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| |  | | --- | | 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 YEARS A 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*) – 902-574-4151 by email at: [emcinnis@gnspes.ca](mailto:emcinnis@gnspes.ca)  **or**  Heather Kimotho *(Family Place)* - 562-5616, ext #232 by email at: [hkimotho@familyplace.ca](mailto: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* | |