

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.

January

- 5** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 10** – Nurturing Skills for Parents of Children ages Birth-4 –Normal child development, routines, positive discipline & more
- 11** – Nurturing Skills for Parents of Children ages 5-12 –Family rules, manage behavior, stress & communicate effectively
- 11** – Nurturing Parents of Teens –Parents & Teens learn to handle stress, communicate & negotiate
- 11** – Nurturing Skills for Parents (mornings) – for parents of children 0-12
- 12** – 24/7 Nurturing Dads –Communication, Male/Female relationships & responsible fatherhood
- 12** – Childbirth – 8 week class
- 22** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 22** – Mothering & Breastfeeding Support Group

February

- 2** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 2** – 1-2-3 Magic -6 week class on discipline for children ages 2-12.
- 5** – Childbirth – 1-day Workshop
- 26** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 26** – Mothering & Breastfeeding Support Group

March

- 2** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 19** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 24** – Childbirth – 8 week class

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

Call for more information 727-1300 ext. 3
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