

The Incredible Years

Parenting Programme



FamilyWorks
PRESBYTERIAN SUPPORT
OTAGO

PRACTICAL PARENTING SKILLS

The Incredible Years parenting programme acknowledges that parenting is one of the most important jobs adults can do. The programme aims to encourage positive family relationships.

We provide:

- practical step-by-step suggestions for parents of 3 to 8 year olds to handle everyday family situations
- an encouraging and supportive learning environment
- strategies to help parents manage challenging behaviours

The group programme of 14 weekly sessions is facilitated by trained Family Works professionals and will help you to:

- develop strategies to build a positive relationship with your child
- learn strategies to manage problem behaviours
- have a better understanding of your child

The Incredible Years programme is held at various locations across Otago. Check our website for current locations and times psotago.org.nz.

Next programme:

All parents and carers welcome.



For further information:

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