

Golisano Children's Hospital Offers Free Parenting Workshops
April Sessions Focused on Parenting the Exceptional Child

(Fort Myers, Fla. – Mar. 14, 2018) --- Golisano Children's Hospital of Southwest Florida offers free specialized group parenting classes to help teach parents how to focus on their strengths, use effective discipline strategies and set appropriate expectations for their children. The Lee Health Healthy Life Centers are hosting the eight-week workshops focused on parenting the exceptional child. Exceptional children have special needs, including developmental disabilities, special health care needs or emotional disturbances.

The workshops meet for eight Sundays starting April 8 from 2:30-4:30 p.m. at the Healthy Life Center at the Wellness Center - Cape Coral (609 SE 13th Court, Cape Coral). There also will be workshops held for eight Tuesdays beginning April 10 from 6-8 p.m. at the Healthy Life Center - Coconut Point (23190 Fashion Drive, Suite 105, Estero).

The Partners in Parenting workshops feature lessons focused on positive discipline from the Nurturing Parenting Program, authored by Stephen J. Bavolek, Ph.D.

The workshops help parents:

- Manage their child's behavior without spanking or shouting
- Learn effective communication skills
- Establish nurturing routines for meal times, bath times, bedtimes, chores and homework
- Understand the exceptional child's effect on typical siblings
- Gain a sense of personal power and feel good about themselves
- Enjoy their families and have fun together

Free child care is available during the workshops.

For more information or to register to participate, call 239-343-6468 or email Richard.Keelan@LeeHealth.org.

About Golisano Children's Hospital of Southwest Florida

Golisano Children's Hospital of Southwest Florida, named a "Top Hospital" by The Leapfrog Group in 2016, is the only acute care children's hospital between Tampa and Miami. Lee Health opened the new, 300,000 square foot, 128-bed hospital in May 2017, relocating the children's hospital from the adjacent HealthPark Medical Center, where it originated in 1994. The hospital was named after B. Thomas Golisano's generous donation to the capital campaign to build the new, state-of-the-art facility. For more information, visit GolisanoChildrensSWFL.org.

Lee Health - Press contact information:

Pat Dolce, Public Affairs Specialist
(O) 239-343-8370 (C) 239-989-2758

Department Mobile/After Hours:
(239) 789-5786

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