

**Scripps Mercy Hospital Well Being Center**  
**237 Church Avenue, Chula Vista, CA 91910**

**For Program Information, call (619) 862-6600 or 1-800-SCRIPPS (1-800-727-4777)**



**NOVEMBER 2009**  
**Calendar of Events**

| <p><b>2 Monday</b><br/> <b>1-2 PM</b> Breastfeeding Support Group<br/><br/> <b>7-9 PM</b> Al-Anon Support Grp SPAN (SMHCV 499 Bldg)</p>   | <p><b>3 Tuesday</b><br/> <b>11am-12noon</b> Stroke/ Parkinson's Exercise Group<br/> <b>5-6 PM</b> Child Ready.School Ready<br/><br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)<br/> <b>7-9 PM</b> Redirecting Children's Behavior Series</p>   | <p><b>4 Wednesday</b><br/> <b>2-4 PM</b> Diabetes Class SPAN<br/><br/> <b>7-9 PM SPAN</b> Al-Anon Support (SMHCV 499 Bldg)</p>  | <p><b>5 Thursday</b><br/> <b>9:30 – 10:30 AM</b> Toddler Play<br/> <b>11am-12 noon</b> Stroke/ Parkinson's Exercise class<br/> <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)<br/> <b>6-9 PM</b> Food Handlers Class SPAN<br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>  | <p><b>6 Friday</b><br/> <b>9 – 11 AM</b> NEAT AT 2<br/> <b>11-12:00 noon</b> STAR Communication Enhancement Group<br/> <b>7-9 PM SPAN</b> Al-Anon Support Grp (SMHCV 499 Bldg)<br/> <b>7-9 PM</b> Alateen Support Group</p>                              | <p><b>7 Saturday</b><br/><br/> <b>10-11:30 AM</b> Weight Loss Support Group</p>   |
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| <p><b>9</b><br/> <b>10 AM – 12 Noon</b> Widow Support Grp<br/> <b>10 – 11 AM</b> Balance and Fall Prevention (Norman Park Cntr)<br/> <b>1-2 PM</b> Breastfeeding Support Group<br/><br/> <b>6-8 PM</b> Autism Support Grp SPAN<br/> <b>7-9 PM</b> Al-Anon Support Grp SPAN (SMHCV 499 Bldg)</p> | <p><b>10</b><br/> <b>11am-12noon</b> Stroke/ Parkinson's Exercise Group<br/> <b>12:15 – 1:15 PM</b> Men's Group (Norman Park Cntr)<br/> <b>5-6 PM</b> Child Ready School Ready<br/> <b>5-9 PM</b> BLS Providers Renewal Course (SMHCV 499 Bldg)<br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)<br/> <b>7-9 PM</b> Redirecting Children's Behavior Series</p> | <p><b>11</b><br/> <b>11 AM – 12:30 PM</b> Toy Library<br/> <b>11AM &amp; 12:30 PM</b> Hospital Tour Expectant Parents (ENG) SMHCV<br/> <b>2-4 PM</b> Diabetes Class SPAN<br/> <b>7-9 PM SPAN</b> Al-Anon Support Grp (SMHCV 499 Bldg)</p> | <p><b>12</b><br/> <b>9:30 – 10:30 AM</b> Toddler Play<br/> <b>11AM-12 noon</b> Stroke/ Parkinson's Exercise class<br/> <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)<br/> <b>6-9 PM</b> Food Handlers Class ENG<br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>   | <p><b>13</b><br/> <b>9 – 11 AM</b> NEAT AT 2<br/> <b>11-12:00 noon</b> STAR Communication Enhancement Group<br/> <b>7-9 PM SPAN</b> Al-Anon Support Grp (SMHCV499 Bldg)<br/> <b>7-9 PM</b> Alateen Support Group</p>                                     | <p><b>14</b><br/><br/> <b>9AM - 1PM</b> BLS for Providers Initial Course (SMHCV 499 Bldg)</p>   |
| <p><b>16</b><br/> <b>1-2 PM</b> Breastfeeding Support Group<br/><br/> <b>7-9 PM</b> Al-Anon Support Grp SPAN (SMHCV 499 Bldg)</p>   | <p><b>17</b><br/> <b>11am-12noon</b> Stroke/ Parkinson's Exercise Group<br/><br/> <b>5-6 PM</b> Child Ready.School Ready<br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>  | <p><b>18</b><br/> <b>9 – 11 AM</b> Parenting Classes<br/><br/> <b>7-9 PM SPAN</b> Al-Anon Support (SMHCV 499 Bldg)</p>  | <p><b>19</b><br/> <b>9:30 – 10:30 AM</b> Toddler Play<br/> <b>9AM-12 PM</b> BLS Providers Renewal Class (SMHCV 499 Bldg)<br/> <b>11AM-12 noon</b> Stroke/ Parkinson's Exercise class<br/> Total Joint Replacement Class<br/> <b>2-3 PM</b> Spanish <b>3-4 PM</b> English<br/> <b>6-8 PM</b> TOPS (SMHCV 495 Bldg)<br/> <b>6-9 PM</b> Food Handlers Class SPAN<br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p> | <p><b>20</b><br/> <b>9-11 AM</b> NEAT at 2<br/> <b>11 – 12 Noon</b> STAR Communication Enhancement Group<br/> <b>7-9 PM SPAN</b> Al-Anon Support Grp (SMHCV 499 Bldg)<br/> <b>7-9 PM</b> Alateen Support Group</p>                                       | <p><b>21</b><br/> <b>9AM - 2PM</b> Heartsaver CPR, AED and First Aid Course (SMHCV 499 Bldg)<br/><br/> <b>10-11:30 AM</b> Weight Loss Support Group</p> |
| <p><b>23</b><br/> <b>10 AM – 12 Noon</b> Widow Support Grp<br/><br/> <b>1-2 PM</b> Breastfeeding Support Group<br/><br/> <b>7-9 PM</b> Al-Anon Support Group SPAN (SMHCV 499 Bldg)</p>  | <p><b>24</b><br/> <b>11am-12noon</b> Stroke/ Parkinson's Exercise Group<br/> <b>5-6 PM</b> Child Ready.School Ready<br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>   | <p><b>25</b><br/> <b>11 AM – 12:30 PM</b> Toy Library<br/> <b>11AM &amp; 12:30 PM</b> Hospital Tour Expectant Parents (SPAN) SMHCV<br/> <b>2-4 PM</b> Diabetes Class SPAN<br/> <b>7-9 PM SPAN</b> Al-Anon Support (SMHCV 499 Bldg)</p>    | <p><b>26</b> <b>Center Closed</b><br/><br/> <br/><br/> <b>7-8 PM SPAN</b> Overeaters Anonymous (SMHCV 499 Bldg)</p>  | <p><b>27</b><br/> <b>9-11 AM</b> NEAT at 2<br/> <b>11 – 12 Noon</b> STAR Communication Enhancement Group<br/> <b>5:30-6:30PM</b> Laughter Yoga<br/> <b>7-9 PM</b> Al-Anon Support Grp SPAN (SMHCV 499 Bldg)<br/> <b>7-9 PM</b> Alateen Support Group</p> | <p><b>28</b><br/><br/> </p>  |
| <p><b>30</b><br/> <b>1-2 PM</b> Breastfeeding Support Group<br/><br/> <b>7-9 PM</b> Al-Anon Support Grp SPAN (SMHCV 499 Bldg)</p>   |    | <p><b>Color Code:</b><br/> *Support Group = Green<br/> *Chronic Disease = Red<br/> *Health Lectures = Purple<br/> *General Education =Blue</p>  |   |   |   |

## SUPPORT GROUPS

NOVEMBER 2009

### **Alateen Support Group – Held Fridays, 7:00-9:00 PM FREE**

Twelve Step Program of young people whose lives have been affected by alcoholism in a family member or close friend. They share experiences, learn effective ways to cope with their problems, strength, and hope with each other. Held at Scripps Mercy Well Being Center. For more info (619)862-6600.

### **Spanish Al-Anon Support Group - Held Monday, Wednesday, Thursday & Friday 7:00-9:00 PM FREE**

Children of alcoholics, parents, partners, spouses, co-workers can all find help in Al-Anon. Held at 499 H Street, Chula Vista. Call (619) 862-6600.

### **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.

### **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, 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.

### **Spanish Autism Support Group – Held 2<sup>nd</sup> Monday of each month 6:00 – 8:00 PM FREE**

On-going support group for families of children and adolescents diagnosed with autism. Sponsored by Exceptional Family Resource Center and Autism Society of America. For more information, please call 1-800-281-8252 or (619) 862-6600.

### **TOPS (Take Off Pounds Sensibly) - Held Thursdays, 6:00-8:00 PM Annual membership: \$24**

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 toys to families who have children with disabilities. Sponsored by United Cerebral Palsy Association of SD. Please call (619) 862-6600.

### **Weight Loss Management Support Group - Held 1<sup>st</sup> & 3<sup>rd</sup> Saturdays of each month 10-11:30 AM FREE**

For more information, please call (619) 862-6600.

### **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

### **Stroke/Parkinson's Exercise Group - Held Every Tuesday & 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

### **Balance and Fall Prevention – “Senior Health Chat” Monday, November 9, 2009 10-11:00 AM FREE**

More than one third of adults 65 and older fall each year in the United States. Older adults can take several steps to increase their balance, protect their independence and reduce their risk of falling. Join us and learn effective ways to reduce falls, increase your balance and the benefits of having a physical activity routine. Held at the Norman Park Center. For information, call (619) 862-6600 or 1-800-SCRIPPS.

## GENERAL EDUCATION PROGRAMS

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

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

### **BLS and Heart Saver Courses See schedule for specific dates, times and fees**

Upon successful completion of the course a 2 year card will be issued. For more info and registration call (619) 260-7118 option 1. Held at 499 H Street.

### **Neat at 2 Held Every Friday 9:00 – 11:00 AM FREE**

Learning healthy habits is important for you and your family. Join us for a free 10-week series where you will learn how to prepare healthy meals & snacks and how to participate in physical activity with your children. Classes are being presented by South Bay Community Services (SBCS), UC San Diego and the First Five Commission. For more information, please call Marisol Avila at (619) 587-2300. Childcare provided.

### **Parenting Classes Held 3<sup>rd</sup> Wednesday of each month 9:00 – 11:00 AM FREE**

Classes for parents interested in learning more about how to have and raise healthy children. Topics include self esteem, communication, nutrition, discipline and much more. Certificate of completion provided. For more information and registration please call Escolastica Zepeda, Perinatal Educator (619) 862-6609.

### **Total Joint Replacement Class Thursday, November 19, 2009 2:00 - 3:00 PM (Spanish) 3:00 – 4:00 PM (English) FREE**

Are you considering Total Hip Replacement or Total Knee Replacement? Attend the Total Joint Replacement Class. We will discuss what to expect prior to and following total joint replacement. Held at Scripps Mercy Well Being Center. **Registration Required.** Please call (619) 862-6600.

### **Food Handlers Class Thursday, November 12 (English) Thursday, November 5 & 19 (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.

### **Child Ready, School Ready Held Every Tuesday 5:00-6:00 PM FREE**

Many parents are concerned about their children's behavior and attention skills. Learn new ways of understanding, redirecting and coping with challenging behaviors. Parent-Only. **Registration is required.** Please call to sign-up at (619) 681-0655 or (619) 681-0525.

### **Toddler Play! Held Every Thursday 9:30 -10:30 AM FREE**

Fun interactive class where your child will be exposed to new play ideas while interacting with other children. Ages: 15 months and walking – 35 months. Learn the importance of movement and play in your child's development and learning. Classes are taught by Physical and Occupational Therapists. Call to sign up at (619) 681-0655 or (619) 681-0525.

### **Laughter Yoga Held the 4<sup>th</sup> Friday of Each Month 5:30-6:30 PM FREE Offered in English and Spanish**

Laughter exercise with yoga breathing makes one feel energetic and healthy. Laughter comes straight from the heart as pure joy. It is a gym for the soul. Please call (619) 862-6600 for more information. Sponsored by San Diego Laughter Club (Club de la Risa San Diego).