



# January 2019

# SmartCare

INTEGRATED BEHAVIORAL HEALTH SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>SmartCare closed</b>	2	3	4	5
<i>Cervical Health Awareness Month!</i>						
6	7 <b>3pm-4:30pm Spanish Parenting Group</b>	8 <b>10-12 Spanish Women's Empowerment</b> <u>1pm English Senior Group</u>	9 <b>3pm-4:30pm English Parenting Group</b>	10	11	12
<i>Co-Dependency Awareness!</i>						
13	14 <b>3pm-4:30pm Spanish Parenting Group</b>	15 <b>10-12 Spanish Women's Empowerment</b> <u>1pm English Senior Group</u>	16 <b>3pm-4:30pm English Parenting Group</b>	17 9:30am <b>Computer Class Spanish</b> VC Library	18	19
<i>Women Empowerment!</i>						
20	21 <b>SmartCare closed</b>	22 <b>10 Spanish Women's Empowerment</b> <u>1pm English Senior Group</u>	23 <b>3pm-4:30pm English Parenting Group</b>	24 9:30am <b>Computer Class Spanish</b> VC Library	25	26
<i>Healthy Weight!</i>						
27	28 <b>3pm-4:30pm Spanish Parenting Group</b>	29 <b>10-12 Spanish Women's Empowerment</b> <u>1pm English Senior Group</u>	30 <b>3pm-4:30pm English Parenting Group</b>	31 9:30am <b>Computer Class Spanish</b> VC Library		
<i>Drug &amp; Alcohol Facts!</i>						

## PAUMA VALLEY COMMUNITY EVENTS

**Monday 3pm-4:30pm**  
**Spanish Parenting Group**  
16650 Hwy 76, Pauma Ca  
Jackie Reyes, BHE  
(760) 690-7828

**Tuesdays 10-12 Spanish**  
**Women's Empowerment**  
16650 Hwy 76, Pauma Ca  
Jackie Reyes, BHE  
(760) 690-7828

**Tuesdays 1pm English**  
**Senior Group**  
16650 Hwy 76, Pauma Ca  
Cindy Plascencia, BHC  
(760) 803-3703

**Wednesday 3pm-4:30pm**  
**English Parenting Group**  
16650 Hwy 76, Pauma Ca  
Jackie Reyes, BHE  
(760) 690-7828

**Thursday 9:30am**  
**Spanish Computer Class**  
29200 Cole Grade Rd.  
Valley Center, Ca. 92082  
Cindy Plascencia, BHC  
(760) 803-3703

*\*SmartCare events are Free!*

For more events in your community visit:  
[www.sdcl.org](http://www.sdcl.org)

In collaboration with:  
Neighborhood Healthcare  
16650 CA-76



NEIGHBORHOOD HEALTHCARE

a californiahalthi.center

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### This Months Wellness Themes:

National Co-dependency Awareness Month  
Cervical Health Awareness Month  
National Drugs and Alcohol Facts Week 1/22-1/27)

Women's Empowerment Awareness  
Healthy Weight Week (1/20-1/26)



# Enero 2019

# SmartCare

INTEGRATED BEHAVIORAL HEALTH SERVICES

**EVENTOS  
COMUNITARIOS  
EN PAUMAVALLEY**

**Lunes 3-4:30pm en Español:**

**Grupo Educación de Padres**

16650 Hwy 76, Pauma Ca  
Jackie Reyes, BHE  
(760) 690-7828

**Martes @ 10-12pm**

**Fortalecimiento Femenil**

16650 Hwy 76, Pauma Ca  
Jackie Reyes, BHE  
(760) 690-7828

**Martes 1pm Ingles**

**Grupo de Ancianos**

16650 Hwy 76, Pauma Ca  
Cindy Plascencia, BHC  
(760) 803-3703

**Miércoles 3-4pm en Ingles:**

**Grupo Educación de Padres**

16650 Hwy 76, Pauma Ca  
Jackie Reyes, BHE  
(760) 690-7828

**Jueves 9:30am**

**Clase Básica de Computación**

29200 Cole Grade Rd.  
Valley Center, Ca. 92082  
Cindy Plascencia, BHC  
(760) 803-3703

*\*Eventos de SmartCare siempre*

Visite los siguiente sitios para ver  
mas eventos en su comunidad :  
[www.sdcl.org](http://www.sdcl.org)

En colaboración con:  
Neighborhood Healthcare  
16650 CA-76



**NEIGHBORHOOD HEALTHCARE**

a californiah<sup>th</sup>.center

Signanos en:  
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[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)

DOM	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		1 <b>SmartCare Cerrado</b>	2	3	4	5
<b>Mes de Concientización de la Salud Cervical!</b>						
6	7 3-4:30pm <b>Grupo de Educación para Padres Español</b>	8 10-12pm <b>Fortalecimiento Femenil</b> 1pm <b>Grupo Ingles De Ancianos</b>	9 3-4pm <b>Grupo Educación para Padres en Ingles</b>	10	11	12
<b>Concientización de la Co-Dependencia!</b>						
13	14 3-4:30pm <b>Grupo de Educación para Padres Español</b>	15 10-12pm <b>Fortalecimiento Femenil</b> 1pm <b>Grupo Ingles De Ancianos</b>	16 3-4pm <b>Grupo Educación para Padres en Ingles</b>	17 <b>Jueves 9:30am</b> Clase Básica de Computación Biblioteca de Valley Center	18	19
<b>Fortalecimiento Femenil!</b>						
20	21 <b>SmartCare Cerrado</b>	22 10-12pm <b>Fortalecimiento Femenil</b> 1pm <b>Grupo Ingles De Ancianos</b>	23 3-4pm <b>Grupo Educación para Padres en Ingles</b>	24 <b>Jueves 9:30am</b> Clase Básica de Computación Biblioteca de Valley Center	25	26
<b>Peso Saludable!</b>						
27	28 3-4:30pm <b>Grupo de Educación para Padres Español</b>	29 10-12pm <b>Fortalecimiento Femenil</b> 1pm <b>Grupo Ingles De Ancianos</b>	30 3-4pm <b>Grupo Educación para Padres en Ingles</b>	31 <b>Jueves 9:30am</b> Clase Básica de Computación Biblioteca de	<b>Hechos de las Drogas &amp; Alcohol!</b>	

## Mes de concientización de:

La Codependencia

La Salud Cervical

Datos sobre Drogas y Alcohol (1/22-1/27)

El Fortalecimiento de la Mujer

El Peso Saludable (1/20-1/26)