30 PM</b> Diabetes Class <b>SPAN</b>  <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499)</p>	<p>29                      Parenting Classes: Toddlers  <b>9:30 AM</b> English <b>11 AM</b> Spanish</p> 		<p><b>Color Code:</b>                      *Support Group = Green                      *Chronic Disease = Red                      *Health Lectures = Purple                      *General Education = Blue</p>

## SUPPORT GROUPS

February 2012

### **Breastfeeding Support Groups – Held Mondays 1:00 – 2:00 PM FREE**

Support groups for new mothers and their babies focusing on breastfeeding and other women's health issues. Call (619) 862-6600 for more information.

### **Caregiver's Support Group – Held 3<sup>rd</sup> Tuesday of each month FREE**

Support group for those that care and take care of others with Parkinson's, stroke etc.. Sponsored by Parkinson's Foundation. For more info call 1 (877) 273-6763

### **Diabetes Support Group – Monthly SPANISH 1<sup>st</sup> Thursday 4 – 5 PM ENGLISH 2<sup>nd</sup> Thursday 5 – 6 PM FREE**

Meetings are held for community members with diabetes who would like more education and support services. Come share your experience and learn from others. Sponsored by Project Dulce a program of the Scripps Whittier Institute for Diabetes.

### **Men's Support Group - Held 2<sup>nd</sup> Tuesday of each month 12:15-1:15 PM FREE**

Learn more about health and social well-being issues affecting your life. Held at Norman Park Center, 270 F Street. For more info call (619) 862-6600.

### **Spanish Overeaters Anonymous Support Group – Held Tuesdays & Thursdays 7:00-8:00 PM FREE**

This is Twelve-Step recovery program. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. For more information, call (619) 862-6600. Held at 499 H Street, Chula Vista.

### **TOPS (Take Off Pounds Sensibly) - Held Thursdays, 6:00-8:00 PM Annual membership: \$26**

TOPS is the oldest international, non-profit, non-commercial weight-loss support group. Change takes time. TOPS supports you – no matter how long-even after you've reached your goal! For More information, please call (619) 862-6600.

### **Toy Library – Held every other Wednesday 11:00 AM – 12:30 PM FREE**

Loans instructional/educational to families who have children with disabilities. Sponsored by United Cerebral Palsy of San Diego. Please call (858) 278-5420

### **Widowed Support Group Held 2<sup>nd</sup> & 4<sup>th</sup> Mondays 10:00 AM - 12:00 Noon FREE**

Ongoing group support for people who have lost a spouse.

## CHRONIC DISEASE MANAGEMENT CLASSES

### **Diabetes Classes ENGLISH – Mondays 5:30 – 7:30 PM SPANISH– Tuesdays 5:30 – 7:30 PM FREE**

Understand and manage your diabetes. Learn how to prevent and treat high and low blood sugars, choose meals and physical activities that are appropriate for you, understand how medications work and share your experience and learn from others. Opportunity to know about programs like Project Dulce and clinical trials. Held at Scripps Mercy Well Being Center. For registration and more info call 1-866-791-8154.

### **Stroke/Parkinson's Exercise Group - Held Every Thursday 11:00 AM - 12:00 Noon FREE**

Offers support groups, exercise classes, communication enhancement and skills to cope with lifestyle changes for adults who have suffered a stroke. Facilitated by a Scripps Mercy Hospital Occupational Therapist. For information call (619) 862-6600. Physician Consent is required.

### **S.T.A.R. Communication Enhancement Group -Held every Friday 11:00 AM -12:00 Noon FREE**

A support and practice group led by a Speech Therapist helps adults with communications difficulties resulting from stroke. For more information, please call (619) 862-6600. Sponsored by Scripps Mercy Hospital Chula Vista Rehabilitation Department.

## HEALTH PROFESSIONAL LECTURES

### **Healthy Bones “Senior Health Chat” Monday, Feb 13, 2012 10:00 -11:00 AM FREE**

Osteoporosis is a disease of the bone that leads to an increase risk of fracture. In osteoporosis the bone density is reduced. Come out and learn ways to keep your bones healthy, the prevention of osteoporosis and suggested treatment and exercise. For more info call (619) 862-6600 or 1-800-SCRIPPS

## GENERAL EDUCATION PROGRAMS

### **Chronic Pain Management Held 2<sup>nd</sup> Wednesday of each month 3:00 – 4:30 PM FREE**

Discover a new alternative for your healing and learn about the most advanced programs and treatments for chronic pain and related suffering such as depression, anxiety, sleep problems and many more. For more info call 1 (877) 727-5974 **Pre-registration REQUIRED**

### **Expectant Parents Monthly Hospital Tour 2<sup>nd</sup> Wednesday (English) 11 AM & 12:30 PM 4<sup>th</sup> Wednesday (Spanish) 11 AM FREE**

Learn where to go and what to do and expect when it is time for you to welcome your baby into the world. To registration call 1 800-727-4777

### **Food Handlers Class Thursday, Feb 2 & 16 (English) Thursday, Feb 9 & 23 (Spanish) 6:00-9:00 PM Fee: \$25 per person**

Three-hour course provides certification for food handlers and meets the requirements of the San Diego County Food Handlers Ordinance. For information, call (858) 550-9086. Latecomers will not be permitted to attend. Held at Scripps Mercy Well Being Center.

### **Parenting Classes: Infants -Tuesdays Toddlers-Wednesdays Preschoolers-Thursdays ENGLISH @ 9:30 AM SPANISH @ 11 AM FREE**

Classes are held weekly. Learn more about your child's health, learning and development, family safety, community and parent advocacy and parenting tips. Offered in English and Spanish. For more information and registration call (619) 862-6609

### **Total Joint Replacement Class Thursday, Feb 9, 2012 1:00 – 2:00 PM (English) 2:00 – 3:00 PM (Spanish) FREE**

Are you considering Total Hip or Knee Replacement? Attend the Total Joint Replacement class. We will discuss what to expect prior to and following total joint replacement. Health at Scripps Mercy Well Being Center. **Pre-registration REQUIRED** (619) 862-6600.