

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

- Most 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 Benefits after you take a class

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## 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:

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| • WIC  | • Immunizations                           | • Nutrition counseling                     |
| • Family Planning                                  | • Child development and parenting support | • Confidential services and counseling for |
| • Referrals for vasectomies and tubal ligations    | • Medicaid enrollment/support             | • teens                                    |
| • Confidential Information about pregnancy options | • Pregnancy and breastfeeding support     | • Children's Medical Services              |
| • STD screening/counseling                         |   | • Helping you find other services you need |

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**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

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**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.

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**Parent Talk** – Topics will include how to discipline your child, stress management, feeling blue, etc.

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**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.

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**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.

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**Help with Medicaid** BY APPOINTMENT ONLY.

We'll help you sign up for Medicaid and let you know how you can get the most out of Medicaid services.

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