

The California Border Healthy Start Project Invites you to join the

PARENTING CLUB !!!

LEARN HOW TO BECOME A BETTER PARENT



Topics!

- **Self-esteem**
- **Communication**
- **Goals & Visions**
- **Stress Management**
- **Community Resources**
- **Harmony**
- **Nutrition**
- **Prenatal Care**
- **Needs we all have**
- **Discipline**
- **Talking of Health**

WHEN: 9AM-11AM & 9:30AM-11:30AM

COST: FREE!!!

BABY-SITTER PROVIDED!!!

FREE GOODIES!!!

**CERTIFICATE AWARDED IF 11
SESSIONS ARE ATTENDED!**

Locations:

Malcolm X Library	5148 Market St., San Diego, CA 92114	1st Thursday of month
Wellness Center City Heights	4440 Wightman St. Suite 200, San Diego, CA 92105	2nd Friday of month
Wellness Center Chula Vista	237 Church Avenue, Chula Vista, CA 91910	3rd Wednesday of month
Spring Valley Branch Library	836 Kempton Street., Spring Valley, CA 91977	4th Thursday of month

**FOR MORE INFORMATION, CONTACT ESCOLASTICA ZEPEDA,
PERINATAL EDUCATOR, 619-862-6609**

