

Free Parenting Workshops!

Are you a parent looking for advice and/or information to help your child develop? Do you want information on how you can foster your child's growth?

Free workshops are being offered to San Diego parents of children ages 0-5!

One series of classes will consist of four workshops in a small group setting. You will learn about how to support your child's health, the importance of play, and the impact of relationships, emotional development, various community resources, and much more! **Childcare is offered** and workshops are **available in Spanish!**

Class curriculum is guided by information from the American Academy of Pediatrics, Family Health Centers of San Diego, and First 5 San Diego.

The current workshop schedule and class locations are posted on:

<http://coe.sdsu.edu/cfd/community/parents.php>

For more information or to register for a series, email CFDparenting@mail.sdsu.edu.

The following topics will be featured:

Family and social emotional development

Health and development

Community and parents as advocates

Learning and play