

**Group sessions focus on:**

* improving relationships between parents and children
* learning how to help children’s social and emotional skills

**The School Age Parent** **group will encourage parents to:**

* help their children to develop skills they need for school
* work with their children’s teachers
* learn ideas on how to get involved in what their children are doing at school
* learn ways to help their children with better social skills, self-calming and anger management skills and decrease difficult behavior

**Parents can:**

* share personal experiences challenges
* problem solve difficulties at home and school with other parents and group facilitators



The Incredible Years® **evidence based parenting programs** focus on strengthening parenting competencies and fostering parent involvement in children’s school experiences, to **promote children’s academic, social and emotional** **skills** and **reduce conduct problems**.

**Join us!**

For 8 weeks, starting on **march 2nd, 2021**

* + **offered iN-pERSON OR vIRTUALLY**
	+ fOR PARENTS OF cHILDREN AGES 6 – 12
	+ Tuesday evenings FROM 6pm – 8pm
	+ aT BMHS
	+ **snacks and refreshments provided**
	+ **weekly gift card draws!**

