

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

October

- 4 – Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 7 – Childbirth Wksp** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 21 – Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.

November

- 1 – Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 1 – Circle of Parents** – Parent support group of toddlers
- 18 – Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.

December

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

January

- 3 – Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 8 – Nurturing Skills for Parents of Children ages Birth-4** –Normal child development, routines, positive discipline & more
- 8 – Nurturing Skills for Parents of Children ages 5-12** –Family rules, manage behavior, stress & communicate effectively
- 9 – Nurturing Parents of Teens** –Parents & Teens learn to handle stress, communicate & negotiate
- 9 – Nurturing Skills for Parents– (mornings)** Normal child development, routines, positive discipline & more for children birth to age 12
- 10 – Childbirth** – Labor, delivery and newborn baby care program is designed to answer questions and prepare you for the new experiences of pregnancy and parenthood
- 10 – 24/7 Nurturing Dads** –Communication, Male/Female relationships & responsible fatherhood
- 20 – 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

www.hampton.gov/healthyfamilies

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