

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.

October

3 – Childbirth – 2-day Workshop

7 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

6 – Positive Discipline for ages 2-6 - how to create a home where respectful cooperation is the norm

17 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

November

4 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

7 – Childbirth – 2-day Workshop

21 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

December

2 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

2 – Baby Care – What to do after the baby is here

19 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

January

6 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

23 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

12 – 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

13 – 24/7 Nurturing Dads –Communication, Male/Female relationships & responsible fatherhood

13 – Childbirth – 8 week class

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

Call for more information 727-1300 ext. 3

www.hampton.gov/healthyfamilies

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