Incredible Years Parenting Programme

Barnardos next programme starts on **Wednesday 2 March 2022.**

This course is suitable for parents/carers of children aged 3-8 years.

The purpose of the course is to resource parents/carers with tools to understand their children’s behaviour and development and promote positive parenting, improved relationships, routines, and healthy communication within the family. This is done through group activities as well as practice at home. Weekly resources and the Incredible Years book is provided for each parent.

The programme runs for a **total of 14 weeks** and as such it is important to ascertain the suitability and commitment of parents/carers interested in attending.

All applicants must complete the attached referral form and attend a pre-course meeting with the facilitator before acceptance of a place on the programme is confirmed.

**The pre-course meeting is scheduled for 10 am to 12.30 pm on Wednesday 23 February.** If you can’t attend this, another time/date can be agreed.

The programme itself begins **Wednesday 2 March and finishes Wednesday 15 June.** A two-week break occurs during school holidays.

All meetings will be held at **The Salvation Army Building, Cnr Arthur and George St, Blenheim**

Each class will run from **10am – 12.30pm**

The group consists of 14-18 participants and two trained facilitators

It is preferable to arrange your own transport and childcare during this time, however if this is a barrier for you please let us know.

Please contact Barnardos should you require any further information

Phone 03 578 6491 Email: blenheimoffice@barnardos.org.nz