

News Release

South Seattle Community College

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FOR IMMEDIATE RELEASE:

December 21, 2006

Free Classes to Make Parenting Less Stressful and More Fun!

Registration is now open for the winter session APPLE Parenting classes, which begin January 25 and January 26 in Tukwila. APPLE (A Positive Parenting Learning Experience) serves parents, grandparents and child care providers of children less than eight years of age. Parents learn more ways to communicate and discipline effectively and to better manage stress and anger.

Both morning and evening classes are available in Tukwila. The Children's Program provides nurturing care, structured play and social skill building for children up to eight years of age while their parents are in class. APPLE is administered by South Seattle Community College.

Call Karen at (206) 764-5801 for information and registration.

Free Classes for You and Your Baby!

Registration is now open for the winter Baby & Me class for parents, grandparents, caretakers and children under the age of 18 months. This is a wonderful place to talk with other parents and caregivers and to get up-to-date information about development and early learning. It's also a special time for your baby with toys, music, bubbles and learning activities.

Baby & Me is sponsored by South Seattle Community College and White Center Public Health. Classes are on Tuesdays, 10:00 a.m. to noon in White Center; on Wednesdays, 10:00 a.m. to noon in White Center (in Spanish); and Thursdays 11:00 a.m. to 1:00 p.m. in Tukwila.

Call Karen, 764-5801, for information and registration.

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For more information contact:

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