



News Release

FOR IMMEDIATE RELEASE –

Aug. 12, 2012

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Health Department Offers Parenting Class

FAYETTEVILLE, NC – The Cumberland County Department of Public Health will offer a series of educational parenting classes for the parents of children ages 0-5 beginning Aug. 21. The classes will be held in 90-minute sessions on three consecutive Tuesday nights.

The step-by-step classes are designed to teach new parenting strategies and allow parents to share experiences. Each class will cover a different topic and will be a combination of lecture, video and hands-on learning.

Classes will be held in the second floor conference room of the Public Health Center at 1235 Ramsey St. Light refreshments will be served. Times and dates for the classes are as follows:

- Aug. 21, 6-7:30 p.m.
- Aug. 28, 6-7:30 p.m.
- Sept. 4, 6-7:30 p.m.

Pre-registration is required and parents are asked to attend all three classes in order to obtain a certificate of completion. Class space is limited, so early registration is encouraged. To register, call (910) 433-3890. The classes are only for parents or family members who are part of the child's support system. Childcare is not provided. Attendees are asked to make babysitting arrangements prior to the class.

Kassie Howard, Maternal Health Educator for the Health Department, will teach the classes.

“Participating in the parenting classes will help parents learn how to handle stressful situations with their young children and see how other parents have handled situations,” Howard said. “We want to help parents learn new strategies and decrease their stress level to become stronger, more energetic parents.”

For more information about Health Department programs go to <http://www.co.cumberland.nc.us/health.aspx>.

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