

Parramatta/Holroyd Family Support Inc. presents



# THE INCREDIBLE YEARS®

A parenting group for parents and carers  
of school age children

## When

2 hours per week, for 12 sessions

## Dates

Wednesdays,

14 February — 16 May 2018

(EXCEPT during school holidays)

## Time

10am - 12noon

## Where

37 Collins St, Pendle Hill

## Cost

Free

**FREE childcare and  
transport\* available**

\*Transport only available in certain areas,  
and for families meeting specific criteria  
please call for details

Would you like to:

- Have better relationships with your children?
- Discipline more positively and effectively?
- Feel more confident as a parent?

*The Incredible Years®* is an award-winning, internationally recognised parenting program that can provide you with strategies to:

- Build positive relationships with your children
- Encourage desirable behaviour
- Manage unwanted, challenging behaviours and reduce aggression
- Increase your children's self-esteem and self-confidence, and their social, emotional, self-control and problem-solving skills

**To book your place, return the slip below.**

**Places are limited, so bookings are essential.**

Priority will be given to parents/carers living in the Parramatta local government area.

**For enquiries, call Wendy or Zoe on 9636 8437.**



**STRONGER  
COMMUNITIES  
FUND**

**Funded by NSW Government  
through the Stronger Communities Fund**



PLEASE CUT OFF AND RETURN A.S.A.P TO ENSURE A PLACE

(Post to Parramatta/Holroyd Family Support, 37 Collins St, Pendle Hill, NSW, 2145 OR email [admin@phfs.org.au](mailto:admin@phfs.org.au))

YES, I would like to attend the "Incredible Years" group in Terms 1-2, 2018.

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

HOME PHONE \_\_\_\_\_ MOBILE \_\_\_\_\_

Will you require childcare during the group?  YES  NO

If yes: Number of children \_\_\_\_\_ Child/ren's age/s: \_\_\_\_\_