

Parenting through the Pandemic

Incredible years support for Newcastle families of children aged 0- 12yrs

- Learn to apply the incredible years proven approach in the context of our “new normal”
 - Feel less stress and more confident
- Get support and solve problems like meltdowns, non-compliance and temper tantrums
 - Meet other local parents/ grandparents online

Our sessions meet weekly on Tuesdays and Thursdays via zoom 1.30pm

For further details on how to register contact

parentingprogrammes@barnardos.org.uk

Or any questions call

Nicola McGowan on 07935511584

Also find us on Facebook – citywide parenting programme (Newcastle)