

**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE**  
September 26, 2011



**Contact:**  
Debbie George  
757-514-4106  
757-374-1770

## What's Happening in Suffolk This Week...

### Monday, September 26 – Friday, September 30

#### • *Parenting Workshops*

Are you concerned about managing your child's behavior problems? Do you know if your discipline methods work? Are you worried as to whether you are disciplining your child in a way that will help him or her to become a responsible adult? Come and see how you can Improve and manage your child's behavior through some simple strategies and a few minor changes. Let's SURVIVE parenthood together!



Interested in this free workshop? Join [us](#) this week at one of the locations below:

*Monday, September 26, 2011*

North Suffolk- St. Andrews Presbyterian Church

1885 Bridge Road

5:30 p. m. - 6:30 p.m.

*Tuesday, September 27, 2011*

South Suffolk- Whaleyville Community Center

6235 Whaleyville Blvd

5:30 p.m. - 6:30 p.m.

*Thursday, September 29, 2011*

Central Suffolk- Westminster Reformed Presbyterian Church

3488 Godwin Blvd.

5:30 p.m.-6:30 p.m.

*Friday, September 30, 2011*

East Suffolk- Booker T. Washington Elementary School

204 Walnut Street

10:00 a.m.-11:00 a.m.

To register for this free workshop, contact Brenda O'Donnell @ 514-7457 or [bodonnell@suffolkva.us](mailto:bodonnell@suffolkva.us). Refreshments will be served at each training session.

## **WEDNESDAY, September 28 and SATURDAY, October 1**

- *Suffolk Farmer's Market*



Launched in 2005, the Suffolk Farmers' Market is an open-air gathering place offering fresh, locally-grown foods, value-added products and crafts. Held beneath brightly striped tents at "Market Park" (the mini-park next to the Seaboard Station Railroad Museum at 326 North Main Street), the Market will operate rain or shine on Saturdays from 9 a.m. to 3 p.m. and Wednesdays from 3:00 p.m. to 6:00 p.m. through the fall.

The Market and all associated activities are free and open to the public. For more information, please contact the Suffolk Visitor Center at 757-514-4130, or visit [Suffolk-Fun.com](http://Suffolk-Fun.com).

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