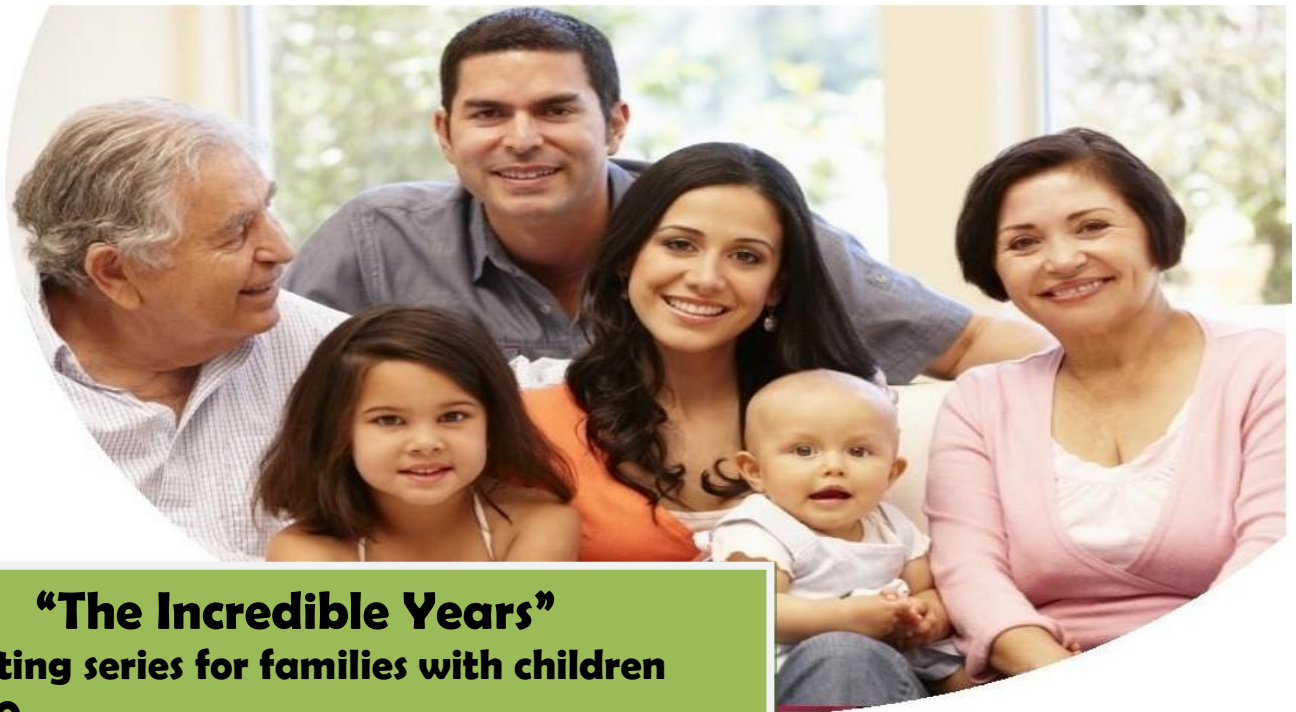


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## **“The Incredible Years”**

**A parenting series for families with children ages 2-10.**

Give your parenting skills a boost and connect with others in your community to partner in parenting! This series is presented in English and Spanish.

### **WHAT**

**Includes FREE dinner & childcare (ages 2-4)  
Classes for parents & activities for 5-10 year olds**

### **WHEN**

**Tuesdays 6:00-8:00 PM  
February 12 –April 9  
(No class on 3/26 due to Spring Break)**

### **WHERE**

**Metzger Elementary School  
10350 Lincoln Street  
Tigard, OR 97223**

**Throughout this FREE 12-week series, strengthen family relationships through exploring topics and skills such as:**

- **How to strengthen your child’s social and emotional regulation skills**
- **How to support your child for success in school**
- **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**

**To sign up contact:**

**Vicki Ball  
503-640-4222 x 713  
[vball@youthcontact.org](mailto:vball@youthcontact.org)**

**Presented in partnership with:**



**Metzger Elementary School Washington County HHS**

