

# Incredible Years Parent Group



Connect with other parents and caregivers of elementary school-aged children.

- Participants will receive the IY Book
- Gift card incentives will be given throughout the program to motivate participants to attend regularly
- Participants will hone their skills, develop positive relationships with their children, and make social connections
- Child care and snacks are provided for in-person groups

Here is what moms, dads, and grandparents are  
saying  
about the Incredible Years Program:

**"It feels good to know that I am not the only one with these struggles. We share the same issues and are learning to problem solve. This class was great! We learned together, we cried together and we helped each other!"**

To join our interest list, please scan the QR code and submit your information.

For any questions, please contact  
Andrea Buzzell Bowens - Parent  
Engagement Program Director  
andrea@cisdurham.org  
(919) 403-1936 ext. 21



**Does Parenting feel overwhelming at times?**



**IY can help change your life!**

**Classes will meet  
In Person at Eastway Elementary  
Thursdays from 6:00-8:00pm  
Starting 9.7.2023**

**OR  
Online via Zoom  
Mondays from 7:00-8:30pm  
Starting 9.11.2023**



**SCAN ME**