

BRIGHT FUTURES FOR KIDS



Bright Futures for Kids is a series of child-parent classes designed to strengthen your relationship with your child to promote his/her healthy development. Classes are offered in 3 age groups: 0 – 12 months, 1- 3 years-old (toddler), and 4-5 (pre-school).

Classes are welcoming, friendly and interactive.

Class topics include:

- **Healthy Development:** provides information on your child's physical, social and emotional development
- **Family Communication and Discipline:** helps you prepare a nurturing and safe learning environment for your child
- **Learning:** This class includes a developmental screening conducted by a developmental specialist from Rady Children's Hospital
- **Community Advocacy:** provides information and guidance on how to best navigate systems of care (healthcare, education, etc.) for your child

The class series also includes a hearing and vision screening for children over 24 months.

To sign up or get more information call 858-496-0044 or email Cindy at cindym@saysandiego.org.

The Healthy Start Military Family Resource Center (HSMFRC) mission is to provide confidential, safe, coordinated services that will lead to improved developmental, academic, and social outcomes for children, and a positive quality of life for their families. HSMFRC's primary services include:

- Playgroups/ story-times/ field trips
- Home visiting
- Case management
- Special education advocacy
- Family support and development
- Health promotion
- Child developmental, hearing and vision screenings
- Community development and collaboration
- School readiness and support
- Fatherhood support
- Information and resource referral

3487 Santo Road, San Diego CA 92124

Phone: 858-496-0044

Fax: 858-496-0077



Healthy Start

Military Family Resource Center

All Programs and Services are FREE!

HSMFRC offers a variety of other programs including Dads on Duty, 24/7 Parenting -SOS, Playgroups, Story-times, Field Trips, etc.

For further information call: 858-496-0044 or for our full calendar of events visit us online.

“Strong Children, Strong Families, Strong Communities” - SAY



SAY San Diego
Social Advocates for Youth

*Strengthening the Whole Child,
Whole Family, Whole Community
Since 1971*

Rady Children's
Hospital
San Diego

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