

The Incredible Years Parent Programme

What you'll get from Incredible Years Parents Training:

- **Help your child improve behaviour**
- **Build a stronger relationship**
- **Help your child make friends and feel happier**
- **Learn how to use praise and reward to improve behaviour**
- **Agree new ways of solving problems**
- **Meet other parents who are making changes just like you**
- **Have fun, get support, achieve something important for you**

... If you'd like a change from the routine and a bit of fun at the same time...

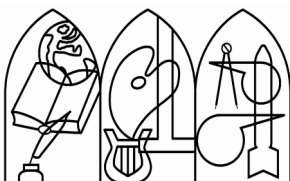
...If you have a child aged 3 to 11 years...

... If you'd like a chance to meet other parents and learn together how to manage and overcome difficult

... Why not try a programme that has been proven to work?

The Incredible Years Parent Programme runs for 10 weeks. Sligo Education Centre in conjunction with Cranmore Co-Op intend to deliver a **FREE course in Sligo Education Centre, I.T, Campus, Ballinode, commencing **October 16th** on **Monday mornings** from 10.00am—12.p.m**

**For further information and bookings contact Sligo Education Centre 071 9138700/
info@ecsligo.ie**



Sligo Education Centre

