

WELLNESS NOW

CHILD GUIDANCE

The **Incredible Years** 
Parents, teachers, and children training series

WOULD YOU LIKE...

- ...your child to mind without arguing or tantrums?
- ...fewer power struggles and more fun with your child?
- ...your child to get along better with others and do well in school?
- ...to feel less stress as a parent?

Incredible Years might be just what you are looking for!

HERE IS WHAT YOU WILL GET...

1. Parenting strategies that work in real life situations
2. Parent handbook, with lots of practice to make it work
3. Support from other parents
4. Childcare available

DATE: Tuesdays, Jan 28 - Apr 29, 2014

DINNER: 5:30 - 5:55 pm

PARENT SESSION: 6:00 - 8:00 pm

COST: \$60 per individual / \$90 per couple

LOCATION: Easter Seals Oklahoma
701 NE 13th St.
OKC, OK 73104

The group will be limited to 14 parents. Both parents are encouraged to attend as well as grandparents or other caregivers involved in the ongoing care of the child.

For more information about Incredible Years and to enroll, please call Dan at 419-4112 or Sarita at 425-4366.

The Incredible Years Program is provided by: Sarita Naegeli, M.S., CCPS, Child Development Specialist and Dan Hester, M.A., LMFT, Psychological Clinician Child Guidance Division of Oklahoma City-County Health Department in conjunction with Easter Seals Oklahoma.

