Wednesday Nights

Free Dinner and/ or Parenting Help in Bridgewater

**Community Café, SchoolsPlus and St Paul’s Lutheran Church are offering dinner for your family and/or the Incredible Years Parent Training Program.**

**When :** Wednesday’s Nov 13th to December 11th ( 5 sessions)

* Community Café Dinner: 5:30pm, Church hall (

 And / or

* Incredible Years Parent Group: 6-7:30pm, Family Room

**Where:** St Paul’s, 25 Phoenix Street, Bridgewater

This is a FREE parenting program 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:

* 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 Register:** Call/Text: Linda Jensen, SchoolsPlus Facilitator

902 521 9817 or email *lJensen@ssrce.ca*

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