

Young Parents Class
is located at
**Fond du Lac Tribal
and Community College**
in Cloquet on Thursday evenings
5:00-7:00 pm

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5:00:  
Meet outside of classroom L109 for  
dinner

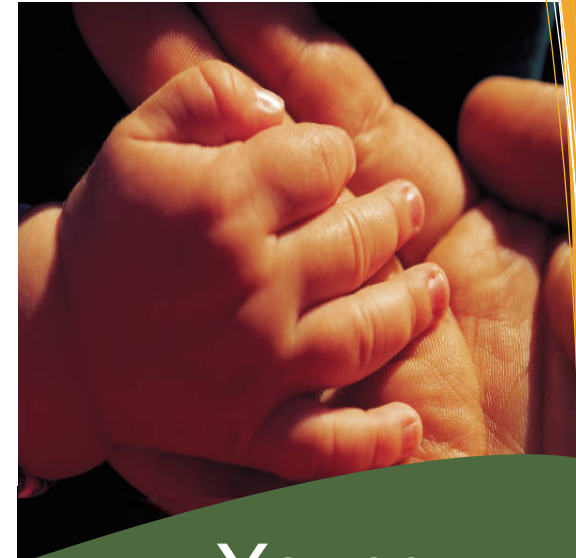
6:00:  
Children meet in Lil' Thunder  
Learning Center/Childcare,  
Parents meet in Room L109

***FALL 2010 Class Dates:***  
***September 23 to December 9***  
***No class Nov 11 or Nov 25***  
***Winter classes begin January 2011***

**For more information  
you may contact:**

- Barnum Community Education, 389-0108
- Karla Line - ECFE parent educator,  
218-644-1115
- Cindy Kellett - Public Health Nurse,  
218-878-2843

Carlton County Public Health  
30 Tenth St N  
Cloquet MN. 55720  
218-879-4511 Ext. 843  
Fax: 218-878-2845



# Young Parents Class

For moms and dads in  
their teens and early  
twenties and their  
children. Pregnant and  
parenting couples,  
singles, and partners all  
welcome!





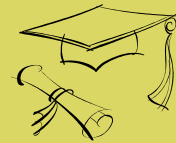
### WHAT TO EXPECT:

- “Family Style” meals
- Parent-Child “Together Time” and free child care provided.
- “Parent Talk” time includes interesting guest speakers, topics of interest, fun projects and activities for children and parents.
- Dads may choose to meet separately with father mentor

**Young Parents Class is of no direct cost to you.** Costs are covered through some insurance companies, Carlton County Family & Children Services Collaborative, and other funding sources (federal, state, and local)

Young Parents Class is a collaborative effort of Carlton County CHILD Network. It is funded in part by a grant from the Carlton County Children and Family Services Collaborative.

Classes meet weekly and are co-facilitated by a Public Health Nurse and an ECFE Instructor.



Parents attending class may be eligible for these benefits:

- Credit towards high school graduation
- If you are still in high school you can earn one half credit per year. If you start later in the year we will work with your school counselor to help you plan how you can obtain the credit needed.
- Talk with your MFIP worker about how Young Parents Class might fit into your workplan.



## What is Young Parents Class?

### THE GOALS OF THE CLASS ARE:

Young Parents Helps Parents . . .

- feel supported
- learn and grow
- play with their children
- become better parents
- meet friends
- find resources
- have fun

- to receive education and support from staff and peers in a supportive environment
- help parents connect with community resources.

### TARGETED AREAS OF LEARNING ARE IN THE FOLLOWING AREAS:

- attachment/bonding
- healthy relationships
- health & nutrition
- parent educational goals
- infant/child development
- social-emotional needs
- confidence in parenting
- self-sufficiency



Join us on FACEBOOK at  
*“Carlton County Young Parents”!*

Quotes from class partici-



“It’s my main night out each week”

“I really look forward to the class”

“It’s great to be with other parents who really understand what I’m facing”

“I want to be the best parent for my child, this class is helping me to do that”