



FREE PARENTING
WORKSHOP!!

To Register Call:
469-6642

THE INCREDIBLE YEARS PROGRAM

A nationally recognized program designed for parents/caregivers to build the skills necessary to raise children who will be ready to succeed in school & life.

9-Weekly Sessions on Mondays
starting February 13th from 5:00 – 7:00 p.m.

**Each session includes a free meal, childcare,
and a fun and supportive parenting workshop.**

Location:

Jewett School conference rooms

Participants will come away with proven techniques including:

- Strategies to improve communication and reduce power struggles
- How to strengthen children's social skills, emotional regulation and school readiness
- Using praise and incentives to encourage cooperative behaviors
- Positive discipline – establishing household rules, routines and effective limit setting
- Handling misbehavior
- Tips for stress and anger management (theirs and yours!)

After dinner, children will have an opportunity to play with other children in a supervised playgroup while parents/caregivers participate in the parenting workshop.

Free Hannaford
Gift Card upon
completion of
workshop!

This program made possible by **The Maine Children's Trust** and a partnership between **RSU 25** and **The Bucksport Bay Healthy Communities Coalition** · To Register Call **469-6642**