

*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.

### **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.

### **May**

- 5** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 5** – Positive Discipline – 4 workshops, Will explore common parenting concerns
- 12**– 1-2-3 Magic – Program provides easy to follow steps for disciplining children ages 2-12
- 15**– Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

### **June**

- 2** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 2** – Childbirth – 8 week class
- 5** – Childbirth – 2-day Workshop
- 12** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

**To register go to:** [www.register.capturepoint.com/hampton](http://www.register.capturepoint.com/hampton)

Call for more information 727-1300 ext. 3  
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