



Children can be difficult sometimes.

- It is important to remember that it is normal for children to have behaviors that are problematic and a challenge to parents.

Parents have difficult moments too.

- Just as all children misbehave, all parents feel angry, frustrated, guilty or incompetent at times. Parents try different approaches and make mistakes in parenting as they learn what works.

Enjoy Parenting as you get better at it.

- There is no magic formula for parenting. Yet, you can learn new effective strategies, receive support, and enjoy parenting with the Incredible Years program.



The Counseling Center of Wayne & Holmes Counties

Contact: Jim Foley, MSW, LISW
Counseling Center of Wayne & Holmes Counties
 2285 Benden Drive
 Wooster, Ohio 44691
 212 N. Washington St M'berg

Phone: 330-264-9029
 Fax: 330-263-7251
 email: jfoley@ccwhc.org

Incredible Years Parenting Program

**For Parents of
Children from
2 to 8 years old**

330-264-9029



Incredible Years Parenting Program

What is it?

- ◆ *The Incredible Years* is an award-winning parenting class and child program.
- ◆ The program consists of fourteen 2-hour classes.
- ◆ Parents will learn effective use of play, praise, rewards, and limit setting.
- ◆ Parents will collaborate with the facilitator through discussion and video examples, and practice during and in “homework” between sessions.
- ◆ During the parent class, children ages 2-8 can meet in another room with staff, and get a sample of the “Dinosaur School” curriculum, learning social skills and self-control using puppets and other play.



Who Can Participate?

Parents of children ages 2-8 living in Wayne & Holmes Counties or attending a pre-school or daycare center in Wayne & Holmes Counties.

What is the Cost?

There is no cost for this program.

Transportation may also be available, please call for details.

When? Tuesdays all except the third Tuesday of the month.

Optional family eating time 5:15; Adult class and child care start 5:30.

Where?

Millersburg Head Start
224 N. Clay St.
Millersburg, OH 44654



“I had a great improvement with (my daughter) and I want to thank you for all your help.”

—Parent, Spring ‘11 Class

If you are interested in attending the next Incredible Years Parent Program, please call 330-264-9029 x1173, and also send in the information on this form:

Sign-up Form

You can mail in this form to the address below, or email the information.

Parent’s Name:

2nd Parent’s Name (if both are attending):

Address:

Contact Phone Number(s):

Email address:

Ages of children:

Children in Day Care? If so, Where?

Check out the Incredible Years web-site at www.incredibleyears.com

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