

Branch-Hillsdale-St. Joseph Community Health Agency

March 5, 2014

Steve Todd, Health Officer

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FOR IMMEDIATE RELEASE

Parenting Classes Coming Soon!

(Hillsdale, MI) It's not easy being a parent! The Branch-Hillsdale-St. Joseph Community Health Agency is here to help. We would like to extend to you the opportunity to learn some practical solutions to the everyday challenges of parenting your young child. We are currently offering two parenting classes: **1,2,3 Magic** and **Love and Logic**.

During **1, 2, 3 Magic**, parents will meet once a week for 2 weeks. Parents will learn how to handle misbehavior, put a stop to obnoxious behavior and how to encourage good behavior. Parents must attend both sessions in order to complete the series.

1, 2, 3 Magic will be offered at the Health Department on the following dates in 2014:

Tuesday, March 18 & 25 from 5:30 p.m. - 7:30 p.m.

Wednesday, July 16 & 23 from 10:00 a.m. – Noon

During **Love and Logic**, parents will meet once a week for 5 weeks. Parents will learn how to raise responsible kids and how to let empathy and consequences do the teaching. Parents must attend all 5 sessions in order to complete the series.

Love and Logic will be offered at the Health Department on the following dates in 2014:

Tuesday, April 1, 8, 15, 22 & 29 from 10:00 a.m. - Noon

Friday, August 1, 8, 15, 22 & 29 from 5:30 p.m. - 7:30 p.m.

Parents must register for classes and free childcare. For more information or to register, please contact the Branch-Hillsdale-St. Joseph Community Health Agency at (517) 437-7395 ext. 112 or stop by our Hillsdale County office located at 20 Care Drive, Hillsdale, MI.

These classes are offered to anyone in the community as part of the Healthy Beginnings program. Healthy Beginnings is a **free, voluntary, and confidential program** for expectant families and families who have children under the age of 5 years who live in Hillsdale County. Healthy Beginnings participants receive ongoing support and parenting education so that they can be the best parents they can be, while helping their children to grow up to reach their full potential! Learn more about the classes and the Healthy Beginnings program by going to our website: www.bhsj.org and click on the **Health Education** button at the top of the page.

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Branch County
570 N. Marshall Rd.
Coldwater, MI 49036
(517) 279-9561

Hillsdale County
20 Care Drive
Hillsdale, MI 49242
(517) 437-7395

Three Rivers
1110 Hill St.
Three Rivers, MI 49093
(269) 273-2161