

Get the tools you need for your child's success!

Bear Valley Community Healthcare District's



PARENT EDUCATION The Mom & Dad Project & RESOURCE CENTER

Ages & Stages

Car Seat Safety

WIC

CPR & First Aid

Pediatric Dental

The Dad Project

Boot Camp for New Dads

Perinatal Services (CPSP)

Reach Out & Read

Resource Center

Childbirth

Parenting Styles

Effective Discipline

Child Enrichment

New Mom Café



The Mom & Dad Project is Big Bear Valley's ONLY Parenting Education & Resource Center. We offer a variety of classes for parents and caregivers raising children from birth to 18 years of age. Take a look at the list of our featured classes, but for a complete list or more information please visit our website at MomAndDadProject.com. The Mom & Dad Project is a program of the Bear Valley Community Healthcare District.



The Mom & Dad Project

Big Bear Valley's Only
Parent Education & Resource Center

909.878.2326

MomAndDadProject.com

[Facebook/TheMomAndDadProject](https://www.facebook.com/TheMomAndDadProject)

41820 Garstin Drive

Big Bear Lake, CA 92315

(Next to the Hospital)



Be the parent today that you want your kids to remember tomorrow.