



# INCREDIBLE YEARS PARENTING GROUP

An evidenced-based parenting group designed to support healthy emotional development, strong social skills, and equip parents to effectively manage challenging behaviors.

**This is a 10-week program for expectant mothers and parents of children up to the age of six, residing in Kent County!**

**This group meets weekly for 90 minute sessions. Virtual and in-person options are available.**

**New groups form every month, offering plenty of opportunities to get started!**

### Past participants have reported:

- A better understanding of their child's emotions & behaviors
- An improved relationship with their child(ren)
- A decrease in aggression, tantrums & defiance



This opportunity is made possible by the generosity of the Kent County taxpayers and the voter-approved Ready by Five Early Childhood Mileage.

**For more information call:**  
**Call: 616.942.2081**  
**Contact Center: 1.800.75.SEALS**

