

Program Dates for 2015-2016

May 21 - July 16, 2015

*Every Thursday from 12 P.M. to
2:30 P.M. @ South Lebanon Early
Learning Center in South
Lebanon, OH*

September 15 -

November 10, 2015

*Every Tuesday from 5 P.M. to
7:30 P.M. @ Helen Centers Early
Learning Center in Franklin, OH*

January 19 -

March 15, 2016

*Every Tuesday from 5P.M. to
7:30 P.M. @ Lebanon Early
Learning Center in Lebanon,
OH*

For more information about The
Incredible Years Family Life
Program (such as the locations
and how to register), please call

**Katherine Peace at
(513) 934-7119 ext. 622**



SOLUTIONS

Community Counseling and Recovery Centers

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Fax: (513) 695-2952

*Want more information? Have a question or
comment to share? Just want to stay connected
to Incredible Years? Visit the Incredible Years
Blog and join the conversation on Facebook
and Twitter:*

- **The Incredible Years ® Blog link:**
<http://www.solutionsccrc.org/early-childhood/>
- **Facebook link:**
<https://www.facebook.com/SolutionsPreventionProgram>
- **Twitter link:**
<https://twitter.com/sccrcprevention>

Incredible Years Family Life Program



**Solutions Community
Counseling and
Recovery Centers**

Incredible Years Family Life Program

The Incredible Years program for parents is designed to increase a child's social and self-control skills. In addition, this program is used to reduce challenging behaviors in children.

This program targets parenting skills for children aged 3 - 12.

Meeting as a group, skills are taught through role-plays, homework, setting personal goals, and feedback. Taped video scenes are used to encourage group discussion, problem solving, and sharing of ideas. Parents are given handouts, activities to practice with their children, and reminder notes to put up at home.

The Incredible Years program for children also uses role plays, homework, and video scenes.



Wally and Molly ^

Incredible Years Parent Groups

The goal for parents who attend the parent group is to develop positive parenting interactions, coaching, attachment with children, and positive discipline.

This group looks to:

- Help parents strengthen their child's social skills, emotional control, and develop school readiness skills.
- Learn the use of effective praise and encouragement.
- Increase the use of positive discipline and develop effective ways to set limits.
- Learn positive communication and problem solving skills.
- Support and promote your child's education to help guide them to their fullest potential.

Incredible Years Dinosaur Group

The goal for the Dinosaur group is to focus on developing skills such as the expression of feelings, friendship skills, anger management, problem solving, school rules, and being successful in school.

Children who attend this group will:

- Learn anger management and self-control skills.
- Detect, understand, accept, and verbalize feelings in themselves and others.
- Learn problem-solving skills.
- Learn the behaviors necessary to be friendly such as helping, sharing, and teamwork.
- Learn positive school behaviors such as listening, waiting, and cooperating.
- Develop self-esteem and self-confidence.
- Increase a child's school-readiness and academic skills.

The Incredible Years Dinosaur Groups are designed for children aged 4 - 8 years old. This group meets simultaneously as the Incredible Years Parent Group. In order for a child to attend the Dinosaur Group, a parent must be attending the Parent Group. **It is important to note there is no childcare provided for children younger than age 4 or older than age 8. If you plan to register, please make child care arrangements prior to the start of the program.**