

NEWS RELEASE
FOR IMMEDIATE RELEASE
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**OPENINGS REMAIN FOR
TAMING THE SPIRITED CHILD WORKSHOP**

SUFFOLK, Virginia (May 9, 2012) There is still time to take part in the free “Taming the Spirited Child” workshop on Thursday, May 10, 2012, from 6 to 8 p.m. at the Hilton Garden Inn Suffolk Riverfront Hotel and Conference Center, located at 100 East Constance Road.

Join leading parenting expert and nationally renowned author Dr. Michael Popkin as he shows parents how to think differently about so-called problem children. Dr. Popkin will offer strategies for parenting challenging children without breaking their spirits. This workshop is sponsored by the Suffolk Department of Social Services, Early Childhood Development Commission, Smart Beginnings of South Hampton Roads, and Parenting with Purpose.

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Dr. Michael Popkin is President, Founder and Author of Active Parenting Publishers, one of the world's leading developers of video-based resources for over 25 years. Dr. Popkin has appeared on Oprah, CNN and numerous other television shows.

Over three million parents have attended Active Parenting classes and have attested to the improvement these classes have made in their families. The videos cover the parenting of babies, children, and teens, and include additional resources for helping children succeed in school.

Introduced locally in early February, it's now easier than ever to view this award-winning parenting video series from the comfort of your own home or from mobile devices, such as an iPad, or anywhere you have access to the Internet. The public can also access these videos on computers at the Workforce Development Center located at 157 North Main Street, 2nd Floor; Social Services, located at 135 Hall Avenue; and the Parent Resource Center at Elephant's Fork Elementary School, located at 2316 William Reid Drive.

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In order to participate and view the video series, visit the www.ActiveParentingOLC.com website. Click on "Register" and complete the requested information to create your account. Active Parenting will not share your information with any other organization. Check your e-mail account for the activation e-mail and click on the link provided. Log in using the e-mail address and password you selected and the Access Code: 6qzz3jy91h. Select the specific video you would like to watch by clicking on the "Play Now" button. It's that simple! There are up to 45 parenting videos available that are sure to provide effective parenting skills that will last a lifetime. If you have any problems accessing the Active Parenting videos, please call Cathy Daughtridge toll-free at Active Parenting: 1-800-825-0060 (ext. 115).

The "Taming the Spirited Child" workshop on May 10th is free and open to the public. To register, contact Pam Workman at (757) 514-7442 or email pworkman@suffolkva.us.

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