

Classes at Mary Immaculate

Mary Immaculate Hospital and Newport News Healthy Families Initiatives present BABIES a 12 week education program for child birthing mothers and their partners. Program include 10 weeks of prepared childbirth, parenting and nurturing classes. The last 2 weeks include safety and CPR classes. After the infant is 6 weeks old, infant massage classes are included as well. Free for residents of Newport News or if delivering at Mary Immaculate Hospital. Call 886-6700 for dates, times, and additional information.

Family Focus, a program of the Mary Immaculate Foundation, cordially invites Fort Eustis families to attend the following classes.

Nurturing Program for parents and children 1 to 4 years old. This nationally recognized parent education program teaches highly effective parenting techniques. Participants meet weekly and learn skills to improve family life. The program addresses topics like understanding and managing behaviors, setting boundaries and creating family rules, increasing self-esteem and emotional skills, handling your own stress and anger, program solving and decision making, and more. Call Delores Price 886-6511 to register.

Beyond the Delivery and Infant Massage, Family Focus – Stoneybrook (Mondays) Family Focus - Grafton (Thursdays). Classes for infants ages newborn to 6 months offering you the opportunity to learn more about your exciting new role as parent. Call 886-6511/989-2945 for more information.

1-2-3-4 Parent! Parenting childred age 1-4. A 3 session program that show you discipline methods that work, how to prevent problems such as tantrums, ways to build a loving bond with your child etc. from 7:00 to 9:00P.M. at Mary Immaculate Hospital Physician Conference Room, 2 Bernardine Dr, Newport News. Call to register @ 886-6511 Delores Price or Joy Walters 871-0422.

Active Parenting of Teens, A survival guide for parents of preteens and teens...Thursdays from 7:00 to 9:00 P.M., To register call 886-6511 or Joy Walters 871-0422.

Teen Parents Nurturing Support Group @ Mary Immaculate Hospital, Fridays 5 PM – 7 PM, Childcare and meals, call 886-6511 or 886-6700.

Raising Children in Trouble Times (Safety skills for Your Child) Family Focus-Stoneybrook. Call 886-6511.

Family Focus Playgroups Interactive parent and child playgroups for parents with children age 6wks – 3 years old. Stoneybrook/Lee Hall : 833-3054/886-6511; Midtown Community Center: 886-6511; Grafton: 898-2945; Williamsburg: 566-9777.

The positive Parent...Regaining custody, Free transportation and child care. Call 898-2945 for more information.

Cooperative Parenting & Divorce, A survival guide for co-parents and step-parents...Tuesdays from 7:00 to 9:00 PM @ Mary Immaculate Hospital Resource Center, Newport News. Call Delores Price 886-6511 or Joy Walters 871-0422 to register.