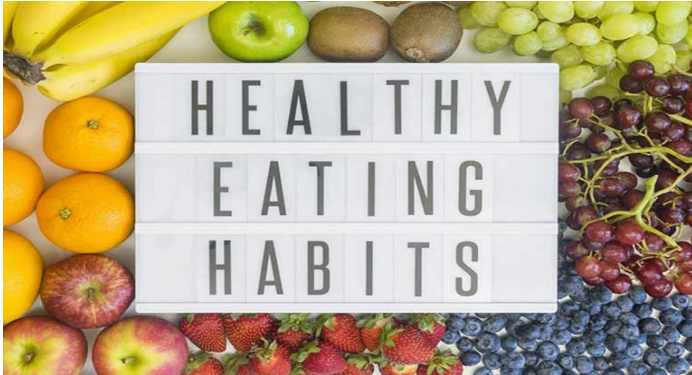




Exceptional Family Resource Center



Monthly info/parent mentoring sessions for Early Start and Preschool families. Sessions will include a brief presentation by experts in the field and parent mentors who will share practical tips and strategies. There will be enough time for questions and discussion.

SAVE THE DATE...
Jan. 20: 6:30 to 7:30 PM
Healthy Eating Habits
Register [here](#) for Zoom link
Topic: UCSD’s Center for Healthy Eating & Activity Research psychologist Dawn Eichen will share the latest research and practical strategies to improve nutrition and behavior.
Dr. Eichen is an Assistant Professor of Pediatrics at UC San Diego and is a licensed Clinical Psychologist. She has conducted eating and weight research since 2006. She received her undergraduate degree in Psychology from Duke University and then her Ph.D. from the Clinical Psychology program at Temple University. Dr. Eichen’s current research focuses on targeting executive function to improve eating behavior and weight.

SAVE THE DATE...
Feb. 23: 6:30 to 7:30 PM
Making The Best of Interpretation Services
Register [here](#) for Zoom link
Topic: Whether you are a parent using Interpretation Services or a professional seeking to engage with a student's family, this workshop will help you maximize the effectiveness of Translation by providing specific strategies for getting your communication needs met whether in-person or via telemeetings .

***Simultaneous interpretation English to Spanish. Additional languages available upon request. Requests must be made 72 hours prior to the meeting. To request other languages, email jgoyos@sdsu.edu**

FOR EVENT UPDATES
EFRCONLINE.ORG



QUESTIONS
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