

## **Baby Bear Hugs to host 16-week parenting class**

Written by Holyoke Enterprise

---

Baby Bear Hugs will be offering The Nurturing Parent Program for Phillips County and surrounding area families beginning Jan. 11, 2010 in Holyoke. The program is a fun and interactive 16-week parenting course for parents and their children.

It is designed to increase family communication, cooperation, closeness and respect. Parents and children learn to handle feelings, communicate needs, understand each other better, take charge of their own behavior, feel good about themselves, enjoy each other and have fun. Practical, effective techniques are taught for handling challenging behavior and conflicts.

The group takes place in a supportive and confidential atmosphere.

The Nurturing Parent Program will be held Monday evenings at First Christian Church in Holyoke. Each evening begins with a family meal. Parents and children then go to their programs.

For more information or to enroll in the free program call Pam at Baby Bear Hugs at 854-2921.