|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| C:\Documents and Settings\Heather Kimotho\Local Settings\Temporary Internet Files\Content.IE5\XSPZ6AEU\MP900427723[1].jpghttp://www.iik.org/UserFiles/Image/incredibleYearsLogo.gif |
| The INCREDIBLE YEARSA FREE 12 week program for parents of children ages 5-8 that will address a variety of topics to strengthen your parenting skills and develop new strategies for handling difficult behaviors. *Space is limited to the first 20 participants! Snacks & drinks provided. If childcare and/or transportation are an issue please let us know.* |
| **Pre-registration is required!! Please Contact:**Emily McInnis (*Schools Plus*) – 902-574-4151by email at: emcinnis@gnspes.ca**or**Heather Kimotho *(Family Place)* - 562-5616, ext #232by email at: hkimotho@familyplace.ca |

  |  |

|  |
| --- |
| **BENEFIT TO PARENT:**- Improve relationship through ‘special time’- Improve communication skill using praise & coaching- Learn to set reasonable limits using positive discipline strategies - Improve problem solving & anger management skills**BENEFIT TO CHILD:**- Learn effective anger management strategies - Decrease in aggressive behaviors- Increase social skills and empathy skills- Improve in-school behavior & academics |
|  |
| WHERE???**Harborside Elementary****15 Church St, Whitney Pier***WHEN???*Thursday Evenings**6:30pm - 8:30pm***Starting February 22nd, 2018* |

 |