

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Breastfeeding Support By appointment only	4 Dollars for Dogs SBPD K9 Fundraiser 11:00 A.M. to 9:00 P.M. The Mexico Cafe 892 E Highland Ave San Bernardino, CA 92404	5 Breastfeeding Support By appointment only	6 Hack Your Snack 10:00 A.M to 11:00 A.M Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M *Registration Required
9	10 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required	11 Coptober Fest Doors open at 4:00 P.M. 710 N D St, San Bernardino, CA 92401	12 Maternity Tour Virtual 12:00 P.M. to 1:00 P.M. *Registration Required	13 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M *Registration Required Drink to Your Health 10:00 A.M to 11:00 A.M.
16 Yes! To Fruits & Veggies 10:00 A.M to 11:00 A.M	17 Breastfeeding Support By appointment only	18 Baby Shower 10:00 A.M. to 12:00 P.M. *Registration Required	19 Breastfeeding Support By appointment only	20
23	24 Free Diaper Distribution 9:30 A.M to 11:30 A.M *Registration Required	25	26 Breastfeeding Support By appointment only	27 Trunk or Treat 1800 Medical Center Drive San Bernardino, CA 92411 5:00 P.M to 7:00 P.M.
30	31			

All Classes are FREE of Charge

Todas las clases son GRATIS

Join us at the next cooking demonstration class.

Acompáñanos en la próxima clase de demostración de cocina.

To register call or scan the QR code .

Para registrarse llame o escanee el código QR.



<https://bit.ly/3m6FJcv>

Diapers are available for pick-up once a month.

Please note all classes and events are subject to cancel or reschedule.

For more information or to register for a class, please call 909.806.1816.

At Western Avenue and 17th Street
1725 Western Avenue | San Bernardino, CA 92411
909.806.1816 | dignityhealth.org/san-bernardino

Directions

From San Gabriel Valley

- Take 210 East
- Exit and turn left on State Street
- Turn right on Highland Avenue
- Turn right on Medical Center Drive
- Turn left on Goodlett Street for parking

From High Desert

- Take 215 South
- Exit Mt Vernon Avenue
- Turn right on Highland Avenue
- Turn left on Medical Center Drive
- Turn left on Goodlett Street for parking

From Desert Cities

- Take 10 West
- Merge onto 215 North
- Exit and turn left on Highland Avenue
- Turn left on Medical Center Drive
- Turn left on Goodlett Street for parking

From Menifee

- Take 215 North
- Exit and turn left on Highland Avenue
- Turn left on Medical Center Drive
- Turn left on Goodlett Street for parking

Important Phone Numbers

Health Education Center	909.806.1816
Main Hospital	909.887.6333



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