

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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