

October 4 2019

OCTOBER 4, 2019 BY JEN

Parent & Me at Adat Ariel ECC

Their program provides an opportunity for parents along with their infants and toddlers to enjoy time together in a warm and inclusive Jewish community. They have a wide variety of classes including Sensory World, Grandparent & Me, Beat Buds Music, Infant Cuddles and Shabbat Club. Visit <https://aaeccc.org/programs/parent-me> or call Julie at 818.766.6379 for more information and to sign up. They are a place to relax and engage, connect and embrace the parenting journey together.

Today in History.

www.history.com/this-day-in-history

National Boyfriends Day

Techies Day

Valley of the Paws "Mobile" Pet Grooming

I LOVE them! *HIGHLY* recommend! Stacey and Sheila know how important caring and connecting with animals and creating everlasting relationships is. That is why they provide care for your fur babies as if they were their own and ensure that they receive the highest quality care. The mobile part is they will pick up your pet, groom at their salon in Canoga Park and drop off – ALL at no extra charge! All services include ear cleaning, teeth cleaning and nail trim. Baths start at \$40 and grooming ranges between \$50-\$70. For more info, call 818-212-4250 or 818427-9041.

<https://www.yelp.com/biz/valley-of-the-paws-pet-grooming-woodland-hills>

https://www.instagram.com/valley_of_the_paws/

<https://valleypaws.com>

Land Your family at American Heroes Air Show

Saturday, November 9th from 9am-4pm at the Hansen Dam Sports Complex in Sylmar Plan now to deploy your family to the American Heroes Air Show – the nation's premier admission-free, helicopter-only aviation experience. Static displays, tactical rescue demos & helicopter rides plus the CODE3 Career & Recruiting Expo introduces kids to dynamic careers in public safety! Meet the heroes your family can really look up to !

www.Heroes-airshow.com

The *ULTIMATE* Bar/Bat Mitzvah Learning Experience

Stephanie, founder of Mitzvah Shirah, prepared our sons for their Bar Mitzvahs & I *HIGHLY* recommend! Unaffiliated with a synagogue? Stephanie will guide your child through a meaningful experience. She gives so much of herself, sharing her passion for Torah study and Jewish music through personalized education, customized to your child's personality/creativity. She takes care of every detail, and has guided countless students to their Bar/Bat Mitzvah day with confidence and a true sense of connection to their Jewish heritage. Want to take your child to chant their Torah portion in Israel? She is partnered with a rabbi in Jerusalem! She is also an excellent tutor to enhance your child's synagogue learning experience.

www.mitzvahshirah.com

Baby-O-logy Parent & Me Classes

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December 23 2017

The *ULTIMATE* Bar/Bat Mitzvah Learning Experience We used Stephanie, founder of Mitzvah ...

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Out with the old, in with the new.....

I remember being in college and meeting somebody that was in their 40s. And it seemed so old to me. ...

[...continue reading](#)

Are you a new parent or a “new parent” again? Are you confused and feeling helpless with all the different parenting methods out there? Are you looking for an enrichment class where your child learns through play and not just “play?” The Baby-O-logy classes will assist you to navigate your unique and personalized course through the sea of opinions in the age of information and social media. They will provide support to establish routines that are right for your baby and family.

<https://www.omixtherapies.com/>

Enter Funniest Contest in CA

Starting October 1st, Kvetch for Good will be launched to inspire the community and have fun for good. Has life got you down, have complaints about life, work, kids, significant other, the environment, etc. Email your Kvetch...the funniest complaint every week will win beauty, dining, and shopping, rewards. Submissions judged by moms who know best. To learn more, visit www.KvetchforGood.com, must be 18 years old to participate and live in California.

50,000 items at the LA Kids Consignment sale

Now-Oct. 6th from 9am-5pm

350+ families are contributing over 50,000 amazing new and gently-used items to the LA Kids Consignment. You'll find everything you need for your kids (newborn through pre-teen!): clothes, toys, shoes, strollers, games, puzzles, DVDs, bikes, outdoor play equipment, maternity, furniture, women's purses and so much more!

13119 Hawthorne Blvd. in Hawthorne, 90250

www.lakidsconsignment.com

Raising a Child with Dyslexia: What Every Parent Needs to Know

Keyed to current, cutting edge research, this user-friendly guide provides detailed assistance to parents and educators who want to help dyslexic children achieve their best life. Topics include signs of dyslexia to watch for at various ages, symptoms that warrant diagnosis by a professional, what to expect during the testing process, tips on working with the school to create an optimal learning environment, how to offer a safe, encouraging space where children can learn to manage the emotional fallout of the dyslexic struggle, and how to help children develop coping strategies that will enable them to approach life with courage, determination, perseverance, and joy.

<https://www.amazon.com/gp/product/1937615561/>

Free Storytime Event with The Nocturnals at Vroman's for Bullying Prevention Month

Sunday, October 6th at 10:30am in Pasadena

In support of Bullying Prevention Month, it's time to promote kindness, sharing and inclusion. Fabled Films Press partners with Vroman's Bookstore for an extra special storytime featuring the acclaimed Grow & Read book series, The Nocturnals. The series welcomes its newest title, The Kooky Kinkajou, which engages parents, educators, and children around social-emotional skills such as acceptance, friendship, and empathy in an age-appropriate manner!

<https://www.vromansbookstore.com/event/join-us-special-nocturnals-grow-read-storytime>

Current: LA Food

Oct. 5th-Nov. 3rd

A month-long public arts initiative in 15 LA public parks. All installations and related programming, including 75 events, are free and open to all. In partnership with the Institute of Contemporary Art Los Angeles (ICA LA), the City of Los Angeles Department of Cultural Affairs commissioned 15 artists – including Ry Rocklen, Michael Rakowitz, Jazmin Urrea, and Nancy Lupo – to take on the subject of food accessibility and equity. Shedding new light on the precarious balance between pleasure and peril found in food today, Current: LA Food gives visitors an opportunity to engage in the conversation through encountering museum quality art in their neighborhoods as well as venturing to other communities to experience the entire collection.

www.currentla.org

The 2019 Halloween SpOOktacular at Lanai Road Elementary.

Sunday, October 20th from 11am-4am

It's close to Halloween and something evil's lurking in the dark...it's the Lanai Road Elementary annual SpOOktacular! Sure to be a thriller! SpOOktacular 2019 includes all kinds of thrills, games, rides, contests, crafts, eats and treats. There's no escapin' the jaws of the alien this time, so rally your friends and family and all members of the community for a chiller, thriller time.

4241 Lanai Road in Encino

www.lanairoad.net

Enjoy 'Coastal Connections 5' with The Bay Foundation

Oct. 17th

Join TBF's annual Coastal Connections, featuring incredible honorees, entertainment, delicious gourmet food for all ages, passes for all SM Pier rides and games, and more! Celebrating our vision – through marine, watershed and community programs – for Los Angeles as a healthy and diverse environment resilient to climate change, and an active community engaged in stewardship and learning! Honoring Laura Doss-Hertz of Skysource, Dean Kubani of City of Santa Monica, and LA World Airports!

<https://www.santamonicabay.org/events/>

Casting

Empty Nesters

Your kids are out of the house, now what? MGM television is looking for parents (couples & individuals) who are doing something dramatically different now that their kids are out of the house! Are you drastically downsizing? Moving to a new city? Selling all your belongings? Changing careers? Going back to school? Reevaluating your marriage and maybe your life? To submit, email your contact info, a brief bio and a recent pic to emptynestlifecasting@gmail.com.

AND

Kids Competition Show

A major studio is searching for energetic teams of two (ages 10-14) to go head to head in one of the greatest obstacle courses on television! Whether you are best friends, siblings, cousins or classmates makes sure you both are up to the fun physical challenges and can conquer the tricky trivia you will face throughout this obstacle course! If you are up to the challenge apply now at www.Venertainment.com. Email kidscompetitionshow@gmail.com and include that you heard about this opportunity from Jen's List! Must be a legal citizen or resident of the US. Filming is in Los Angeles November 12th-15th.

Looking for Comfortable, Age-Appropriate Bras for Tweens or Teens?

Introducing Bleuet (Blue-ay)! Bleuet offers bras, camisoles and other under clothes made for tween and teen girls. Each garment is made out of soft, moisture-wicking performance fabric and designed for every girl. All their apparel designed for growing girls, giving them confidence in their bodies and the freedom to do what they love. Bleuet also supports parents with helpful information and community to raise confident, strong and kind daughters.

www.BleuetGirl.com

Outwitting Worry – A Teen's Workshop to Managing Anxiety.

This 8-week, small group workshop, is run by Dr. Conway, a licensed clinical psychologist, who for 30 years has worked with children/teens who struggle with anxiety. It is geared toward 14-16 year olds struggling with fears, teens who shrink away from typical challenges & fret about unlikely scenarios. It is intended for teens who can't seem to move away from their fearful thoughts. With similar aged peers, they will learn effective strategies to turn their big, uppercase WORRIES into smaller, more manageable lowercase worries. Outwitting Worry will introduce your teen to strategies based on Cognitive Behavioral Therapy. Email karen@coastalpsychgroup.com or call 818.730.0855 for more info.

<https://coastalpsychologicalgroup.com/>

Kidoodle.TV®

A family-focused Safe Streaming™ channel committed to ensuring children have a safe alternative to stream their favorite children's TV shows and movies. Available in 140+ countries, on thousands of connected devices, Kidoodle.TV® is the place where parents and caregivers can trust that their children will be safe and not be exposed to something harmful or inappropriate. Every piece of content available on Kidoodle.TV® is strictly vetted by caring people committed to protecting children! We believe in holding children's hands when they cross the street, and feel streaming is not any different. Kidoodle.TV® is available on iOS, Android, Apple TV, Fire TV, LG, Samsung, Chromecast, Roku, Amazon, IPTV STBs, HTML5 Web, and many other streaming media devices.

www.kidoodle.tv

Wallsauce

Creates made-to-measure wallpaper murals for homes and businesses looking to give its space that show-stopping feature wall. Choose from 1000's of images gathered from leading designers, artists and image libraries around the world. With 1500+ 'excellent' customer reviews, you know you can rely on Wallsauce.com for high-quality wall murals.

www.Wallsauce.com

Open Enrollment for Medical Insurance Starts October 15th

Isn't it worth trying to save some \$\$\$? Do you feel like you never hit your deductible, yet you pay huge premiums month after month? Jeremy Licht is a medical insurance expert and has helped thousands of people find the plan that fits both their needs and their budget. Let him do the same for you. He works with all the major companies (including Covered California!) and knows their plans inside and out. Contact 818-762-5947 or jeremylight@gmail.com. All information is kept strictly personal and confidential.

Keeping Memories in Motion

They specialize in one of a kind customized apparel, embroidery, silkscreen and vinyl. They can help you repurpose items you have and don't know what to do with. With just 3 easy steps, Team RM can assist you in creating new memorable items with personalized flare.

<https://recyclingmemories.com>

Professional Interior Design Services for your Home or Business

Looking for interior design help for a home or office project? If you need help with a kitchen or bath remodel, paint color selections, space planning, furniture selections, moving day help, or general design advice – no project is too small. Hourly rate for on site design consultations or ongoing design services is \$100/hr. Available in both OC & LA. Offering design consultations local or online, for anyone, anywhere, 1hr/\$100, details and flat rate room design services: <https://www.jillseidnerinteriordesign.com/services.html> and affiliate referral: <https://www.jillseidnerinteriordesign.com/blog/flat-rate-room-design-affiliate-referral>.

Handyman

Christian can do it all. He is a highly-skilled handyman with helper. They are equipped with truck and tools and can be hired as an individual or as a team. Hourly rate individually is \$30 per hour or great deal per hour for both. Email handymanocris@yahoo.com or call Christian 310-415-1643.

The Moorpark Jewish Center Hebrew School

They make learning loads of fun! And it will be taking place at the new Center, called the Chabad Ranch, a sprawling 5.5 acre ranch property in central Moorpark. Give your child an eternal gift that will fill them with Jewish pride, Jewish identity, the beauty and warmth of Judaism and its Mitzvot. Each child will learn how to read on their own level with our innovative Aleph Champ curriculum. Limited scholarships available. There is a possibility to change the day if there is a need. Call Devorah at 805-CHABAD-2 (242-2232) for more info.

www.JewishMoorpark.com/HebrewSchool

Embracing Life: Surviving the Struggle by Learning to Embrace the Experience

Emeka Anyiam PhD, LMFT demonstrates how to become the best version of yourself while maintaining healthy relationships with others. Breaking down life into eight separate stages, each stage detailed with a specific conflict, Dr. Anyiam shares the powerful approach of accepting your struggles by refocusing and developing effective methods to resolve any issues someone may face.

<https://www.amazon.com/Embracing-Life-SURVIVING-STRUGGLE-EXPERIENCE/dp/1097625125/>

Inspiring Book About Inclusion, Acceptance And Perseverance

An Alaskan grizzly bear cub survives a tragic accident, leaving him with one limp paw. But despite his physical challenge, his dream of becoming a great salmon catcher spurs him to take personal risks as he befriends an injured billy goat. Boots, the bear cub, will do anything necessary to accomplish his dream. When the injured goat offers a promise of possibilities in the hopes that Boots will not eat him, the three-pawed cub must face unexpected consequences. Can Boots trust the goat to deliver on his promise? The surprise ending will even surprise you!

<https://www.amazon.com/Three-Paws-Karen-Struck/dp/1644627906/>

Full Charge Bookkeeping services available for Small Businesses or Individuals

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