



Children thrive, when families thrive.

Everyone benefits from parenting education.

Whether you need help with baby care, positive discipline techniques, or learning how to talk to teens about social media, [Hampton Roads Parenting Education Network \(HRPEN\)](#) offers a variety of ways for parents and professionals to receive education, information, and support.

HRPEN agencies offer classes and information on a variety of topics, including:

- Children's health.
- Child development.
- Healthy relationships.
- Positive discipline.
- Timely topics (stress, bullying, and mental health).
- Community resources.
- Workshops, classes, playgroups, and more!

Promoting positive parenting. Every day.

Hampton Roads Parenting Education Network (HRPEN) is a group of agencies and organizations that have come together to offer education, support, information, and referrals for parents, caregivers, and professionals. HRPEN members are committed to established best practices in parenting education and work collaboratively to offer quality programs throughout Hampton Roads.

For an up-to-date listing of HRPEN agencies, the services they provide, and contact information, visit [CHKD.org/HRPEN](https://www.chkd.org/hrpen).

**To join HRPEN as a member agency, contact:
Southside (757) 668-9304
Peninsula (757) 727-1300**



[CHKD.org/HRPEN](https://www.chkd.org/hrpen)