

Healthy Families offers a variety of Parent Education Classes for families with children ages 0 through 18. Below is a list of the start dates for upcoming classes.

February

- 3** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 6** – Childbirth – 2-day Workshop
- 16** – Ready for Better Job & Finances: Get the Keys – 12 wk program to reach your Job & Career goals
- 20** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

March

- 3** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 8** – Positive Discipline – 4 workshops, Will explore common parenting concerns
- 11** – Growing up Grands – Topics include legal & school issues, social media, resources, self-care
- 20** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 24** – Childbirth – 8 week class

April

- 7** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 10** – Childbirth – 2-day Workshop
- 13** – Nurturing Skills for Parents of Children ages Birth-4 –Normal child development, routines, positive discipline & more
- 13** – Nurturing Skills for Parents of Children ages 5-12 –Family rules, manage behavior, stress & communicate effectively
- 13** – Nurturing Parents of Teens –Parents & Teens learn to handle stress, communicate & negotiate
- 14** – 24/7 Nurturing Dads –Communication, Male/Female relationships & responsible fatherhood
- 17** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

To register go to: www.register.capturepoint.com/hampton

Call for more information 727-1300 ext. 3
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