

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. All classes at this time are held virtually

February

- 1 – **Growing up Grands** – Topics include legal & school issues, social media, resources, self-care
- 2 – **1-2-3 Magic** – 6 week class on discipline for children ages 2-12.
- 2 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 2 – **Credit Readiness & Budgeting** – 4 wk program to help your child learn the art of saving
- 5 – **Childbirth** – 1-day Workshop
- 7 – **HERE! workshop** – 90 minute workshop covering issues on truancy
- 26 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 26 – **HERE! workshop** – 90 minute workshop covering issues on truancy
- 26 – **Mothering & Breastfeeding Support Group**

March

- 2 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 7 – **HERE! workshop** – 90 minute workshop covering issues on truancy
- 19 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 19 – **HERE! workshop** – 90 minute workshop covering issues on truancy
- 23 – **Childbirth** – 8 week class
- 26 – **Mothering & Breastfeeding Support Group**

April

- 6 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 9 – **Childbirth** – 1-day Workshop
- 11 – **Nurturing Skills for Parents of Children ages Birth-4** – Normal child development, routines, positive discipline & more
- 12 – **Nurturing Skills for Parents of Children ages 5-12** – Family rules, manage behavior, stress & communicate effectively
- 12 – **Nurturing Parents of Teens** – Parents & Teens learn to handle stress, communicate & negotiate
- 12 – **Nurturing Skills for Parents– (mornings)** Normal child development, routines, positive discipline & more for children birth to age 12
- 13 – **24/7 Nurturing Dads** – Communication, Male/Female relationships & responsible fatherhood
- 13 – **1-2-3 Magic** – 6 week class on discipline for children ages 2-12.
- 16 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 16 – **HERE! workshop** – 90 minute workshop covering issues on truancy
- 18 – **HERE! workshop** – 90 minute workshop covering issues on truancy
- 23 – **Mothering & Breastfeeding Support Group**

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

Call for more information 727-1300 ext. 3
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