

**Does parenting have you stressed out?
Are you and your partner on the same page?
Do you sometimes struggle with your child's behavior?**

The Incredible Years[®]



Parents, teachers, and children training series

Program Goals:

- Prevent and reduce conduct problems in children
- Reduce stress and build confidence
- Strengthen parenting skills
- Reinforce parenting team
- Make connections with like-minded parents
- Strengthen caregiver-child bonds
- Encourage children's independence

**FREE prizes and incentives
FREE to participate in this program
Meet VIRTUALLY with other parents
once a week
Receive much needed SUPPORT
during this trying time**

**For parents and caregivers of children ages 6-12
Space is limited so sign up now!**

Call or email Nicole Spence at 910-523-3016 or

nmalnar@coastalhorizons.org

Laurel DeVore at 910-899-8838 or

ldevore@coastalhorizons.org

❖ **Crisis: 1-844-709-4097**

"Promoting choices for healthier lives and safer communities"
Serving New Hanover and Pender Counties

Referral Contact Information

Call Nicole Malnar Spence (910) 523-3016 or (910) 202-3155, nmalnar@coastalhorizons.org

Or Laurel DeVore (910) 899-8838 or ldevore@coastalhorizons.org

We can also accept referrals by fax: (910) 202-5772

View our website for additional information: www.coastalhorizons.org