

Cumberland County Department of Public Health Parenting Programs 2019

ScreamFree Parenting

Learning to relate with others in a calm, cool, and connected way, taking hold of you own emotional responses no matter how anyone else chooses to behave; learning to focus on yourself and take care of yourself for the world's benefit.

4-Class Series 9 a.m. – 11 a.m.
November 7, 14, 21

Active Parenting 1-4

Addresses basic skills for new parents and early childhood staff training.

3-Class Series 9 a.m. – 11 a.m.
February 5, 12
April 8, 15, 22
August 5, 12, 19
October 29, November 5, 12

**In order to receive a certificate all classes in a series must be attended*

1235 Ramsey Street
Fayetteville
co.cumberland.nc.us/health

**For more information
call 433-3890.**



Public Health
Prevent. Promote. Protect.

**CUMBERLAND
COUNTY**
NORTH CAROLINA