

## Who is the “Incredible Years” course for?

The course is aimed at the parents/carers of children aged 3 to 10, to help understand more about the growth and development of their child especially in terms of behaviour changes that may be challenging.

### Parent/Carer’s voice:

*“The course reassured me that I am a good enough parent!”*

## What does the course involve?

The course is a practical guide filled with examples of everyday situations, along with concerns and step-by-step suggestions on how to handle our children.

*“I have learnt a lot about what may be ahead but also understand what is happening now”*

### Parent/Carer’s voice:

*“Hearing other parent/carers talk about their experiences and challenges has helped me to feel a more relaxed and confident parent.”*

## When and where do the courses run?

- You will be offered a place on the next available course—subject to availability.

### Sessions are:

**7:00 pm – 9:00 pm for 6 weeks**

**\* Please contact us for dates**



**Find us on Facebook**

## You may also be interested in the following courses:

### Blame my Brain

“Blame My Brain” is a programme that aims to help parents/carers develop an understanding of their changing role, along with their teenager’s changing behaviour and needs.

### Keeping Children in Mind

A programme for parents/carers who are separating, separated or divorced, looking at the effects of this difficult time. This course is on the:

**Last Wednesday of every month -**

**6:00 pm – 9:00 pm and**

**Last Friday of every month -**

**9:30 am – 12:30 am**

*All courses cost £50.00. Please note you may be eligible for a voucher . To obtain it, please call us.*

*\* Application form at the back.*

*Please contact us for dates, times and availability :*

*Telephone: 01534 449481*

*Email: [parentingadmin@gov.je](mailto:parentingadmin@gov.je)*

*Visit: [www.gov.je/parentsupport](http://www.gov.je/parentsupport)*

## Application form

Course name .....

Parent/Carer's name:

.....

Address .....

.....

.....

.....Post Code.....

Telephone number: .....

E-mail address: .....

Please note: You may be eligible for a voucher to obtain a free place on this course— please contact us for further information on 449481.

I enclose a cheque for £50.00, payable to "Treasurer of the States"

Funding approved

### Data Protection Fair Processing Statement:

"Your personal information has been collected by Parenting Support Services for the purpose of administering your application for a course with us. Your information will not be passed to any third parties without your prior consent."



Parenting Support Services work in partnership with Brighter Futures a local charity for families.

All of our workers are trained in, or are working towards a City and Guilds Level 3 Qualification in Working with Parents. Parenting programmes are research designed to meet parents specific needs and include elements from 'Incredible Years', 'Triple P' and 'Mellow Parenting'.

### Please return forms to:

Parenting Support Service  
The Bridge, Le Geyt Road  
St Saviour, Jersey  
JE2 7NT

For further information, please contact the above address or:

Email: [parentingadmin@gov.je](mailto:parentingadmin@gov.je)

Telephone: 01534 449481

Visit: [www.gov.je/parentsupport](http://www.gov.je/parentsupport)



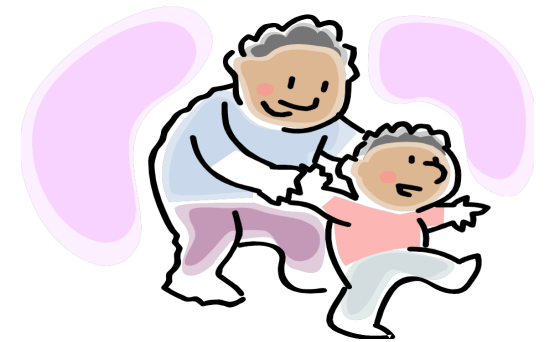
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Family life is challenging, asking for help is a positive thing to do...

## The Incredible Years

A programme  
on understanding children  
aged 3 to 10



States of Jersey