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#### NEK-CAP, Inc. To Offer Parenting Classes

NEK-CAP, Inc. will be offering Parenting the Love and Logic Way 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 January 7th, 9th, & 16th, 2014; from 5:00pm-7:30pm at the NEK-CAP Head Start Center, 530 W. Jones Street in Troy. All three sessions will be required to receive the certificate. This workshop is open to all adults, and teenage parents (sorry, no child care provided). It will be facilitated by Belinda White, Family Development Advocate. 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 this location. For more information or to pre-register by January 2nd, contact Belinda at 785-985-2619 (office) or 816-262-2491 (cell).