



Primary School Age Incredible Years Parenting Group

**Fridays 9.30-12.15 (9.45 start)
12th March to 16th July 2021**

Venue: Hargrave Hall /Zoom TBC

**For further information please contact Bright Start 5-19
0207527 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

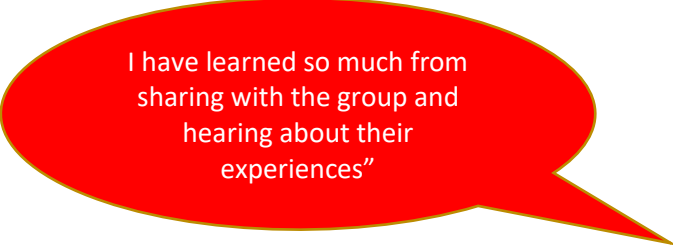
Facilitators: Alice Jameson Clinical Psychologist Islington
CAMHS

Teresa Connolly Outreach Support Practitioner

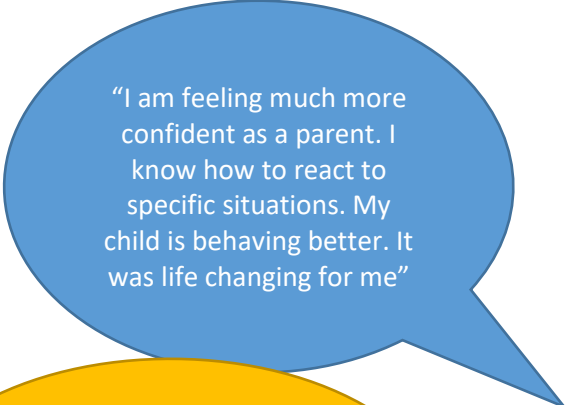
Group Starts 12th March and runs for 15 weeks with breaks for school holidays

Creche/childcare facilities may be available

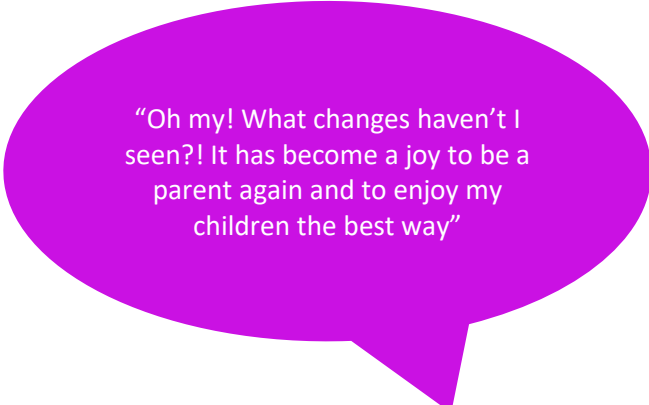
What some parents have said about the groups:



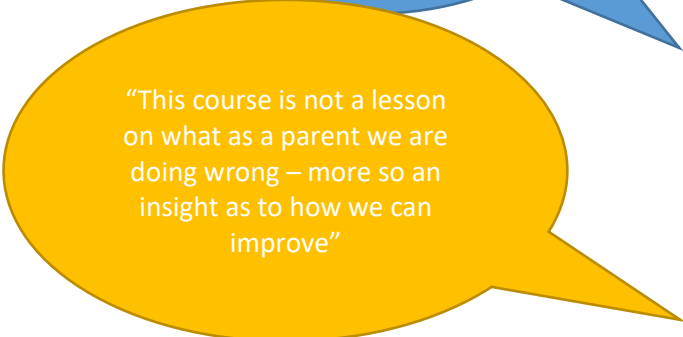
I have learned so much from sharing with the group and hearing about their experiences"



"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"