






The Incredible Years[®] - Parent Baby program

Tuesdays, May 14 – July 16
10:00am – 12:00pm
1470 South Yarrow St., Lakewood 80226

 **The Incredible Years** is an award winning program designed to support parents/caregivers/kinship providers of babies 0-6 months. We talk about parenting tools and skills while focusing on supporting each other and increasing parent confidence, because **you are the expert** of your child!

 Topics include: enhancing your relationship with your baby, infant development, how to take care of ourselves as parents, and much more!

 Group time consists of learning from video clips, practicing strategies with our babies, and brainstorming ideas with other parents. Snacks provided!

*...and all at **NO COST** to you!*

What our
parents are
saying:

“After 2-3 weeks of coming to this group I felt more confident as a parent”

“I learned a lot of skills and techniques, and how to communicate with my baby and other caregivers.”



For more information or to sign up please contact one of our facilitators:

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