## Tantrums?

Bedtime Hassles?

Child not listening?



## **EVIDENCE-BASED PARENTING GROUPS**

## Available for FREE!

Join other parents with children <u>18 months to 4 years to:</u>

- Help children be successful and well behaved at home
- Solve problems like meltdowns, fighting, or noncompliance
- Respond to challenging behaviors without yelling
- Feel more confident and less stressed as a parent
- Get social support from other parents
- Learn the Incredible Years proven approach

The group will be held virtually on Thursdays from 9:30-11 am beginning 10/31.





To register, please reach out to Emily Spence at espence@lookingupwards.org or call/text 401-485-5200.

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