

FOR IMMEDIATE RELEASE

June 27, 2023

Media Contact: Kim Foster, MHA, kimberlee.foster@vdh.virginia.gov

Central Virginia Health District and Bright Beginnings of Central Virginia Offer Parenting Classes

LYNCHBURG, Va. – The Central Virginia Health District and Bright Beginnings of Central Virginia are offering the Incredible Years Program starting July 11. The program focusses on coaching language development, imitation and sensory routines, social communication, use of pretend play to promote empathy and social skills and promoting self-regulation skills. The program is designed to educate parents on new ways to enjoy time with their child/children and how to address behavioral issues.

The five-week program will take place on Tuesday and Thursday evenings.

Dates: July 11, 13, 18, 20, 25, 27, August 1, 3, 8, 10

Time: 5:30 - 7:30 p.m.

Place: Lynchburg Health Department, 307 Alleghany Ave.

For more information contact April Birchfield, Local System Manager, Infant Toddler Connection of Central Virginia at April.Birchfield@vdh.virginia.gov or 434-477-5904.

This program is funded by a grant from Centra Health.