

**Beginnings Schedule: Irvine**  
November – December 2009

Tuesday, November 3: Childhood Illnesses and How to Handle Them

Tuesday, November 10: Don't let Jingle Bells turn into Jingle Bills

Tuesday, November 17: Gestational Diabtetes

Tuesday, November 24: Heart of Gratitude / Thanksgiving Party

Tuesday, December 1: Kung Fu Self Defense and Tai Chi

Tuesday, December 8: Parenting from the Inside Out

Tuesday, December 15: Christmas Party: White Elephant Gift Exchange

Tuesday, December 22: closed

Tuesday, December 29: closed

**The Dad's Project Schedule: Irvine**  
November – December 2009

Tuesday, November 3: Dad, The Helper

Tuesday, November 17: Money, Work, and Life

Tuesday, December 8: Being a Hero for Your Kid

Tuesday, December 22: closed