

# EVMS

## MINUS 9 TO 5

### Parent Education

[Bon Secours](#)- Family Focus classes cover parenting from birth through the teen years. Sessions are offered throughout Hampton Roads and Co-parenting classes are available for families experiencing divorce.

[Catholic Charities](#)- Single session family education classes on cooperative parenting are offered in Virginia Beach. These sessions are court approved.

[Child Development Resources](#)- Breastfeeding and newborn education and support in the Newport News and Williamsburg area.

[CHKD](#)- From Welcome Baby! to Dads in Action, CHKD parenting classes are offered in Chesapeake, Norfolk, and Virginia Beach.

[Fleet and Family Support Centers](#)- Offered throughout Hampton Roads to families of active duty military personnel. Military Life Skill classes cover newborn, dual military and fatherhood parenting among many other topics.

[Hampton Healthy Families](#)- Helping Hampton parents from birth to age 4, classes offer support to new parents. By sharing personal experiences and incorporating current research, parents can gain insight on early development and how to relate and effectively communicate with their babies. Court approved

[Mediation Center of Hampton Roads](#)- Located in Norfolk, the center offers a seminar in developing an effective co-parenting relationship. The class is court approved but can also help any couple dealing with parenting issues after separation or divorce.

[Newport News Parenting Education Series](#)- Classes offered cover parenting from birth through the teen years for residents of Newport News. Court approved co-parenting classes are also available.

[Positive Family Connections](#) - Providing topic-specific workshops, multi-session parenting classes, as well as in-home and on-the-phone coaching throughout South Hampton Roads.

[The Up Center](#)- At various locations, For Children's Sake seminars provide parents with skills to shield their children from the conflict of separation or divorce. This court approved course is also open to all other parents undergoing separation or divorce procedures.

### Other Resources

[Court Approved Parent Education](#)- Complete listing of co-parenting education programs throughout Virginia.

[757 Perinatal/Maternal/Child Support](#)- A list of Home Visiting Agencies