Invitation to all Parents, Caregivers and teachers!!

**Incredible Years Parent Training ( Program 10: Reducing Inappropriate Behaviors in School Age Children)**

Beginning March 27nd the Incredible Years Parent Training Program (Program 10) is being offered at the Bridgewater Junior High SchoolsPlus Community Room . This is a FREE 5 session parenting program for parents who have attended Program 9 already) designed to prevent and treat behaviour problems in young children and strengthen relationships between caregivers and their children.

Goals of the Incredible Years Parenting Program are:

* Promoting child social competence, emotional regulation, academic readiness and problem solving skills
* To prevent and reduce behaviour and emotional concerns in young children
* To improve our parent-child interactions, build positive relationships and attachments, improve parental functioning by using more nurturing methods, and increase parental social support and problem solving
* To improve teacher-student relationships/teacher-parent partnerships and to strengthen social and emotional competence and conflict management skills.

**When:** Wednesday mornings 10-12 SchoolsPlus Community Room, at Bridgewater Junior High.

**To Register:** Call/Text: SchoolsPlus Outreach worker Jennifer LeBlanc 902 521 2486 or email jleblanc@ssrce.ca

**Space will be limited to 14 adults! Register soon!!!!!**

**Snacks and Refreshments will be provided.**

**Assistance with travel and child care costs is available on request.**