

*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**

- 1** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.
- 1** – Childbirth – 8 week class
- 13** – Nurturing Skills for Parents of Children ages Birth-4 –Normal child development, routines, positive discipline & more
- 13** – 24/7 Nurturing Dads –Communication, Male/Female relationships & responsible fatherhood
- 14** – Nurturing Skills for Parents of Children ages 5-12 –Family rules, manage behavior, stress & communicate effectively
- 14** – Nurturing Parents of Teens –Parents & Teens learn to handle stress, communicate & negotiate
- 14** – Nurturing Skills for Parents –Normal child development, routines, positive discipline & more
- 18** – Kids First – 4 hr. workshop, Meets court ordered issues for custody & visitation.

### **October**

- 2** – Childbirth – 2-day Workshop
- 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.

### **November**

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

To register go to: [www.register.capturepoint.com/hampton](http://www.register.capturepoint.com/hampton)

Call for more information 727-1300 ext. 3  
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