



HOLLYBURN
Family Services

The Incredible Years®

Incredible Years™ Parenting Program (IY) for Children Aged 2-8 Years

IY is an evidence-based early intervention program focused on strengthening parenting competencies and fostering parent involvement with their children.

This 15-week program includes weekly online group educational sessions, and individual phone support sessions in which caregivers have the opportunity to discuss specific challenges they experience at home, and practice what they learn in sessions. We ask that caregivers plan to attend all 15 sessions.

Goals of the Program:

- Strengthen parenting skills
- Improve children's social skills
- Improve children's school readiness and cooperation with teachers
- Prevent and treat behaviour problems

Upcoming Session: Winter 2024

When: Wednesday evenings, January 3 to April 24, 2024 (Note: paused for Spring Break, March 18, 2024 to April 1, 2024)

Time: 6:15-8:15pm

Where: Online through Zoom

Cost: Free

Eligibility: Residents of the North Shore with children aged 2-8 years old.

Registration: for more info or to be added to the waitlist, please contact Marlae Vermeer (Family counsellor, Hollyburn Family Services): mvermeer@hollyburn.ca