



# Learn New Positive Parenting Techniques!

## When:

**Tuesdays-** Parents with Infants  
English 9:30am  
Spanish 11am

**Wednesdays-** Parents with Toddlers  
English 9:30am  
Spanish 11am

**Thursdays-** Parents with Preschoolers  
English 9:30am  
Spanish 11am

**\*(All classes are 90 minutes)**

## Location:

Well Being Center  
237 Church Avenue  
Chula Vista, CA 91911

**Any questions please:  
Call (619) 862-6600**

First 5 San Diego's Healthy Development Services (HDS) program is offering free parenting classes for parents of infants, toddlers and preschoolers. HDS also offers developmental, behavioral, vision & hearing and speech & language services to help prepare children birth to five years old to be ready to succeed in school.



"We Are a Community Partner/Provider of First 5 San Diego"

**We can help you with this and more!**

- Want to learn how to have a routine for your child?
- Learn ways to potty train your child.
- Learn positive discipline techniques.
- Help your child not to be a picky eater.

## Topics:

- Health
- Learning & Development
- Family & Safety
- Community/Parent Advocacy

**Gift card provided at completion!**



**Child Care Provided!!**