**Parent & Family Activities
HOPE Service Regions**

This document is organized by regions and starts in Fallbrook/Valley Center area, Ramona, Escondido, Rancho Bernardo, San Marcos, Vista, Oceanside, down the coast to Del Mar, Carmel Valley to Penasquitos/Poway area and down to South County – National City, Chula Vista, San Ysidro, etc. Days and times may change, so please be sure to call first or look on the website to see if activity is still occurring.

For other activities check these websites: Exceptional Family Resource Center - <http://efrconline.org/>, San Diego Family Magazine Out & About issue <http://tinyurl.com/kqfsexl>, San Diego Family Magazine monthly issue - <http://tinyurl.com/lxalztp>. To look up library activities go to [www.sdcl.org](http://www.sdcl.org) <http://tinyurl.com/la7v5jv>

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| **Activity/Training** | **Sponsor/Contact** | **Dates** | **Focus** | **Location** | **Frequency** | **Fee** |
| **North County** |
| Toddler Story Time | Fallbrook Library(760) 731-4651<http://sdcl.org/locations_FB.html>  | Wednesday10:30 AM |  Books, Music, fingerplays & playtime with Ms. Juanita! | 124 S Mission Rd, Fallbrook 92028  | Weekly | Free |
| Baby Story Time | Fallbrook Library(760) 731-4651<http://sdcl.org/locations_FB.html>  | Friday 10:30 AM | Books, songs and finger-plays for babies and their parents. | 124 S Mission Rd, Fallbrook 92028  | Weekly | Free |
| Bilingual Story Time | Fallbrook Library(760) 731-4651<http://sdcl.org/locations_FB.html>  | Friday 4:00 PM | Spanish speaking families with children of any age.  | 124 S Mission Rd, Fallbrook 92028  | Weekly | Free |
| Parenting Class in Spanish | Valley Center Branch Library760-749-1305<http://sdcl.org/locations_VC.html>  | Wednesday 5:30-7:00 PM | Spanish speaking parents of young children. Certificate series | 29200 Cole Grade Rd., Valley Center 92082 | One time Series  | Free |
| Story Time – Bilingual Spanish | Valley Center Branch Library760-749-1305<http://sdcl.org/locations_VC.html>  | Tuesday 6:00 PM | Family TimeAll ages | 29200 Cole Grade Rd., Valley Center 92082 | Weekly | Free |
| Story Time | Valley Center Library<http://sdcl.org/locations_VC.html>  | Fridays10:30 AM | Ages 3-5 but younger children are allowed | 29200 Cole Grade Rd., Valley Center 92082 | Weekly | Free |
| AM Toddler Story Time | Ramona Branch1-760-788-5270<http://www.sdcounty.ca.gov/library/locations_RM.html>  | Thursday 10:30 AM | Story Time for children walking to 3 years old. | 1275 Main Street, Ramona, CA 92065 | Weekly | Free |
| Bouncing Baby Story Time | Ramona Branch1-760-788-5270<http://www.sdcounty.ca.gov/library/locations_RM.html>  | Friday10:30 AM | pre-walking infants, featuring activities and songs. Story Time is followed by playtime. | 1275 Main Street, Ramona, CA 92065 | Weekly | Free |
| Bilingual Bouncing Baby Story Time | Ramona Branch1-760-788-5270<http://www.sdcounty.ca.gov/library/locations_RM.html>  | Friday10:30 AM | pre-walking infants, featuring activities and songs. Story Time is followed by playtime. | 1275 Main Street, Ramona, CA 92065 | Last Friday of the month | Free |
| Story Time | Borrego Branch1-760-767-5761<http://sdcl.org/locations_BR.html>  | Thursday, 10:30 AM – 11:00 AM |  Fun stories, songs, and crafts will be offered to help build early literacy skills in children. | 587 Palm Canyon Dr., Suite 125Borrego Springs, CA 92004 | Weekly | Free |
| ABC’s of IEP’s | North Coastal Consortium for Special Education (NCCSE)Lisa Houghtelin760-761-5120 <http://www.nccse.org/>  | Varies | Over age 3 IEP’sFree for NCCCSE families | North County Regional Education Center255 Pico Ave. San Marcos | 2 times a year | Free or Fee |
| Workshops | Community Advisory CommitteeLisa Houghtelin760-761-5120<http://www.nccse.org/>  | Third Wed. of month6:30 PM –8:30 PM | Varies over age 3Free for NCCCSE families | NCCSE255 Pico Ave. San MarcosNCCSE.org | 4 x year | Free or Fee |
| Infant MassageEnglish/Spanish | First 5/Healthy Development Services/Palomar Pomarado Health 1-877-504-2299<http://www.palomarhealth.org/ContentPage.aspx?nd=498>  | 5 wk series | Infant | North County | Varies | Free |
| Young Toddler Parent Participation Class | Escondido Adult Education(760) 739-7300<http://escondidoadultschool-rop.org/>  | 1 time a week for a semester- 1 hr. | * 9-18 Months
 | Escondido Adult Ed | Several times a year | $60 |
| Parent Participation Class | Escondido Adult Education(760) 739-7300<http://escondidoadultschool-rop.org/>  | Monday orWed9:00-11:00 AM | * Parent participation
* 18-36 months
 | 220 Crest Dr.Escondido, CA 92025  | Spring/SummerFall/Winter | $80 |
| Tiny Tots Tumble Time | Escondido Recreation<http://recreation.escondido.org/>  | Wednesday4:10-4:45 PM | * Ages 2-4
* Tumbling mats & different stations. Large motor skills development
 | Park Ave Community Center210 Park Ave., Escondido | 5 weeks6 weeks | $54$65 |
| Pee Wee Play Time | Escondido Recreation<http://recreation.escondido.org/>  | Monday & Wed.8:30 AM -12:00 PMDrop in | * 0-5 years.
* Crawl, roll through obstacles & throw balls. Parent led – Drop in for 30 min. or stay for hours.
 | East Valley Community Center Gym2245 E. Valley ParkwayEscondido | Weekly | $3 first child$1 additional child |
| [Wee Wigglers: A Baby Story Time](http://host7.evanced.info/escondido/lib/eventsignup.asp?ID=6878) | Escondido Library760-839-4837239 [www.ci.escondido.ca.us/library](http://www.ci.escondido.ca.us/library) | Wednesday10:30 – 11:00 AM | Ages Newborn – two years.  A Story Time to help parents learn the 6 steps of early literacy and the importance of reading to their babies.  | 239 S. Kalmia St., Escondido Children's Room | Weekly | Free |
| HDS Behavioral Classes | First 5/Healthy Development ServicesPalomar Pomarado HealthNorth Inland: 877-504-BABY<http://www.palomarhealth.org/ContentPage.aspx?nd=498>  | Varies | Developmental and Behavioral Screenings. Childcare and Transportation available!Workshops are provided in English and Spanish.  | Various locations throughout North Inland | Varies | Free |
| * Parenting Classes
* Children Love to Learn
* Strengthening Family Relationships
* Healthy Living, Active Lifestyle
* Finding Community Resources
 | First 5/Healthy Development ServicesPPHNorth Inland: 877-504-BABY<http://www.palomarhealth.org/ContentPage.aspx?nd=498>  | Varies | Behavioral Screenings for children.Workshops are provided in English and Spanish. | Various locations throughout North Inland | Varies | Free |
| Lil’ Kickers Thumpers | North County Soccer Park858-748-4260<http://www.ncspsoccer.com/>  | Tues & Saturday | Soccer Parent/Child Ages 2-3 Class is 50 minutes, once a week, child to coach ratio is at least 8:1, often times 6:1 | Escondido | Weekly | $104 |
| Lil’ Kickers Cottontails | NCSPsoccer.com858-748-4260<http://www.ncspsoccer.com/> | Sat & Sun | Soccer Parent/Child Ages 2.5-3.5 | Escondido | Weekly | $104 |
| Open Technology Labs | SDATCUnited Cerebral Palsy of San Diego County[www.ucpsdtechcenter.org](http://www.ucpsdtechcenter.org)  | Ongoing | Computer access equipment | 205 W Mission Ave. Ste. G Escondido, CA 92025 | 3 times per month | Free |
| Musicstar Baby Wiggles ‘n Giggles | City of Escondido Recreation Dept.<http://recreation.escondido.org/>  | Wednesday 10:30 – 11:20 AM4/23/-5/28 | Musicstar Kidz – Parents and their children enjoy an action packed session immersed in music, singing & dancing. | Escondido | Weekly | $79/session plus $20 materials fee |
| Me & My ShadowLearn to Swim | City of Escondido Recreation Dept.<http://recreation.escondido.org/>  | Saturday10:00-10:40 AMOr2:40-3:20 PM | Ages 6 mos – 3 yrs Water adjustment & swimming readiness. Parent participation | James Stone Pool131 Woodward Ave., Escondido | Weekly5 weeks | $44/session |
| Community services for families: information and referral, parent education, and support groups. (English and Spanish) | North County LifelineDebbie Shriers (760) 842-6220 , [www.nclifeline.org](http://www.nclifeline.org)<http://sandiego.networkofcare.org/mh/services/subcategory.aspx?tax=RP-1400.8000-070>  | ongoing | Provides mental health services to help families manage stress and improve their quality of life. Ensures that children remain safely in the homes by educating parents and connecting families to community resources. Case managers provide individual attention, including home visits, to help the family identify and achieve their goals, and strengthen their families.  | North Inland and North Coastal Regions: Camp Pendleton, Cardiff by the Sea, Carlsbad, Del Mar, Encinitas, Escondido, Fallbrook, Oceanside, Rancho Santa Fe, San Marcos, Solana Beach, Valley Center, Vista, San Dieguito, San Luis Rey, 92055, 92672 | Ongoing, determined by family | Free and sliding scale. No fee for medi-cal recipients. |
| Baby Story Time | Julian Library1-760-765-0370<http://sdcl.org/locations_JL.html>  | Wednesday 10:00 AM | Stories and songs for babies and moms. | 1850 Highway 78. Julian, CA 92036 1-760-765-0370 | Weekly | Free |
| Bilingual Story Time  | Julian Library1-760-765-0370<http://sdcl.org/locations_JL.html>  | 2nd Friday of the month1:00 PM | Enjoy stories in Spanish and English | 1850 Highway 78. Julian, CA 92036  | Monthly | Free |
| Story Time with Miss Bari | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary)  | 3rd Monday10:30 AM | 18 mos – 12 years Enjoyable stories for children of all ages. Held at the Snook’s Nook in the children’s area. | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | 1 x month | Free |
| Story Time with Ms. Cox | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | Second and Fourth Thursday of each month at 10:30 PM |  Join Ms. Cox for stories and music at this story time appropriate for toddlers and pre-schoolers. | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | 2 x monththe second and fourth Thursday of each month | Free |
| Toddler Yoga | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | First and Third Thursday10:30 AM | 18 mos – 5 yrsSongs, story time and fun poses for parents and their toddlers. Parents and caregivers are welcome! | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | 2 x monththe first and third Thursday of the month | Free |
| Songs and Stories | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | every Monday at 10:30 AM | Hear Cowboy Bob play his trumpet and guitar, join Ms. Monta for baby sign language, or dance to Ms. Cari's songs, at this story time appropriate for toddlers and preschoolers.  | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | Weekly | Free |
| Tiny Movers w/ Evolve | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | 2nd Friday10:30 AM | 18 mos-12 yrsA delightful program to enhance children's coordination and rhythm. | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | 1 x month | Free |
| Let’s Make Music | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | 4th Friday10:30 AM | Birth -12 yrsCreative children activities through music and movement. | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | 1 x month | Free |
| Craft Time | Rancho Bernardo Library(858) 538-8163[www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | Wed. 6:00-6:30 PM | 18 mos-5 yrsFun crafts for children of all ages! | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | Weekly | Free |
| Therapy Dog w/ Ms. Judy & Buddy | Rancho Bernardo Library(858) 538-8163 [www.facebook.com/ranchobernardobranchlibrary](http://www.facebook.com/ranchobernardobranchlibrary) | 2nd & 3rd Saturday 1:00-2:00 PM | 18 mos-12 yrsThis program provides a relaxed and dog-friendly atmosphere for children to practice their reading skills with a certified dog. | [17110 Bernardo Center Drive, San Diego, California 92128](https://www.facebook.com/RanchoBernardoBranchLibrary/page_map) | 2 x month | Free |
| ABC’s of IEP’s | North Coastal Consortium for Special Education (NCCSE)Lisa Houghtelin760-761-5120<http://nccse.org/>  | Varies | Over age 3 IEP’s | NCCSE255 Pico Ave. San Marcos | 2 times a year | Free for NCCCSE families |
| Workshops | Community Advisory CommitteeLisa Houghtelin760-761-5120<http://nccse.org/>  | Third Wed. of month | Varies over age 3 | NCCSE255 Pico Ave. San Marcos | 4 x year | Free for NCCCSE |
| Mommy & Me Yoga  | San Marcos Branch Library 760-891-3000<http://www.sdcl.org/locations_SM.html>  | 1st Tuesday11:00 AM **-**11:45 AM | Dress comfortably, bring your infant and yoga mat or towel for this mommy and me yoga experience presented by Yoga Vista | 2 Civic Center DriveSan Marcos, CA 92069 | Monthly | Free |
| Baby Story Time  | San Marcos Branch Library 760-891-3000<http://www.sdcl.org/locations_SM.html>  | 2nd, 3rd & 4th Tues.11:00 AM **-** Noon | Stories, rhymes, songs and movement activities for infants (0-1) & an accompanying adult. Limited to 12 infants. | 2 Civic Center DriveSan Marcos, CA 92069 | Monthly | Free |
| Spanish Baby Story Time

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 | San Marcos Branch Library 760-891-3000<http://www.sdcl.org/locations_SM.html>  | Third Thurs. 4:00-5:00 PM | Spanish language early literacy stories and rhymes for infants - crawlers and their care givers with Ms. Veronica. | 2 Civic Center DriveSan Marcos, CA 92069 | Monthly | Free |
| Toddler Story Time | San Marcos Branch Library 760-891-3000 <http://www.sdcl.org/locations_SM.html>  | Wed. 9:30-10:00 AM | Stories, rhymes, songs & movement for toddlers and an accompanying adult. Limited to 35 on a first come first serve basis. | 2 Civic Center DriveSan Marcos, CA 92069 | Weekly | Free |
| HDS Behavioral Classes | First 5 Healthy Development ServicesNorth Coastal 858-966-8235<http://www.rchsd.org/programsservices/a-z/g-h/healthydevelopmentservices/services/behavioralscreening/index.htm>  | Varies | Developmental and Behavioral Screenings. * Workshops are provided in English and Spanish.
 | Various locations throughout the North Coastal Region | Varies | Free |
| Bright FuturesHDS Parenting Classes | First 5 Healthy Development ServicesNorth CoastalNorth Coastal: 858-966-8235<http://www.rchsd.org/programsservices/a-z/g-h/healthydevelopmentservices/services/parenteducation/index.htm>  | Varies | Workshops are provided in English and Spanish.  | Vista Community Clinic and Rady Children’s Hospital-San Diego serve the North Coastal region. | Varies | Free |
| Babies in Bloom, resources and parent training classes | Rochelle McLean(760)940-BABY (2229)<http://babies-in-bloom.com/classes/>  | Dates are ongoing, online calendar available | Offers lots of options like mommy and me yoga, lactation consulting, baby sign classes and baby music classes. | 1988 Hacienda Dr., Vista 92081 | Ongoing | Fee or Free |
|  Baby Story Time | Vista Public Library760-643-5100<http://www.sdcl.org/locations_VS.html>  | Monday11:00 AM | Newborn to 1 year | 700 Eucalyptus Ave.Vista, 92084 | Weekly | Free |
| Toddler Story Time | Vista Public Library760-643-5100<http://www.sdcl.org/locations_VS.html> | Tues & Wed 10:30 AM | Ages 1-3. Singing, games and stories for children | 700 Eucalyptus Ave.Vista, 92084 | Weekly  | Free |
|  Preschool Story Time | Vista Public Library760-643-5100<http://www.sdcl.org/locations_VS.html> | Thurs. & Friday10:30 AM | Ages 3-5 | 700 Eucalyptus Ave.Vista, 92084 | Weekly  | Free |

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| Spanish Story Time | Vista Public Library760-643-5100<http://www.sdcl.org/locations_VS.html> | Martes6:00 PM | Bilingue (familia)Libros, musica y divercion | 700 Eucalyptus Ave.Vista, 92084 | Weekly | Free |
| English as a Second language | Sponsored by Vista Adult SchoolVista Public Library760-643-5100 | Tues. & Thurs.,5:00-8:00 PM | English Classes for AdultsRegistration every Thursday from 4:30-5:30 PM | Community Room700 Eucalyptus Ave.Vista, 92084 | Weekly | Free |
| Foster and kinship care education classes for parents | Mottino YMCA (760) 758-0808 | Tuesdays, 5:30-7:30 PM | Classes to educate parents who are looking to or have foster children. | 4701 Mesa Dr. Oceanside, Ca 92056 | Weekly | Free |
| Story times | Oceanside Public Library Civic Center (760) 435-5600[www.oceansidepubliclibrary.org](http://www.oceansidepubliclibrary.org) | Wed, 10:30 AM | 2-5 year olds |  330 N. Coast Highway, Oceanside CA 92054 | Weekly | Free |
| Toddler story time | Oceanside Public Library Civic Center (760) 435-5600[www.oceansidepubliclibrary.org](http://www.oceansidepubliclibrary.org) | Thursday, 10:30 AM | 2-3 year olds | Oceanside 330 N. Coast Highway, Oceanside CA 92054 | Weekly | Free |
| Family Pajama story time | Oceanside Public Library Civic Center (760) 435-5600[www.oceansidepubliclibrary.org](http://www.oceansidepubliclibrary.org) | 1st Monday of the month, 6:00 PM | All ages-family ears pj’s and bring a stuffed animal. | Oceanside330 N. Coast Highway, Oceanside CA 92054 | Monthly | Free |
| Spanish Story Time | Oceanside Public Library Civic Center (760) 435-5600[www.oceansidepubliclibrary.org](http://www.oceansidepubliclibrary.org) | Wed. 10:30 AM | 2-5 year olds | Oceanside330 N. Coast Highway, Oceanside CA 92054 | Weekly | Free |
| Spanish story timeTemporarily Closed month of April  | Mission Branch (760) 435-5600 | Fridays, 11:00 AM | 2-5 year olds | 3861-B Mission Ave Oceanside, CA 92058  | Weekly  | Free |
| Baby story timeTemporarily Closed month of April | Mission Branch (760) 435-5600 | Wed., 10:30 AM  | 0-2 year olds | 3861-B Mission Ave Oceanside, CA 92058  | Weekly | Free |
| Parenting Class | MiraCosta College | Semester | Parents and their toddler meet with an experienced early-childhood educator to model and discuss effective parenting for toddlers between the ages of one year and 2 1/2 | Oceanside | Two times a week | Free |
| Parenting Class | MiraCosta College | Semester | Parents and their toddler meet with an experienced early-childhood educator to model and discuss effective parenting for toddlers between the ages of 2 ½ and 3 | Oceanside | Once a week | Free |
| Military/North |
| Talk and Walk  | EFMP (Exceptional Family Member Program)Winona Britt(760) 725-3175winona.britt@usmc-mccs.org | Last Monday of each month9:30 AM -10:30 AM | Military Peer support | Tack at Paige Fieldhouse Mainside Camp Pendleton | Monthly | Free |
| Play Group | EFMP (Exceptional Family Member Program)Winona Britt(760)725-3175winona.britt@usmc-mccs.org | Second Thursday of each month10:00 AM – 11:00 AM | All Ages  | Camp PendletonADA Playground Lake O’Neill | Monthly | Free |
| EFMP  | EFMP (Exceptional Family Member Program)Winona Britt(760)725-3175winona.britt@usmc-mccs.org | Second to last Sunday of each month1:00 PM – 2:00 PM | Meet & Greet | San Onofre Community Housing III Lincoln Military Housing | Monthly | Free |
| Parent & Me Swim | Waterworks Aquatics | Varies | Students ages 3-36 months will be introduced to basic swimming skills, explanations, and holds. Beginner, Intermediate, Advanced | Waterworks Aquatics2704 Gateway RoadCarlsbad, CA 92009 | schedule | FeePossible scholar-ships |
| Parent – Toddler Classes | Calavera Community Center | Monday 9:00 AM --11:00 AM | Parents attend with their child and introduce socialization. Parents agree to rotate snacks & paper supplies | Carlsbad | Weekly | $103 |
| Parent Toddler Classes | Calavera Community Center | Wed9:00 AM -11:00 AM | Parents attend with their child and introduce socialization.  | Carlsbad | Weekly | $103 |
| Baby Rhyme Time | **Carlsbad City Library Dove Library**[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/)760-602-2047 | Wed.,10:00 AM &1:30 PM | for pre-walkersThis 20-minute interactive caregiver/baby one-on-one program introduces babies to books, simple songs and fingerplays. Space is limited to the first 12 baby/ caregiver pairs. Please arrive early and check in at the Children’s Desk.  | 1775 Dove LaneCarlsbad, CA  92011 | Weekly | Free |
| Toddler Time | **Carlsbad City Library****Dove Library**[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/)760-602-2047 | Wed., 10:30 AM | walkers up to age 3This 30-minute program will help children discover the winning combination of music, movement and books. | 1775 Dove LaneCarlsbad, CA  92011 | Weekly | Free |
| Baby Rhyme Time | **Georgina Cole Library**[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/)Youth Services: 760-434-2897 | Tuesday, 10:00 AM & 11 AM | ages birth to 18 months20-minute interactive caregiver/baby one-on-one program introduces babies to books, simple songs and fingerplays. | Cole Library 1250 Carlsbad Village DriveCarlsbad, CA  92008 | Weekly | Free |
| Toddler Time | **Georgina Cole Library**[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/)760-434-2897 | Monday, 10 AM & 11 AM | ages 18 to 36 monthsA toddler/adult program. Twenty minutes of bonding time—sharing stories, songs and fingerplays. | Cole Library 1250 Carlsbad Village DriveCarlsbad, CA  92008 | Weekly | Free |
| Movers & Shakers | **Georgina Cole Library**[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/)760-434-2897 | Friday 10:00 AM | age 18 to 36 months  Children's minds will be stimulated through movement, music and stories with a whole lot of imagination! For ages 18 months and older. | Cole Library 1250 Carlsbad Village DriveCarlsbad, CA  92008 | Weekly  | Free |
| Baby Rhyme Time | **Carlsbad City Library**[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/)760-602-2047 | Wed.10:00 AM&1:30 PM | Pre-walkers. This 20-minute interactive caregiver/baby introduces babies to books, simple songs and fingerplays. Space is limited to the first 12 baby/ caregiver pairs. Please arrive early and check in at the Children’s Desk. | 1775 Dove LaneCarlsbad, CA  92011 | Weekly | Free |
| Toddler Time  | **Carlsbad Library Learning Center**Bilingual Services: 760-931-4500[www.carlsbadlibrary.org](http://www.carlsbadlibrary.org/) | Monday10:30 AM  | Ages 18 to 36 months A toddler/adult program. Twenty minutes of bonding time—sharing stories, songs and fingerplays. | Library Learning Center, 3368 Eureka Place, Carlsbad, CA 92008  | Weekly | Free |
| Rockin’ Toddler Time! | Encinitas Library1-760-753-7376 | Monday 11:00 AM &Thursday10:00 AM | Caregivers and child participate in 20 min. of song, movement and stories and 15 min. of play. | 540 Cornish DriveEncinitas, CA 92024 | Weekly | Free |
| Grandparents & Books | Cardiff by the Sea Library2081 Newcastle Ave., Cardiff by the Sea760-753-4027 | Apr 15 | Grandma Betsy reads to the children in Children’s Corner | Cardiff | One time | Free |
| Baby Yoga | Cardiff by the Sea Library2081 Newcastle Ave., Cardiff by the Sea760-753-4027 | Select days10:30 AM | Songs, stories, and stretches for caregivers and pre-walking babies. Please bring a yoga mat.  | Cardiff | Call | Free |
| Bilingual Spanish/ English Baby Story Time  | Solana Beach Library, Earl Warren Middle School, 157 Stevens Ave. Solana Beach, Ca 92075(858) 755-1666 | Monday10:30 AM | Bilingual story time for babies. Ms. Renee presents stories, songs and activities. | Solana Beach | Held in 6 week sessions. Check calendar online. | Free |
| Love on a leash | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Saturday10 :00 AM | Share a book with a therapy dog and choose a prize out of the treasure chest. Toddler and pre-school ages.  | 1309 Camino Del Mar, Del Mar 92014 | Weekly | Free |
| Bilingual Spanish/ English Story time | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Tuesday10:30 AM | Bilingual story time with Miss Veronica. Toddler and child age. | 1309 Camino Del Mar, Del Mar 92014 | Weekly | Free |
| Teacher Lee Play to Learn | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html>  | Friday 10:30 AM | Music, stories, art and fun for children 5 years and younger. | 1309 Camino Del Mar, Del Mar 92014 | 1st & 3rd Fridays | Free |
| Scripps Musical Story time | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Tuesday10:30 AM | For toddlers and preschool  | 1309 Camino Del Mar, Del Mar 92014 | 2nd Tuesday of the month | Free |
| Baby lap sit story time | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Thursday 10:30 AM | Ages 6-18 months, age appropriate games and songs. | 1309 Camino Del Mar, Del Mar 92014 | 2nd Thursday | Free |
| Baby Yoga | Del Mar Branch Library858-755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Thursday 10:30 - 11:15 AM | Stories, songs and stretches for pre-walking babies and their caregivers. | 1309 Camino Del Mar, Del Mar 92014 | 4th Thursday | Free |
| Toddler Yoga | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Fridays 10:30 AM | Toddler age. Songs and stretches for toddlers and caregivers.  | 1309 Camino Del Mar, Del Mar 92014 | 2nd Friday | Free |
| PJ Story Time | Del Mar Branch Library(858) 755-1666<http://www.sdcounty.ca.gov/library/locations_DM.html> | Wednesday 6:30 PM |

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|  Wear your PJ’s to the library for story time!  |

 | 1309 Camino Del Mar, Del Mar 92014 |

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| 4th Wed.of the month  |

 | Free |
| Afternoon Story Time | Carmel Valley Branch Library 858-552-1668 | Tuesday, 4:00 PM - 4:30 PM | Ages 0-5 yrs.Mr. Ted and Ms. Linda will entertain you with stories and songs. | [Carmel Valley 3919 Townsgate Dr, San Diego CA 92130](http://maps.google.com/maps?saddr=&daddr=3919%20Townsgate%20Dr.%20San%20Diego,%20CA) | Weekly | Free |
| Infant Toddler Story Time | Carmel Valley Branch Library 858-552-1668<https://www.facebook.com/cvlibrary>  | Friday, 10:00 AM-10:30 AM | Infant/Toddler Story Time includes stories and songs. | [Carmel Valley 3919 Townsgate Dr, San Diego CA 92130](http://maps.google.com/maps?saddr=&daddr=3919%20Townsgate%20Dr.%20San%20Diego,%20CA) | Weekly  | Free |
| Baby Book Worm Story Time | Carmel Mountain Ranch Library(858) 538-8181 | Tuesday, 3:30 PM - 4:00 PM | Babies (0-18 mos.) |

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|  | 12095 World Trade Dr, San Diego, CA 92128 |

 | Weekly | Free |
| Preschool Story Time | Carmel Mountain Ranch Library(858) 538-8181 | Friday11:00 AM - 11:30 AM | Ages 18-36 mos. | 12095 World Trade Dr, San Diego, CA 92128 | Weekly | Free |
| Children’s Yoga | Carmel Mountain Ranch Library(858) 538-8181https://www.facebook.com/carmelmountainlibrary | Friday 9:30 AM - 10:00 AM | Babies (0-18 mos.), Toddlers (18-36 mos.) | 12095 World Trade Dr, San Diego, CA 92128 | Weekly | Free |
| Russian Story Time | Rancho Peñasquitos Branch Library 858-538-8159 | Saturday12:30 – 1:00 PM | Birth – 5. Join us for stories and songs in Russian. Learn about Russian traditions in a fun entertaining way. Held in the Children's area | [Rancho Peñasquitos 13330 Salmon River Rd, San Diego CA 92129](http://maps.google.com/maps?saddr=&daddr=13330%20Salmon%20River%20Rd.%20San%20Diego,%20CA) | Weekly for 8 weeks | Free |
| Preschool Story Time  | Rancho Peñasquitos Branch Library 858-538-8159 | Thursday 9:45 AM - 10:15 AM  | All Ages (babies/toddlers) are welcome for Story Time with storyteller, Marilyn McPhie. Includes songs, lullabies, puppets, nursery rhymes, simple games, picture books and ways that parents can explore language in a lively and entertaining way. | [Rancho Peñasquitos 13330 Salmon River Rd, San Diego CA 92129](http://maps.google.com/maps?saddr=&daddr=13330%20Salmon%20River%20Rd.%20San%20Diego,%20CA) | Weekly | Free |
| Baby & Me Yoga | Rancho Peñasquitos Branch Library 858-538-8159 | 2nd & 4th Monday12:30-1:00 PM |

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|  | Babies 0-18 months. 30 minute yoga class includes adult poses, baby excercises, "circle" social time and cooling down. Dress comfortably, and bring a yoga mat and a blanket for the baby. |

 | [Rancho Peñasquitos 13330 Salmon River Rd, San Diego CA 92129](http://maps.google.com/maps?saddr=&daddr=13330%20Salmon%20River%20Rd.%20San%20Diego,%20CA) | 2 x month | Free |
| [Baby Bookworms](http://sdpl.bwcs-hosting.com/cal/event/eventView.do?b=de&calPath=%2Fpublic%2Fcals%2FMainCal&guid=CAL-ff808081-3c0572c2-013c-06dcd410-00001f1bdemobedework@mysite.edu&recurrenceId=20140310T201500Z) | Rancho Peñasquitos Branch Library 858-538-8159 | 2nd & 4th Monday1:15 PM -1:45 PM |

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|  |  Babies (0-18 mos.), Toddlers (18-36 mos.), Story Times |

* Story Time especially for babies age 0-2 years and their caregivers.
 | [Rancho Peñasquitos 13330 Salmon River Rd, San Diego CA 92129](http://maps.google.com/maps?saddr=&daddr=13330%20Salmon%20River%20Rd.%20San%20Diego,%20CA) | 2 x month | Free |
| Baby Signing Story Time | Rancho Peñasquitos Branch Library 858-538-8159 | 1st & 3rd Monday1:15 PM -1:45 PM | Birth – age 5 Discover what your baby is thinking! Parents often wonder, "What is my baby thinking?" Teaching your baby some basic signs using American Sign Language will help fill the gap | [Rancho Peñasquitos 13330 Salmon River Rd, San Diego CA 92129](http://maps.google.com/maps?saddr=&daddr=13330%20Salmon%20River%20Rd.%20San%20Diego,%20CA) | 2 x month | Free |
| Spanish/English Story Time | Rancho Peñasquitos Branch Library 858-538-8159 | Fridays10:30 AM-11:15 AM | Join us in the Community Room as we sing songs, learn rhymes and read stories in both Spanish and English. Great fun for children of all ages - and learn some Spanish too | [Rancho Peñasquitos 13330 Salmon River Rd, San Diego CA 92129](http://maps.google.com/maps?saddr=&daddr=13330%20Salmon%20River%20Rd.%20San%20Diego,%20CA) | Weekly | Free |
| [Baby Story Time](http://host.evanced.info/sdcl/evanced/eventsignup.asp?ID=305073&rts=&disptype=info&ret=eventcalendar.asp&pointer=&returnToSearch=&num=0&ad=&dt=mo&mo=3/1/2014&df=list&EventType=ALL&Lib=0%2C+2%2C+3%2C+5%2C+8%2C+11%2C+12%2C+14%2C+16%2C+35%2C+22%2C+23%2C+24%2C+26%2C+27%2C+29%2C+31%2C+32&AgeGroup=Baby%2C+Toddler&LangType=0&WindowMode=&noheader=&lad=&pub=1&nopub=&page=1&pgdisp=1000)  | Poway Community Library | Monday, 9:45 AM  | Ages birth- 12 months. Songs, rhymes, stories and early literacy fun for babies and caregivers.  | 13137 Poway Rd. Poway, CA 92064 | Weekly | Free |
| [Toddler Story Time](http://host.evanced.info/sdcl/evanced/eventsignup.asp?ID=304996&rts=&disptype=info&ret=eventcalendar.asp&pointer=&returnToSearch=&num=0&ad=&dt=mo&mo=3/1/2014&df=list&EventType=ALL&Lib=0%2C+2%2C+3%2C+5%2C+8%2C+11%2C+12%2C+14%2C+16%2C+35%2C+22%2C+23%2C+24%2C+26%2C+27%2C+29%2C+31%2C+32&AgeGroup=Baby%2C+Toddler&LangType=0&WindowMode=&noheader=&lad=&pub=1&nopub=&page=1&pgdisp=1000)  | Poway Community Library | Monday, Tuesday 10:30 AM | For children ages 1-2. Stories, songs, movement and more! | 13137 Poway Rd. Poway, CA 92064 | Weekly | Free |
| Lil Sluggers Mascots | NCSPsoccer.com858-748-4260 | Mon. & Sat.  | Developmentally appropriate equipment and games are used to teach your child the game of baseball in a fun, exciting, and positive environment. | North County Soccer Park14530 ESPOLA RD, POWAY 92064 | Weekly for 8 weeks | $104 |
| Lil’ Kickers Bunnies | NCSPsoccer.com858-748-4260 | Saturday | Parent/ Child Fun Non-competative | North County Soccer Park14530 ESPOLA RD, POWAY 92064 | Weekly for 8 weeks | $104 |
| Lil’ Kickers Thumpers | NCSPsoccer.com858-748-4260 | Thurs., Fri., Sat., Sun | Soccer Parent/Child Ages 2-3 Class is 50 minutes, once a week, child to coach ratio is at least 8:1, often times 6:1 | North County Soccer Park14530 ESPOLA RD, POWAY 92064 | Weekly for 8 weeks | $104 |
| Lil’ Kickers Cottontails | NCSPsoccer.com858-748-4260 | Sat & SunRegister for time | Soccer Parent/Child Ages 2.5-3.5 | North County Soccer Park14530 ESPOLA RD, POWAY 92064 | Weekly for 8 weeks | $108 |
|  **San Diego Central** |
| Open Technology Labs | SDATCUnited Cerebral Palsy of San Diego County(858) 278-5420[www.ucpsdtechcenter.org](http://www.ucpsdtechcenter.org)  | Ongoing | Computer access equipment |  6162 Mission Gorge Road, Suite F San Diego, 92120  | 3 times per month | Free |
| Baby & Toddler Story Times | Yellow Book Road**619-955-5188**<https://www.facebook.com/pages/The-Yellow-Book-Road/135198728682>  | Baby Story Time  Friday 9:30am Toddler Story Time  Friday 10:15am | Baby, Toddler, preschool Books & story times | Liberty StationBarrack 15 2750 Historic Decatur Rd Barracks 15, Ste 101, San Diego | Weekly  | Free |
| ASL class for Families | CSUN & Deaf Community Services | Starting 2/26/14 | * Beginner ASL for parents
* Intermediate ASL for parents
* ASL for children
 | DCSCommunity Room3rd Floor1545 Hotel Circle South, Suite 300San Diego | Weekly | Free |
| Busy Hands American Sign Language | Chelsea Courtney Hullalohaseashell@gmail.com Kidmunicate.wordpress.com | e-mail | * Baby Sign
 | Clairemont | e-mail | e-mail |
| English Courses | International House(619)260-1113<http://ihworld.com/school/profile/ih_san_diego>  | M-F 1:30-3:30 | * All nationalities welcome
* 16+ to attend
 | Fashion Valley | Semester | Free |
| Support group with scheduled presentations will focus on Education, Health, Social/ Behavioral Concerns, Language Development, Cognitive Skills and Related ServicesEnglish & Spanish | Down Syndrome Association/EFRCKelly Craig*at 619‐594‐7389 or dsaboard@mail.sdsu.edu*Sponsored in part by the Harold J. Ballard Parent Center | MonthlyApr 24thMay 22nd 6:30 PM – 8:30 PM | * Family support and education.
* Light Dinner Provided
* Supervised Play Area For children up to age 10
* Must RSVP
* English & Spanish
 | Ballard Parent Center2375 Congress StreetSan Diego, 92110Room 1 | Tues. or Thurs.See Flyer | Free |
| Spanish Same as above | Manuela Valdez1-800-281-8252 | Same | * Spanish Support Group
 | Same as aboveDifferent room | SameSee flyer | Free |
| Military/Central-South |
| EFMP Monthly Family Training | MCRC EFMPAlexis WillisAlexis.d.willis@usmc-mccs.org619-718-3766[www.mccsmcrd.com/efmp.html](http://www.mccsmcrd.com/efmp.html)  | 1st Monday 10:00 AM | * Spouse Appreciation
* Class for EFMP Dads
 | Call or e-mail | Monthly | Free |
| **South County** |
| Hanen “It Takes Two to Talk” | HOPE Infant Family Support Program | Varies | * Under three – Language DevelopmentHOPE families onlyEnglish and Spanish
 | South County Regional Education Center800 National City Blvd., National City, CA 91950 | 2 x Yr | Free |
| Support Group for Parents of Children with any Diagnosis and any Age | Exceptional Family Resource Center, San Diego Regional Center, South County SELPA Laura Cervantes(619) 470-5227Efrconline.org  | Individual9:30 AM -11:30 AM | Padres de niños con necesidades especiales* Spanish language
 | San Diego Regional Center2727 Hoover Avenue, Suite 100National City, CA 91950 | Monthly | Free |
| Parent trainings | South County SELPALaura Cervantes(619) 470-5227Efrconline.org | Varies | Varies | 800 8th St. National City91950 | Monthly | Free |
| HDS Behavioral Classes |  **South Bay Community Services**619-336-8647 | Varies | Developmental and Behavioral Screenings. Childcare and Transportation available!Workshops are provided in English and Spanish.  | Various locations throughout North Inland | Varies | Free |
| Toddler Time – Ruby Room | Coronado Public Library(619) 522-7393[www.coronado.lib.ca.us](http://www.coronado.lib.ca.us) | Every 1 week(s) on Tuesday and Friday10:10 AM | Singing & stories with parents | Ruby Room640 Orange AvenueCoronado, CA 92118 | Weekly | Free |
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| Baby Storytime  |

 | Bonita Library | Friday 11:00 AM | Pre-walkers.  | 4375 Bonita Road Bonita, CA 91902 | Weekly | Free |
| Toddler Story Time | 4375 Bonita Road Bonita, CA 91902 (619) 475 -4642 | Thursday 11:30 AM | Ages 1-3.  | 4375 Bonita Road Bonita, CA 91902 | Weekly | Free |
| Parenting Classes with Ms. Quigley | National City Adult School | register | $75 per semester, $40 registration fee | 517 Mile of Cars Way,National City619 336-9400 | Weekly | fee |
| Free Family Movie | National City Public Library (619) 470-5800[www.nationalcitylibrary.org](http://www.serralib.org/www.nationalcitylibrary.org) | Sunday at 2 :00 PM | Family | 1401 National City Blvd.National City, CA 91950 | Weekly | Free |
| Teeny Tots Story Time | National City Public Library (619) 470-5800[www.nationalcitylibrary.org](http://www.serralib.org/www.nationalcitylibrary.org) | Tuesday11:15 AM - 11:55 AM | Stories, music, and socialization for 0-3 years old | 1401 National City Blvd.National City, CA 91950 | Weekly | Free |
| DIAL-A-STORY   | National City Public Library(619) 470-5814[www.nationalcitylibrary.org](http://www.serralib.org/www.nationalcitylibrary.org) | Any | Call anytime day or night to hear a story. New story every week!  | Anywhere | 1 x month | Free |
| Toy Lending LibraryMust call to set up appointment for first time and pay fee. | San Diego Assistive Technology CenterUnited Cerebral Palsy of San Diego CountyMaiko 858-278-5420 x 122 or myoshida@ucpsd.org | ongoing | Loans instructional toys to families with children 18 mos. to 10 years developmentally. To enhance playing and learning. | National CityChula Vista | 2 times a month each location | $20 Annual fee |
| “Let’s Read” class for parents only | Chula Vista Elementary School District School Readiness ProgramContact Ginger Hartnett 619 425-9600 | Varies | Promote early literacy | Otay School Readiness Center Contact Ginger Hartnett 619 425-9600 | Varies | Free |
| “Make Parenting a Pleasure” | Healthy Steps | Varies | Free classes in English and Spanish | Chula Vista @ WIC Office1655 Broadway, Suite 16, Chula Vista619-662-4199 | Monthly | Free |
| Parent Child Class | Montgomery Adult 619-600-3800 | Thurdays12:30 PM -1:30 PM | Parent Child class 18-24 months | Chula Vista | Semesters | $40 reg per year+ $5/hr |
| Playing and Learning Together | Chula Vista Elementary District619-425-9600 x 2445 | Various | * 2-4
* Spanish Available
 | Many locations in CV | Weekly | Free |
| Austism Parent Support Group | Exceptional Family Resource Center800-281-8252San Diego Autism Society | Abril 14Mayo 126:00 PM – 8:00 PM | Family support and education for families with children & adolescents with Autism. | 293 “H” StreetChula Vista, CA 91910 | Monthly | Free |
| Story Time | Chula Vista Library Civic Center Branch(619) 691-5069[www.chulavistalibrary.com](http://www.chulavistalibrary.com) | Thurs. 11:00 AM | Reading | Civic Center Branch365 F StreetChula Vista, CA 92010 | weekly | Free |
| Family Pajama Story Time | Chula Vista Library Civic Center Branch(619) 691-5069[www.chulavistalibrary.com](http://www.chulavistalibrary.com) | Thursday 6:30 PM |  | Civic Center Branch365 F Street Chula Vista CA 91910 (619) 691-5069 | weekly | Free |
| Ready to Read Story Time | South Chula Vista Branch 619-585-5755[www.chulavistalibrary.com](http://www.chulavistalibrary.com) | Wednesday 11:15 AM | Reading | 389 Orange Avenue,Chula Vista CA 91911  | weekly | Free |
| Baby pajama Story Time | Chula Vista Library[www.chulavistalibrary.com](http://www.chulavistalibrary.com)619-397-5740 |  Monday 5:00 PM | Create a new bedtime routine with your little one. Join us as we read interactive stories, learn fingerplays and rhymes. The story time is designed for infants and toddlers. Feel Free to wear pajamas! | Otay Ranch Town Center, near the Food Pavilion2015 Birch Road Suite 409 Chula Vista CA 91915 | weekly | Free |
| Baby Story Time | Chula Vista Library[www.chulavistalibrary.com](http://www.chulavistalibrary.com)619-397-5740 | Wednesday 11:15 AM | Ages 0-3. Story Time designed for infants and toddlers. We will read interactive stories. You can learn fingerplays and songs to sing to your baby. | Otay Ranch Town Center, near the Food Pavilion2015 Birch Road Suite 409 Chula Vista CA 91915 | Weekly | Free |
|  Baby Pajama Story Time  | Chula Vista Library[www.chulavistalibrary.com](http://www.chulavistalibrary.com)619-397-5740 | Monday5:00 PM | Toddlers and their parents can enjoy interactive stories, songs and spend time with other toddlers in the neighborhood. | Otay Ranch Town Center, near the Food Pavilion2015 Birch Road Suite 409 Chula Vista CA 91915 | Weekly | Free |
| Toddler Story Time  | Imperial Beach Library(619) 424-6981http://www.sdcounty.ca.gov/library/locations\_IB.html | Every Tuesday 10:00 AM | * Toddlers and their parents can enjoy interactive stories, songs and spend time with other toddlers in the neighborhood.
 | 810 Imperial Beach Blvd.Imperial Beach, CA 91932 | Weekly | Free |
| “Anger Management for the XX1 Century”“Make Parenting a Pleasure”“Self Esteem Workshop”“Family Systems”“Ages & Stages of Childhood Workshop”“Ages & Stages of Adulthood Workshop”Violence Prevention Workshop” | San Ysidro Health Center Maternal and Child Health619 662-4199 | Varies | * Classes in Spanish
 | San Ysidro Health Center Maternal and Child Health Center4050 Beyer Blvd. | Varies | Free |
| **Countywide** |
| Education Round TableAsk An Expert | EFRC & Area Board800-281-8252<http://efrconline.org/index.cfm?page=home>  | Varies | * Part 1 is IFSP
* Part 2 & 3 IEP Information
 | Various locations throughout San Diego County | Several times per year | Free |
| San Diego Dad’s Corp. | SAY San Diego Healthy Start Military Family Resource Center858-496-0044 or 55 | Various | * Fathers children birth to life
* Healthy Relationship Workshop
* 24/7 Dads (or Mom)
 |  | Ongoing sessions | Free |
| **One Time or Annual** |
| **Event** | **Sponsor** | **Dates & times** | **Focus** | **Location** | **Frequency** | **Fee** |
| WOMEN’SRESOURCEFAIR*Empowering Women in Need* | San Diego Volunteer Lawyer Program | Saturday,March 20158:30 – 2:30 | * Medical services for

Women and children,Including pap smearsAnd mammograms for Qualifying women.* Confidential legal

Consultations regardingFamily law issues, childsupport, domestic violence, restrainingorders, public benefitsprograms, immigration,housing. * Help with obtaining Financial assistanceIncluding TANF, CalWorks, Medi-Cal,General Relief, Food

Stamps and Social Security and employmentcounseling | Golden Hall - Downtown202 C StreetSan Diego 92101Registration Is the day No pre--‐registration!www.wrfsandiego.orgor call (619) 338-6620 | Annual | Free |
| So. California Regional Conference | Infant Development Association | April 11-12, 2014 | * Significance of Sensory Experiences in Young Children
 | Weston Pasadena Hotel | 1 time | $210-$290 |
| Southern California Latino Disability Conference  | Disability Rights California | April 22, 2014 | Advocacy – Spanish speaking families | Los Angeles | Annual | Fee |
| Involved Exceptional Parents’ Day Conference | [www.iepday.org](http://www.iepday.org)858-576-2966 English619-336-6672 Español | Saturday, March 2015 | Involved Exceptional Parents' Day (IEP Day) is a unique one-day conference for parents of children with special needs and the professionals who work with them. | Handlery Hotel Mission Valley, San Diego CA | Annual | Fee |
| Benefits of RecordkeepingEng/Spanish | Exceptional Family Resource Center (EFRC)800-281-8252EFRConline.org  | Varies | Priority to families with children who qualify for Prevention, Resources & Referral Services Program (PRRS) through EFRC | National CityEscondido | One Time | Free |
| 2-day Retreat for Moms  | <http://www.freeheartranch.com/retreats-for-mothers.html> | March | Guided Movement Meditation, Personal Development, Expressive Art-making, Supportive Connection with Women Who Get It | Freeheart Ranch University Heights  | Annual |  |
| Abilities Expo - LA | [http://www.abilitiesexpo.com/losangeles/ind](http://www.abilitiesexpo.com/losangeles/index.html)  |  |  |  | Annual |  |
| IDA conferences | <http://idaofcal.org/doc.asp?id=751> |  |  |  | Annual |  |