

# Maternal and Child Health Community Education, Prevention and Wellness

## Breastfeeding Support Group

Bring your baby and connect with other moms in a relaxed, supportive environment.

Join us for an informal discussion about breastfeeding, get helpful tips for success, and have your questions answered by a certified lactation specialist.

## San Ysidro Health Clinic

678 3rd Avenue, 2nd Floor Centering Conference Room  
Chula Vista, CA 91910  
Mondays, 1 - 2 p.m.

## Improving Health and Education Awareness for Parents

The Scripps Mercy Hospital Chula Vista Well Being Center offers virtual parenting classes for parents and caregivers of children of all ages. These sessions cover a wide range of topics, including health, child development and learning, family safety, advocacy, and practical parenting tips.

Currently, the program is being offered virtually through the Foster, Adoptive, and Kinship Care Education Program at Grossmont College. Classes are facilitated by Scripps Family Medicine Residents, in collaboration with Grossmont College and are available in both English and Spanish.

## Ready, Set, Baby

These parenting classes (two sessions) are designed to equip you with essential skills and knowledge for a successful start to your parenting journey. Key topics include support from labor and delivery through the early stages of your baby's life.

Classes are offered in both English and Spanish.

Classes are held at San Ysidro Health Clinic.



## For more information:

### Scripps Well Being Center – Scripps Mercy Hospital, Chula Vista

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