



Primary School Age Incredible Years Parenting Group

**Wednesday 9.30-12.15 (9.45 start)
29th September 2021 to 19th January 2022**

**Venue: Birchmore Hall community centre, Highbury
Quadrant, N5 2TX**

**For further information please contact Bright Start 5-19
020 7527 4343
Islington CAMHS on 020 3316 1824**



For parents of primary school children age 6-10 years

Incredible Year Groups are a great way to support your parenting. They are shown to help parents to:

- Develop parenting skills and knowledge
- Improve relationships and communication with their children, through quality time, child directed activities, praise and rewards
- Understand more about child development
- Understand challenging behaviour and set appropriate limits
- Meet other parents, share skills and ideas and build friendships

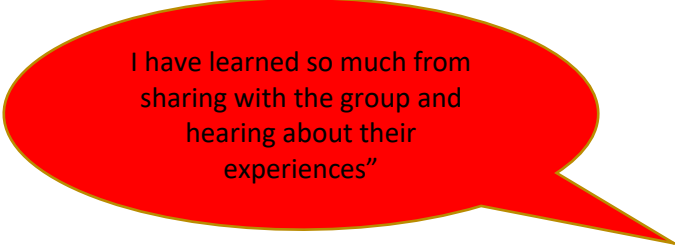
Facilitators: Michal Ruzansky Clinical Psychologist Islington
CAMHS

Anna Fleming Family Support Practitioner Bright Start Islington
5-19

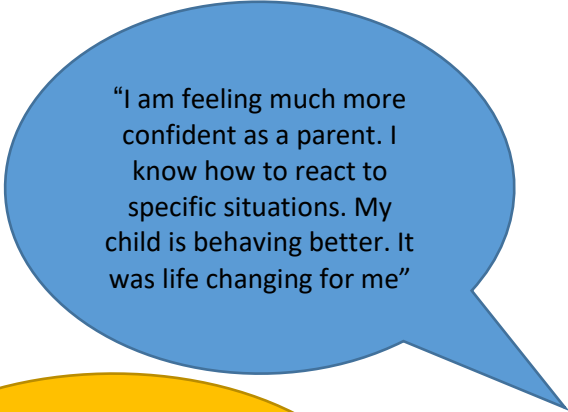
Hannah Day Child Well Being Practitioner, Islington CAMHS
*Group Starts 29th September 2021 and runs for 14 weeks with
breaks for school holidays*

Creche/childcare facilities may be available

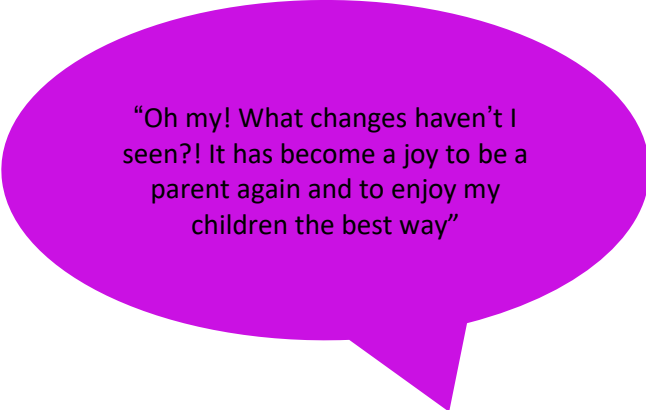
What some parents have said about the groups:



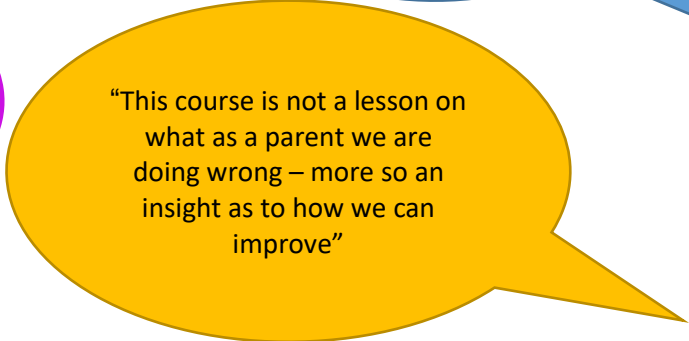
I have learned so much from sharing with the group and hearing about their experiences"



"I am feeling much more confident as a parent. I know how to react to specific situations. My child is behaving better. It was life changing for me"



"Oh my! What changes haven't I seen?! It has become a joy to be a parent again and to enjoy my children the best way"



"This course is not a lesson on what as a parent we are doing wrong – more so an insight as to how we can improve"