Becoming a Mom/Comenzando bien® Training
Wednesday July 28 & Thursday July 29, 2010
The California Endowment Center for Healthy Communities, Yosemite Room A,
1000 N. Alameda St., Los Angeles, CA 90012

Program Information

Becoming a Mom/Comenzando bien® was created from two separate curricula: The Pregnancy Workshop, an English-language curriculum for pregnant women, and Comenzando bien®, a bilingual curriculum for Hispanic women. The new curriculum, Becoming a Mom/Comenzando bien® is now a general, bilingual curriculum for all pregnant women.

Each Becoming a Mom/Comenzando bien® session contains learning objectives, background information, key messages, handouts, and a step-by-step lesson plan that can be adapted to meet your clients’ needs.

The training will provide overview information about the Becoming a Mom/Comenzando bien® curriculum, an opportunity to role-play sessions of the curriculum with other facilitators and presentations by expert speakers on the topics of the Becoming a Mom/Comenzando bien® curriculum.

March of Dimes and CPSP agree that Becoming a Mom/Comenzando bien® meets CPSP patient education standards.
PROGRAM AGENDA - DAY 1
Wednesday July 28, 2010  8:30am-4:00pm

8:30-9:00am  Registration & Breakfast

9:00-9:15am  Welcome & Introduction

9:15-10:25am  Introduction to Becoming a Mom/Comenzando bien® and review of each session

10:25-10:45am  BREAK

10:45-11:30am  Cultural Sensitivity and Adult Learning

11:30-12:30pm  LUNCH

12:30-1:00pm  Icebreaker Activity

1:00-2:10pm  Group Activity: Role-play and prepare to teach a complete Becoming a Mom/Comenzando bien® session

2:10-2:20pm  BREAK

2:20-3:30pm  Group Activity (continued): Teach a Becoming a Mom/Comenzando bien® session

3:30-4:00pm  Evaluation, Raffle & Closing

PROGRAM AGENDA – DAY 2
Thursday July 29, 2010  7:30am-4:00pm  (Please note early start time)

7:30-8:00am  Registration & Breakfast

8:00-8:10am  Welcome & Introduction

8:10-9:10am  Prenatal Care

9:10-10:10am  Eating Healthy During Pregnancy

10:10-10:30am  BREAK & Exhibitors

10:30-11:30am  Stress during Pregnancy

11:30-12:30pm  Things to Avoid During Pregnancy

12:30-1:30pm  LUNCH & Exhibitors

1:30-2:00pm  Postpartum Care

2:00-2:30pm  Postpartum Depression

2:30-2:45pm  BREAK & last chance to visit exhibitors

2:45-3:45pm  CPSP: Title 22 Group Class Requirement and Recommendations

3:45-4:00pm  Evaluation, Certificates & Closing
**Becoming a Mom/Comenzando bien** training

Registration Form & Instructions

1) Complete **one form per participant**.
   This requirement applies to **all** participants, **including** those attending as part of a group.

2) All organizations, agencies and consultants **must** bring **at least one** Becoming a Mom/Comenzando bien® curriculum to the training. If you don’t already own a curriculum, you **must** buy one from us.

   **PLEASE INCLUDE PAYMENT FOR THE CURRICULUM WITH YOUR REGISTRATION.**

3) To register, please **FAX** your registration form ASAP to (213) 637-5055. If paying by check or money order (payable to ‘March of Dimes’), **MAIL** payment with original registration form to:
   Attn: Fernanda Crivici
   3699 Wilshire Blvd., Ste 520
   Los Angeles, CA 90010

   If paying by credit card, **MAIL** original registration form to the address above, then **CALL** (213) 637-5030 to provide credit card information. **DO NOT SEND CREDIT CARD INFORMATION BY MAIL.**

   Multiple registration fees can be paid with one check, money order or credit card.

**COMPLETE ONE FORM PER PARTICIPANT**

*Space is limited—please register early.*

Agency/Clinic: __________________________

Name: _________________________________

Title: _________________________________

□ CPHW □ MA □ RN/LVN □ Other: ____________

Phone: __________________________________

Address: __________________________________

E-mail: __________________________________

Check which date(s) you will attend:
   ____ WEDNESDAY, JULY 28
   ____ THURSDAY, JULY 29

Day 1 or Day 2 only $35 per participant ____

OR

Day 1 and Day 2 $60 per participant ____

+ ____________

Cost of curriculum: $100 (2010 version) ____

TOTAL: $ ____________

Please submit registration and payment ASAP. Space is limited to the first 100 people.

**Registration fee (per participant):**

$35 per day

$60 for both days

**Registration fee includes March of Dimes educational materials, FREE PARKING, breakfast, lunch and more. Fee does NOT include Becoming a Mom/Comenzando bien® curriculum. (See pricing below.)**

**Curriculum pricing (per copy):**

Becoming a Mom/Comenzando bien® $100

**Training Location:**

The California Endowment
Center for Healthy Communities
Yosemite Room A
1000 N. Alameda St.
Los Angeles, CA 90012

For directions and venue information, please visit: [www.calendow.org/chc](http://www.calendow.org/chc)