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.

**September**

2 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
12 – Childbirth – 2-day Workshop
15 – Nurturing Skills for Parents of Children ages Birth-4 – Normal child development, routines, positive discipline & more
15 – Nurturing Skills for Parents of Children ages 5-12 – Family rules, manage behavior, stress & communicate effectively
15 – Nurturing Parents of Teens – Parents & Teens learn to handle stress, communicate & negotiate
15 – Building Better Relationships – Couples set goals & examine the values within their relationship
16 – 24/7 Nurturing Dads – Communication, Male/Female relationships & responsible fatherhood
16 – Nurturing Skills for Parents – Normal child development, routines, positive discipline & more
19 – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
23 – Childbirth – 8 week class

**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.

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

Call for more information 727-1300 ext. 3
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