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#### NEK-CAP Offering Love and Logic Classes

NEK-CAP, Inc. will be offering Love and Logic classes. This 3-class session parenting course, developed by the Love and Logic Institute, was designed to help you find specific answers and actions for some of those difficult moments in child rearing. These simple techniques are effective with all children, from toddlers to teens.

This 3-class session will be held October 8th, 15th and 22nd; from 4:30pm-6:30pm at the NEK-CAP Administrative Office, 1260 220th Street in Hiawatha. All three sessions will be required to receive the certificate.

The workshop is open to all adults, and teenage parents. It will be facilitated by Barb Holland, Kristina Romine and Shelby Howard, Family Development Advocates.

Pre-enrollment is needed in order to ensure that adequate enrollment exists to hold the scheduled session. If the workshop should be full, we will attempt to contact you as to the next available workshop session. If inadequate pre-enrollments are received, the workshop will be cancelled for that location. For more information or to pre-register by October 1st, contact Barb at 785-742-2222, ext. 214; Kristina at 785-742-2222, ext. 264 or Shelby at 785-486-2965.

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