



Join us for a **FREE** parenting program!

## “The Incredible Years”

A program for parents and children, ages 3-8

Facilitated by: Winnie Tompkins

Incredible Years Group Leader

**Give your parenting skills a boost and connect with other parents in your community!**

Throughout this 14-week series, you will learn:

- How to strengthen your child’s social/emotional regulation skills.
- Ways to manage and redirect misbehavior.
- Strategies for setting clear routines, limits, and expectations.
- Tips for using age-appropriate praise and incentives.
- Tools to help your child learn problem-solving skills.
- How to strengthen your parent-child bond through play.

### **MONDAYS**

**January 9, 2017 – May 8, 2017**

**6:00 PM – 8:00 PM**

(No class on January 16, February 20, March 27 or April 3)

**Class meets once a week for 14 weeks.**

### **Location**

**Elmonica Elementary School**

16950 SW Lisa Street | Beaverton, OR 97006

**This class is offered in SPANISH only.**

**FREE dinner and childcare are provided for each class.**

(Childcare is for children ages 2 and up.)

**To sign-up, please contact:**

**Youth Contact Family Education**

(503) 846-0665

cadler@youthcontact.org

**Presented by:**



*in partnership with*

**Washington County  
Health and Human Services**