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#### NEK-CAP, Inc. To Offer Parenting the Love and Logic Way(r) Classes

NEK-CAP, Inc. will be offering Parenting the Love and Logic Way(r) 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 7th, 14th & 21st; 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. This workshop is open to all adults, and teenage parents (sorry, no child care provided). It will be facilitated by Holly Gantt, Kristina Romine and Shelby Howard, Family Development Advocates. Seating is limited and 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 Kristina at 785-742-2222, ext. 114; Holly at 785-742-2222, ext. 164 or Shelby at 785-486-2965.