

Being a parent can be challenging...

Come to this **free 12 week Incredible Years course** to meet with other parents who have children aged between 4-11 years. The course includes:

- Clear boundaries and consequences
- Praise and encouragement
- Rules and routines

"I learnt new skills and ideas to deal with different behaviours"

- previous parent's comment who attended the course

Starts:

Wednesday 13th April 2016

For 12 weeks (term time only)

6.30pm-8.30pm

at

**Great Bradfords Infant and Nursery School
Marlborough Road
Braintree
CM7 9LW**



Call **01621 727334** to book a place on the course.

Or pop in for a coffee and an informal chat about the course on;
Wednesday 16th March between 7.30-8.30pm.