

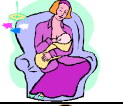










CLASSES AT THE SANDOVAL COUNTY HEALTH COMMONS (867-2291)

Important things you should know

- Most classes are on a walk-in basis, some classes are by appointment.
- Children, dads, moms, grandparents, and other caregivers are welcome.
- There is always time to ask your own questions.
- A great time to meet and chat with other parents and caregivers.
- You can pick up your WIC check after you take a class

	<p>What's at the Health Commons We'll tell you about all of the services available at the Commons Family Support Program. Learn about our many group and confidential one-on-one services, including:</p> <ul style="list-style-type: none"> • WIC • Family Planning • Referrals for vasectomies and tubal ligations • Confidential Information about pregnancy options • STD screening/counseling • Immunizations • Child development and parenting support • Medicaid enrollment/support • Diabetes education/support • Pregnancy and breastfeeding support • Nutrition counseling • Family and partner violence counseling • Confidential services and counseling for teens • Children's Medical Services • Helping you find other services you need
	<p>Playgroups - It's never too early to play with your child and to get your child ready for school. Learn great activities for children ages 0-5; teach your children to play together; learn how playing gets your child ready for school. Grandparents and childcare providers welcome.</p>
	<p>All About Breastfeeding - Talk to other mothers about the joys and challenges of breastfeeding. We'll answer your questions and let you know how breastfeeding benefits your baby, you, and your pocketbook.</p>
	<p>Parent Talk - Topics will include how to discipline your child, stress management, feeling blue, etc. You can call a week before to learn about the topic of the day.</p>
	<p>Cooking for your Family - Learn to make easy, healthy, affordable recipes. Children are encouraged to help. Sampling after each class.</p>
	<p>Feeding Your Family - We'll talk about topics such as how to get your child to try different foods, how to make eating a fun family event, how to bring healthier foods into your diet.</p>
	<p>Music and Dance for 0 - 5 Year Olds <i>By advance reservation only.</i> 45 fun-filled minutes of singing, movement, and dance. This is a ten week class. Great for pregnant moms, children 0 - 5, grandparents, and other caregivers. One older sibling is welcome.</p>
	<p>What Expecting Moms Want to Know - Share your questions and concerns with other moms. We'll talk about labor and delivery, preparing to bring a new baby home, breastfeeding support, etc.</p>
	<p>Help with Medicaid <i>By advance reservation only.</i> We'll help you sign up for Medicaid and let you know how you can get the most out of Medicaid services.</p>
	<p>Fit Families <i>By advance reservation only.</i> Six weeks of activities and helpful tips for families who want to be healthier. Your kids will enjoy fun activities while we talk about healthy eating, grocery shopping, family meals, cooking, etc. You and your kids will enjoy our fun family fitness activities. Bring your entire family. Snacks are provided. Sessions are 3 hours long.</p>
	<p>Breathing Easier Workshop (Asthma, Allergies, other respiratory problems) <i>By advance reservation.</i> Monthly evening workshop. Talk to experts who can answer your questions and help you and your family members breathe easier. Dinner is provided at no charge. Call for monthly meeting date and topic.</p>



Kreative Kitchens *By advance reservation only.* Diabetic cooking and education for people with diabetes and their family members. Four sessions once a week for 2.5 hours. At the end of each session enjoy a delicious, healthy meal that you prepared.

Updated 4/11/07