



# INCREDIBLE YEARS PROGRAMME

FOR PARENTS OF CHILDREN AGED 2-8 YEARS

This FREE Incredible Years programme is a 14 week parent education programme which will give parents strategies to build positive relationships, attachments, and to manage a range of behaviors. Come along to one of the introduction sessions for a cuppa and some further information.

## INTRO SESSIONS

**Thursday 14th Sept**

**10.30am - 11.30am**

**Or 7.00pm - 8.00pm**

**In The Lurach Centre,  
Maghera**

## COMMENCING

**Thursday 21st Sept**

**7.00pm - 9.00pm**

**In The Lurach Centre,  
Maghera**

**Every week for 14 weeks**

## PROGRAMME BENEFITS

- **Free Tea/Coffee and refreshments**
- **Parental Support**
- **Friendships with other parents**
- **Positive Discipline techniques**
- **Positive Child-Parent Relationships**

**©The Incredible Years®** 

## REGISTRATION IS ESSENTIAL:

Contact Gemma Lutton on 028 2563 6615

Email: [gemma.lutton@northerntrust.hscni.net](mailto:gemma.lutton@northerntrust.hscni.net)