

# FREE PARENTING CLASSES!



## When:

**Tuesdays-** Parents with Infants  
English 11am  
Spanish 12pm

**Wednesdays-** Parents with Toddlers  
English 1pm  
Spanish 2pm

**Thursdays-** Parents with Preschoolers  
English 9am  
Spanish 10am

## Location:

Well Being Center  
237 Church Avenue  
Chula Vista, CA 91911

## Topics:

- Health
- Learning & Development
- Family & Safety
- Community
- Parent Advocacy & Parenting Tips



Free Gifts &  
Child Care Provided!!

**To register, please call:**

**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.

Program made available by South Bay Community Services

