

## DECEMBER 2022 RESOURCE LIST

### La Paloma Theater:

Take the family to this historic theater and enjoy holiday films like Elf and other classics throughout the year.

### Winter Critter Camp:

Helen Woodward Animal Center runs educational programs throughout the year! The winter camp is offered Dec 19-Jan 6 with weekly or daily rates available.

### Big Life Journal Gift Guide:

This social emotional (SEL) centered company has put together a guide to help find gifts to create a growth mindset! Suggested age ranges are provided as well as discounts.

### Asana Rebel:

This app provides subscription based yoga workouts with varying difficulty levels designed for those who prefer to work out in the comfort of their own home.

### Global G.L.O.W.:

During the pandemic these activity packets were made to provide fun and engaging activities for girls to complete at home. The activities help foster creativity, community building, and more.

### Behind Their Screens:

A book to help parents understand the pressures children are facing with technology. It will lead parents to approach the issue in a positive way, with an “us and them” perspective rather than “us versus them” attitude.

### Hullabaloo Music Band:

Bring the family to enjoy live music every Sunday from 11-11:45 at Westfield Mall North County! This is part of their “Sunday Fun Day” event.

### Collabria Care:

A list of ten tips to help stay balanced and reduce stress during the holiday season.

## Events

### Little Italy Tree Lighting

12/3 @ 4:00 pm

### SD Botanic Garden Lightscape

11/18-1/1/23  
select evenings

### Encinitas Holiday Parade

12/3 @ 5:30 pm  
Coast Highway 101

*We know that keeping a family running on schedule, planning entertaining outings, and staying organized can be beyond difficult! We hope these resources will bring fun, energy, and balance to you and your family. Simply click the bolded link for more information on each listing, and feel free to share!*