



**Family Wellness &  
Self-Sufficiency**

South Bay Community Services

619.420.3620

[www.SouthBayCommunityServices.org](http://www.SouthBayCommunityServices.org)

# Building Healthy Relationships Classes!



We invite you to participate in a **FREE** education class to learn:

- **Family Violence Prevention** •
- **Ways to Build Healthy Relationships** •
- **How to Improve Communication with Family and Significant Others** •

Classes in *English* and *Spanish* on BOTH Days!



**When:** Tuesdays  
**Where:** 304 West 18th St.  
National City, CA 91950  
**Time:** 4:00 pm to 5:30 pm  
**National City Office:**  
(619) 336-8363

**When:** Thursdays  
**Where:** 540 G Street  
Chula Vista, CA 91910  
**Time:** 4:00 pm to 5:30 pm  
**Chula Vista Office:**  
(619) 422-9208 ext.5464

*\* Free childcare will be provided \**

South Bay Community Services • 1124 Bay Blvd., Suite D • (619) 420.3620

Program funded by a grant from the Paradise Valley Hospital Community Fund of The San Diego Foundation