



Workshop & Speaking Schedule | 2012 to Present

Date	Location	Workshop/Topic
2015		
Sat, Dec 12	Webinar	Gentle Sleep Solutions & Sleep Basics
Thu, Dec 17	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Dec 16	Lawrence Family Jewish Community Center La Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Tue, Dec 15	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Dec 15	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, Dec 10	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 - 13 months
Wed, Dec 9	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Dec 8	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Dec 8	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Sun, Dec 6	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Dec 3	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Wed, Dec 2	Lawrence Family Jewish Community Center La Jolla, CA	Sweet Expectations: Sleep Training for 6 - 13 months
Tue, Dec 1	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Dec 1	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Sat, Nov 21	Webinar	Gentle Sleep Solutions & Sleep Basics
Thu, Nov 19	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Nov 18	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Nov 10	Webinar	Sleep Talk Q & A: 6 - 14 Months

Jen Varela Certified Gentle Sleep CoachSM

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Tue, Nov 10	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, Nov 5	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 - 13 months
Wed, Nov 4	Lawrence Family Jewish Community Center La Jolla,CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Tue, Nov 3	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Nov 3	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Sun, Nov 1	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Nov 1	Lawrence Family Jewish Community Center La Jolla,CA	Sweet Expectations: Sleep Training for 6 - 13 months
Tue, Oct 27	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Oct 27	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Sat, Oct 24	Webinar	Gentle Sleep Solutions & Sleep Basics
Thu, Oct 22	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Tue, Oct 20	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Oct 20	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, Oct 15	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Oct 13	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Oct 13	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, Oct 8	Nightingale Music, La Jolla, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Oct 7	Lawrence Family Jewish Community Center La Jolla,CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Tue, Oct 6	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Oct 6	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Sun, Oct 4	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Oct 4	Lawrence Family Jewish Community Center La Jolla,CA	Sweet Expectations: Sleep Training for 6 - 13 months
Thu, Oct 1	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 - 13 months
Tue, Sep 29	Webinar	Sleep Talk Q & A: 6 - 14 Months

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Tue, Sep 29	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, Sep 24	Nightingale Music, La Jolla, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Sep 22	Webinar	Sleep Talk Q & A: 6 - 14 Months
Tue, Sep 22	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Sun, Sep 20	Lawrence Family Jewish Community Center La Jolla,CA	Sweet Expectations: Sleep Training for 6 - 13 months
Thu, Sep 17	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Sep 16	Lawrence Family Jewish Community Center La Jolla,CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Sat, Sep 12	Webinar	Gentle Sleep Solutions & Sleep Basics
Thu, Sep 10	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Wed, Sep 9	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Sep 5	Webinar	Sleep Talk Q & A: 6 - 14 Months
Sat, Sep 5	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, Sep 3	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 - 13 months
Tue, Sep 1	Lawrence Family Jewish Community Center La Jolla, CA	Restful Nights, Balanced Days
Sun, Aug 30	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Aug 25	North County Mothers of Multiples San Marcos, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Jun 13	Webinar	Gentle Sleep Solutions & Sleep Basics
Thu, Jun 11	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Wed, Jun 10	Nightingale Music, La Jolla, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Jun 9	Webinar	Sleep Talk Q & A: 6 - 14 Months
Wed, Jun 7	Lawrence Family Jewish Community Center, La Jolla, CA	Sweet Expectations: Sleep Training for 6 -13 months
Sun, Jun 7	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Jun 4	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 - 13 months

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Tue, Jun 2	Webinar	Sleep Talk Q & A: Toddler 14 Months – 4 Years
Thu, May 28	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Thu, May 21	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, May 20	Lawrence Family Jewish Community Center, La Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Tue, May 19	Webinar	Online Q & A: 6 Months to 14 Months
Wed, May 13	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Tue, May 12	Webinar	Online Q & A: Toddler 14 Months – 4 yrs.
Sat, May 9	Webinar	Gentle Sleep Solutions & Sleep Basics
Fri, May 8	Webinar	Online Q & A: 6 Months to 14 Months
Thu, May 7	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Wed, May 6	Nightingale Music, La Jolla, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Apr 3	Nightingale Music, La Jolla, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Apr 3	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Apr 16	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Apr 12	Lawrence Family Jewish Community Center, La Jolla, CA	Sweet Expectations: Sleep Training for 6 -13 months
Sun, Apr 12	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Apr 2	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Thu, Mar 26	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Thu, Mar 19	Lawrence Family Jewish Community Center, La Jolla, CA	Restful Nights, Balanced Days <i>How to manage meals, routines, sleep and more!</i>
Wed, Mar 18	Lawrence Family Jewish Community Center, La Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Wed, Mar 11	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Mar 5	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Thu, Feb 26	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Tue, Feb 25	Fox News Channel 5 - San Diego, CA	Morning Show Special Engagement

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Thu, Feb 5	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Sun, Feb 1	Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Jan 29	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Mon, Jan 26	Parent Connection, Carmel Valley – San Diego, CA	Restful nights, Balanced days <i>How to manage meals, routines, sleep and more!</i>
Thu, Jan 22	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Jan 14	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Mon, Jan 12	San Diego Parents of Twins Club La Jolla, CA	Sleeping Tips for Twins: Sleep Basics & Sleep Strategies
Thu, Jan 8	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Sun, Jan 4	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
2014		
Thu, Dec 18	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Dec 11	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Tue, Dec 9	San Diego Continuing Education San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Dec 7	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Dec 4	North Coast Church Mothers of Preschoolers (MOPS), Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Dec 3	Lawrence Family Jewish Community Center La Jolla, CA	Sweet Expectations: Sleep Training for 6 -13 months
Thu, Nov 20	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Thu, Nov 13	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Nov 12	Lawrence Family Jewish Community Center La Jolla, CA	Sweet Expectations: Sleep Training for 6 -13 months
Mon, Nov 10	Parent Connection, La Jolla, CA	Special Engagement: Restful Nights, Balanced days
Thu, Nov 6	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Wed, Nov 5	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants

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Sun, Nov 2	Baby Garten Studio South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Oct 30	Babies in Bloom, Vista, CA	Sweet Sleep Solutions: Sleeping Shaping for Infants
Thu, Oct 23	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Oct 16	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 months
Thu, Oct 14	Presbyterian Church Mothers of Preschoolers (MOPS), Point Loma, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Oct 12	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Oct 9	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basic
Thu, Oct 2	Babies in Bloom, Vista, CA	Sweet Expectations: Sleep Training for 6 -13 month
Thu, Sep18	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Sep17	Lawrence Family Jewish Community Center La Jolla, CA	Sweet Expectations: Sleep Training for 6 -13 months
Thu, Aug 28	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Aug 27	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Sun, Aug 24	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Jun 12	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Jun 11	Lawrence Family Jewish Community Center La Jolla, CA	Sweet Expectations: Sleep Training for 6 -13 months
Tue, Jun 10	Babies "R" Us, La Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Jun 1	Gymboree, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Jun 1	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Fri, May 30	Cloud b at Babies in Bloom, Vista, CA	Keynote: Sleep Baby Sleep Bootcamp
Thu, May 22	New Mom Support Group, South Park San Diego, CA	Guest Speaker: Baby Sleep Basics
Sun, May 18	Unique Ultrasound, Temecula, CA	Gentle Sleep Solutions & Sleep Basics
Wed, May 7	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Sun, May 4	Gymboree, Scripps-Poway, CA	Gentle Sleep Solutions & Sleep Basics

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Tue, Apr 15	Babies "R" Us, Chula Vista, CA	Gentle Sleep Solutions & Sleep Basics
Sun, May 4	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Apr 24	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Apr 6	Gymboree, Chula Vista, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Apr 6	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Apr	Kim West The Sleep Lady's Gentle Sleep Solutions Program	Weekly Q&A Coaching Call Host
Sun, Mar 23	Baby Fest, Oceanside, CA	Expert Pediatric Panel: Navigating the First Years
Wed, Mar 12	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Mar 11	Babies "R" Us, Mira Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Mar 5	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Sun, Mar 2	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Feb 12	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Feb 2	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Jan 29	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Tue, Jan 21	Babies "R" Us, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Jan 15	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Mon, Jan 13	San Diego Parents of Twins Club La Jolla, CA	Sleeping Tips for Twins: Sleep Basics & Sleep Strategies
Fri, Jan 10	Postpartum Health Alliance, La Jolla, CA	Educational Luncheon Keynote: Mom and Baby Sleep!
Sun, Jan 5	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
2013		
Wed, Nov 13	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Wed, Nov 6	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Nov 3	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Oct 17	Gymboree, Chula Vista, CA	Gentle Sleep Solutions & Sleep Basics

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Sun, Oct 6	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Sep 26	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Sep 21	Parent Connection Scripps Coastal Medical Center, Carlsbad, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Sep 19	Parent Connection Baby Garten Studio South Park, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Sep 18	Postpartum Health Alliance Support Group Scripps Ranch Poway, CA	Guest Speaker: Baby Sleep Basics
Wed, Sep 11	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Sun, Sep 8	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
September	Kim West The Sleep Lady's Gentle Sleep Solutions Program	Weekly Q&A Coaching Call Host
Thu, Aug 15	Babies "R" Us, La Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Aug 3	Whole Life Home Care, Encinitas, CA	Guest Speaker: Gentle Sleep Solutions & Sleep Basics
Mon, Jul 15	Lawrence Family Jewish Community Center Jolla, CA	Sweet Sleep Solutions: Sleeping Shaping La for Infants
Thu, Jun 27	Babies "R" Us, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Jun 27	The Birth Education Center, San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Jun 11	Babies in Bloom, Vista, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Jun 2	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, May 23	Babies "R" Us, Chula Vista, CA	Gentle Sleep Solutions & Sleep Basics
Thu, May 16	Parent Connection Scripps Coastal Medical Center, Carlsbad, CA	Gentle Sleep Solutions & Sleep Basics
Sun, May 5	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Mon, Apr 22	Stroller Strides, Coronado, CA	Vendor of the Month
Sat, Apr 13	Offices of Dr. Scott Koenig, La Jolla, CA	Restful Kids, Happy Parents with Dr. Scott Koenig
Sun, Apr 7	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Fri, Mar 29	Gymboree, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Mar 28	Gymboree, Scripps Ranch Poway, CA	Gentle Sleep Solutions & Sleep Basics

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Sun, Mar 10	Baby Fest, Oceanside, CA	Expert Panel: Pediatric Discussion Panel
Sat, Mar 9	Offices of Dr. Scott Koenig, La Jolla, CA	Restful Kids, Happy Parents with Dr. Scott Koenig
Sun, Mar 3	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Feb 28	Gymboree, Chula Vista, CA	Gentle Sleep Solutions & Sleep Basics
Wed, Feb 13	Maternal Mental Health Clinic UC San Diego, Hillcrest, CA	Staff Clinic: Baby and Child Sleep Training Methods
Sat, Feb 9	Parent Connection Scripps Coastal Medical Center, Carlsbad, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Feb 3	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Feb 2	Offices of Dr. Scott Koenig, La Jolla, CA	Restful Kids, Happy Parents with Dr. Scott Koenig
Wed, Jan 16	Postpartum Health Alliance Support Group Scripps Ranch Poway, CA	Guest Speaker: Baby Sleep Basics
Mon, Jan 14	San Diego Parents of Twins Club La Jolla, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Jan 13	Agana Baby, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
2012		
Sun, Dec 9	Gymboree, Scripps Ranch Poway, CA	Five Tips to Get Baby to Sleep
Tue, Nov 27	Cal Safe, Foothills High School San Marcos, CA	Gentle Sleep Solutions & Sleep Basics
Tue, Oct 30	Cal Safe, Grossmont High School El Cajon, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Oct 28	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Oct 27	Agana Baby, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Sep 9	Agana Baby, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Sun, Sep 9	Baby Garten Studio, South Park San Diego, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Aug 30	Gymboree, Scripps Ranch Poway, CA	Five Tips to Get Baby to Sleep
Tue, Aug 28	Gymboree, Chula Vista, CA	Five Tips to Get Baby to Sleep
Mon, Aug 27	Gymboree, Clairemont Mesa, CA	Five Tips to Get Baby to Sleep
Sat, Aug 25	Agana Baby, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Thu, Aug 16	Parent Connection Scripps Coastal Medical Center, Carlsbad, CA	Gentle Sleep Solutions & Sleep Basics

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Thu, Jul 26	Agana Baby, Clairemont Mesa, CA	Gentle Sleep Solutions & Sleep Basics
Sat, Apr 6	Public Library, Rancho Bernardo, CA	Restful Kids, Happy Parents
Wed, Apr 4	Gymboree, Scripps Ranch Poway, CA	Five Tips to Get Baby to Sleep