

Mommy & Baby Planner

Classes Range Newborn up to 4 yrs. & Prenatal Yoga Plus...
Temecula, Murrieta, Wildomar, Canyon Hills

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>9:00am Stroller Strides, Canyon Hills Stroller Strides, Mapleton – Murrieta</p> <p>9:15am Prenatal Yoga Plus...Pickles & Giggles 4 Week Sessions</p> <p>9:30am Stroller Strides, Paloma Del Sol, Temecula</p> <p>10:00am Breastfeeding Support Group Pickles & Giggles – FREE!!</p> <p>11:00am Mommy & Baby Yoga Pickles & Giggles 6 wks to crawling age - 4 Week Sessions</p> <p>Summer Lessons: Morning & Afternoon Sessions: Parent & Me Swim 6 mo.-3yrs CRC/CHS Temecula Two Week Sessions – Held June – Aug</p> <p>Spring Lessons: Afternoon Sessions: Parent & Me Swim 6 mo.-3yrs CRC Temecula Two Week Sessions - Held in Late May</p> <p><i>Barbara Ann Powell, BS,AAHCC, Labor Doula, Certified Childbirth Educator in Bradley Method - Classes Ongoing, Photography. 951.303.9022</i></p> <p><i>Birthology – Learn the realities of childbirth with labor nurses in this area: Debbie Bell, RN and Jessica Porges, RN, BSN www.birthology.org – birthology@yahoo.com</i></p>	<p>9:00am Stroller Strides, Harveston – Temecula</p> <p>9:30am Stroller Strides, Los Alamos Sports Park, Murrieta</p> <p>10:00am Stroller Strides Harveston – Tem. Playgroup, Weekly</p> <p>10:00am Breastfeeding Support Group Inland Valley Medical Center, Wildomar Conference Room A Weekly – FREE!!</p> <p>10:30am Stroller Strides Playgroup Los Alamos Sports Park, Murrieta Weekly</p> <p>11:00am Mommy & Baby Yoga Pickles & Giggles 6 wks to crawling age - 4 Week Sessions</p> <p>5:30pm Infant Massage, Pickles & Giggles Weekly</p> <p><i>Need a Nanny or Babysitter - Min. of 3 hours – The newest Babysitter Referral Agency Caring Hands Loving Hearts – Serving Riverside County – 6 verified references per sitter and thorough BACKGROUND CHECK Babysitter Referral Agency Anne Marie Cattane – 951.445.6328 caringhandslovinghearts@yahoo.com 40575 Cal Oaks, D-2-266 Murrieta</i></p> <p><i>Dr. Todd Donohoe, DC, DICCP – Specializing in the care of expectant mothers & children. 951.677.6500 41880 Kalmia St. Ste 135 Murr.</i></p>	<p>9:00am Stroller Strides, Canyon Hills Stroller Strides, Mapleton Murrieta</p> <p>9:30am Stroller Strides, Paloma Del Sol Tem.</p> <p>10:00am Stroller Strides Playgroup, Canyon Hills – Weekly Harveston, Temecula – Weekly Mapleton, Murrieta – Weekly</p> <p>10:00am Music Class, Pickles & Giggles 6mo-18mo. - 6 Week Sessions</p> <p>10:00am Le Leche League Meeting 3rd Wednesday of the month</p> <p>10:30am Stroller Strides, Playgroup, Paloma Del Sol Temecula - Weekly</p> <p>10:30am Pregnancy & Parenting with the Alexander Technique Pickles & Giggles / Newborn - 3yrs 1st Wednesday of the month</p> <p>11:00am Music Class, Pickles & Giggles 16-30months - 6 Week Sessions</p> <p>7:00-9:00pm - 1st Wed. of Month Temecula Valley Mother's of Multiples Tina Meadows 951.696.3533 Meadors.tm2@verizon.net</p> <p><i>All About Birth & Babies A Doula Service, Robin Kay R.N., ICCE (ICEA), CD Dona 951.303.0141 Hm 951.852-7515 cell Linda Yeary R.N., LD, PD 951.244.8446 Hm 951.609.4451 cell www.allaboutbirthandbabies.com</i></p>	<p>9:00am Stroller Strides, Harveston – Tem.</p> <p>9:30am Stroller Strides, Los Alamos Sports Park, Murrieta</p> <p>10:00am MiniSign for Babies Pickles & Giggles 6mo. to 18mo. (for Beginners) 4 Week Sessions</p> <p>11:00am Sign With Your Little One Pickles & Giggles 12mo. to 36mo. Advanced 4 Week Sessions</p> <p>6:00pm Child Preparation, Pickles & Giggles Expecting Couples 4 Week Sessions</p> <p><i>Meditative Mama & Baby – Couples & Prenatal Yoga and Baby Massage Jennifer & Rick Tan www.meditativemamaandbaby.com info@meditativemamaandbaby.com</i></p> <p><i>Sharon Ackerman, PA-C, MA Women's Health and Pre & Postnatal - Natural Hormone Replacement 951.699-0848</i></p> <p><i>Debra Bochinski, R.C.S.T., Registered Cranial Sacral Therapist, Labor Doula 760.500.1281</i></p> <p><i>Pam Christman, CNM Certified Nurse Midwife Women's Health Ctr. Fallbrook 760.731.9908 cnmmsn@mac.com</i></p>	<p>9:00am Stroller Strides, Canyon Hills Stroller Strides, Mapleton Murrieta</p> <p>9:30am Stroller Strides, Paloma Del Sol, Temecula</p> <p>10:00am Music Class, Pickles & Giggles 6mo-18mo. 6 Week Sessions</p> <p>11:00am Music Class, Pickles & Giggles 16-30months 6 Week Sessions</p> <p>10:00am Breastfeeding Support Group Rancho Springs Medical Ctr. Administrative Services Building Murrieta - Weekly – FREE!!</p> <p>Various Times 4 MOM'S CLUBS – Fill-out locator on website to see where your local Chapter is. All mom's welcome with small babies. (see Page 2 for website info)</p> <p><i>Newborn Nurturing Center at Inland Valley Medical Center. Open weekdays. Call for FREE!! consultation or appointment with RN, Lactation Consultant. 951.696.2621</i></p> <p><i>The Bradley Method - Natural Childbirth Preparation Classes Christina Sanders, AAHCC For Schedule Call 951.926.0299 Email: naturalbirths@netzero.net</i></p>	<p>8:30am Stroller Strides, Harveston</p> <p>10:00am Wholebirth Prenatal Yoga Pickles&Giggles 4 Wk Sessions</p> <p>11:00am Couples Yoga Pickles&Giggles</p> <p>1:00pm Meditative Mama Pickles & Giggles 1st Sat. of the month.</p> <p><i>For Massage Debra Crawford Massage Therapist – 951.677.6500 Swedish, Deep Tissue, Pregnancy, Reflexology</i></p>

Dear Parent, **Please PRE-REGISTER** ahead of time for the classes pre-registration is required for. This will assure you and your baby's participation. Classes can fill-up quickly or get cancelled before class date if minimum enrollment is not met. Thank you.

For Contact Information, Pre-Registration / Open Walk-in Availability Options **SEE PAGE 2**

*This calendar was compiled by Atma K. Khalsa, KRI Certified, E.R.Y.T. – Kundalini Yoga, Mommy & Baby Yoga and Prenatal Yoga Plus...Instructor
For info please call Yoga Healing at:*

Atma K. Khalsa 951.696.9063 ext. 105 email: atmak@objectrad.com - www.yogatemecula.com Or www.yogamurrieta.com

EZ Meals for the family from: www.good4youmeals.com/ Or www.dreamdinners.com

Mommy & Baby Planner Contact and Registration Information

Class Ages Ranging From Newborn Up to 4 years old & Prenatal Yoga Plus...

Class Locations Contact Info.	What Events/Classes Workshops Are Offered?	Registration phone/door?	Registration by fax?	Registration by mail? How to get form?	Registration On-Line?	Open Walk-In OK Attendance Available? No Registration Needed	Website Address
Pickles & Giggles A Mommy & Baby Boutique Target Shopping Center Off Rancho California Rd. & Ynez @ 27548 Ynez Rd. # I-5, Temecula CA 92591 951.308.1622	Lots of Mommy & Me Classes, Child Preparation, Birthology, Breastfeeding Support Group, Music, Prenatal, Mommy/Baby & Couples Yoga, Signing with Baby, Baby Massage and Meditative Mama & Baby Classes. (see other side for schedule)	Yes, Phone pre-registration 951.308.1622 Visa / MC Yes, Walk-in Pre-registration Checks / Visa/ MC Accepted Hours: 10:00am-7:00pm M-F 10:00am-6:00pm Sat.	N/A	Phone pre-registration available: 951.308.1622 Fill out form when you come in.	N/A	By pre-registering for the other classes, there is a better chance for you and your baby to participate. Walk-in- Pre-registration Checks / Visa/ MC Accepted	www.picklesandgiggles.com <i>Note: Besides music for 6mo. -18mo. See website above for continuing music classes for: 16mo. -30mo. 2 ½ yrs. – 4 yrs.</i>
Temecula CRC Community Rec. Center 30875 Rancho Vista Rd. Temecula, CA 92591 951.694.6410	Parent & Me Swim Lessons – Please see Guide to Leisure Activities or the website for class & registration information.	No phone pre-registration Yes, Walk-in pre- registration from: 8:00am-4:45pm	N/A	Yes, find the Activities Form online to mail in: http://www.cityoftemecula.org/Temecula/Residents/Activities_and_Classes/ActivitiesBrochure/ Mail check / Visa / M/C with form.	N/A	Walk-In pre-registration before class date is: 8:00am-4:45pm Checks / Visa / MC By pre-registering, there is a better chance for you and your baby to participate.	www.cityoftemecula.org Or call 694-6410 to get Activities form faxed to you. For more information on classes see the: <i>City of Temecula's Guide to Leisure Activities Brochure (pick up at the CRC)</i>
Stroller Strides 866.FIT.4MOM Various locations on website.	Full body workout with your baby in a stroller. First class is Free. Arrive 15 min. before	N/A	N/A	N/A	Yes	Open Walk-in OK- Join after first free class. Arrive 15 minutes before start of class.	www.strollerstrides.com See website and 1 st page for locations Playgroup Available once a week.
Temecula Valley Mother's of Multiples – TVMOM's Call first to verify location 951.696.4699	Support Group for Mom's with Multiple's – Meets 1 st Wednesday of the Month 7-9pm Meets @ 24300 Las Brisas Murrieta Call 1st to verify	N/A	N/A	N/A	N/A	Open Walk-in OK (call first) Normal meeting place is 24300 Las Brisas Murrieta, but call to verify location first.	http://www.scmotc.org/tvmom.htm#Top For information to join email TinaMeadows at: Meadors.tm2@verizon.net
Inland Valley Med. Ctr. Conference Room A 36485 Inland Valley Dr. Wildomar 951.696.2621	Breastfeeding Support Group Tuesday 10:00am	N/A	N/A	N/A	N/A	Open Walk-in OK Conference Room A	www.swhcs.com - For childbirth education classes or doula services call: Sandy Salgado, LCCE, CLE, CD (Dona) at 951.440.8428 or email her at sschildbirthservices@verizon.net
Rancho Springs Med. Ctr. Administrative Svcs. Bldg. Conference Ctr. 696.2621 25500 Med.Ctr. Dr. Murr.	Breastfeeding Support Group Friday 10:00am	N/A N/A	N/A N/A	N/A N/A	N/A N/A	Open Walk-in OK Administrative Services Bldg. Conference Center	www.swhcs.com
La Leche League Contact Phone Numbers: Suzie 951.678.1676 Littlet 951.694.9606 Monique 302.3545	Breastfeeding Support Group 3 rd Wednesday of month 10:00am At various homes, call to find out ←←←	N/A	N/A	N/A	N/A	Open Walk-in OK - Attend first couple meetings free and see if you want to join. Dues can be paid at the meeting.	www.lalecheleague.org Follow links to Southern California/Nevada and a list will come up with Temecula/Murrieta contact information.
Mom's Club – Open to all moms with baby's and/or other children. Go on-line and find your local chapter: www.momsclub.org	Moms & Children Playgroups Mom & Baby group. To find if there is a Mom & Baby mtg. time in your local chapter ask the leader. Prospective members can attend two free meetings before joining.	N/A	N/A	N/A	<i>Find your Local Chapter On-line: www.momsclub.org Register at your meeting. Attend two meetings for free first.</i>	Open Walk-in OK - Find out where and meet with your local chapter, two free times. Dues from \$20-\$30 paid yearly depending on charter.	Mom's Club main website Find your local chapter on-line: www.momsclub.org Temecula Mom's Clubs - contact website: www.temeculamoms.freeservers.com/