

Playing together  
to build  
your  
relationship



Using praise and  
rewards to  
encourage positive  
behavior



Setting clear  
limits



Effective and  
positive discipline  
techniques

# It's Incredible! And Fun!

Parenting is a lot of hard work! Especially during a Pandemic! Join with us to find ways to make parenting easier and fun for both you and your child.

## The Incredible Years® Parenting Program

### For Westmoreland County

Tuesdays, June 22nd—September 28th

Class 6-8pm

**\*Class will take place via Zoom**

*\*Adults only*

Earn incentives and have fun while you learn!

**To enroll, contact:**

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ParentWISE Program of Wesley Family Services



*\*Classes, incentives, provided through a grant from the Westmoreland Drug and Alcohol Commission*