

SAN DIEGO CONTINUING EDUCATION



San Diego Continuing Education is pleased to offer the following **FREE** classes:

- **24 to 36 months/Discovering Me**
 - Adults and children learn together how to make the transition from babyhood to childhood. Focus on the language learning, play, fantasy, and exploration that help development and become the foundation for the intellectual growth in a two-year-old. Children must be at least 24 months. Adults attend with toddlers.
 - Offered Thursday mornings, 9:00-12:00 p.m. with instructor Karen Ryland.

- **3-5 Years Preschool Experience**
 - Build skills that strengthen families and prepare the preschool child for kindergarten. Adult students develop communication and problem solving skills while expanding their knowledge of the preschooler's social, emotional, physical, cognitive and language development. The child participates in student planned, age appropriate activities in a preschool environment.
 - Offered Monday, Wednesday and Friday, 9:00-12:15 p.m. with instructor Marina Monta

- **Families Learning Together**
 - Adult students and children, from newborn to five-years-old, learn together in a preschool environment. Addresses family issues including parenting, child development, communication, independent living skills, preparation for elementary school, communication with school personnel, community resources and basic English language development.
 - Offered Tuesday and Thursday, 1:30-4:00 p.m. with instructor Marina Monta

Please note:

- Registration for all the above **FREE** classes is done on the first day of attendance in class.
- Classes are open to parents and other childcare providers.