



PARENTING

Parenting is rewarding, exhilarating and challenging- sometimes all at once! If you are planning to parent there are many websites which are helpful.

Here are a few to get you started.

<http://www.parenting.com/>

<http://www.webmd.com/parenting/>

<http://www.focusonthefamily.com/parenting.aspx>

You can also contact 211 by phone for more San Diego Referrals

Alternatives Medical Clinic has parenting classes that are free! It is all part of our Earn While You Learn Program.

Our classes are convenient to most schedules and tailored for each individual.

We pay **you** "Baby Bucks" that we print for each class or lesson you do. You can use the money to shop in our little boutique. To learn more call us at 760-741-9796