

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 us to find ways to make parenting easier and fun for both you and your child.

## The Incredible Years® Parenting Program For Westmoreland County

**Mondays, October 18th, 2021 - February 7th, 2022**

**Class 6-8pm**

**Sessions will take place via Zoom**

*\*Adults only—Earn incentives and have fun while you learn!*

**To enroll, contact:**

Ryan Reitz: (724) 216-6813, [ryan.reitz@wfspa.org](mailto:ryan.reitz@wfspa.org)

Or

Melodi Janosko: (412) 342-2343, [melodi.janosko@wfspa.org](mailto:melodi.janosko@wfspa.org)



ParentWISE Program of Wesley Family Services



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