

The Incredible Years

Parenting Classes at BELA

January 11th - April 26th



***Want to build a more positive relationship with your child?**

***Looking for more effective discipline strategies?**

***Need new ideas for helping your child grow and learn?**

***The Incredible Years* Parenting Classes will give you answers to these questions and more!**

The class and materials are **free of cost to participants. We also provide **free childcare** during the classes.**

The Preschool Basic parenting program strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills and are encouraged to partner with teachers and childcare professionals so they can promote children's emotional regulation and social skills.

Location: Delta Family Center (BELA)

Class Starts: Thursday, January 11th, 2018 @ 5:00-7:30pm

Free Dinner & Free Childcare

Contact Letty (970) 874-9517