

**Start Date:**

March 27th, 2019

**When:**

Wednesdays from 5:30 p.m. to 7:30 p.m.

**Where:**

École NDA

The Incredible Years Program

**This is a FREE 10-week program for parents/ guardians of children who are 5 to 12 years of age. The program will address a variety of topics to strengthen parenting skills and develop new strategies for managing difficult behaviors.**

A family meal and childcare will be provided on site during program hours. If transportation is an issue, please let us know.

**Pre-registration is required and space is limited.**

For more information or to register, please contact:

**Céline Poirier**

**NDA ÉcolesPlus**

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**Benefits to Parents/Guardians:**

* Improve parent-child relationship through ‘special time’
* Improve communication using praise and coaching skills
* Learn to set reasonable limits using positive discipline strategies
* Problem solve and develop coping skills

**Benefits to Children:**

* Develop skills to deal with anger
* Decrease aggressive behaviors
* Social & emotional learning
* Improve behavior and academics at school