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#### NEK-CAP, Inc. To Offer Love and Logic Classes in Nemaha County

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 Wednesdays, December 4th, 11th, and 18th; from 6:00pm-8:00pm at the NEK-CAP, Inc. Office, 16 B Main Street in Sabetha. All three sessions will be required to receive the certificate. This workshop is open to all adults, and teenage parents. It will be facilitated by Whitney Niehues and Bree Seitz, 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 December 2nd, contact Bree at 785-284-3009.