

The Incredible Years Program

- If you are the parent or caregiver of a child under age 6.
- If you are interested in learning how to ensure that your child succeeds in school.
- If you are willing to join us for a series of meetings to make sure that your child has the best possible experience.

Then we have resources for you!

5 week **FREE** program with increased focus on coaching language development, imitation and sensory routines, social communication, use of pretend play to promote empathy and social skills, and promoting self-regulation skills. Enhanced focus on self-care and building support group.

Hosted by: Bright Beginnings Central Virginia & Central Virginia Health District

Location: Lynchburg Health Department
307 Alleghany Ave, Lynchburg VA 24501

GIVEAWAYS & REFRESHMENTS ON-SITE
REGISTRATION LIMITED TO 15-SIGN UP NOW

For registration & further information:
Contact: April Birchfield
April.Birchfield@vdh.virginia.gov or 434-477-5904



Date	Time
Tuesday, July 11th	5:30-7:30pm
Thursday, July 13th	5:30-7:30pm
Tuesday, July 18th	5:30-7:30pm
Thursday, July 20th	5:30-7:30pm
Tuesday, July 25th	5:30-7:30pm
Thursday, July 27th	5:30-7:30pm
Tuesday, August 1st	5:30-7:30pm
Thursday, August 3rd	5:30-7:30pm
Tuesday, August 8th	5:30-7:30pm
Thursday, August 10th	5:30-7:30pm

Select all that apply:

- ☐ I can commit to majority of the sessions listed above.
- ☐ I want to learn how to ensure that my child is ready when they begin school.
- ☐ I want to learn new ways to enjoy my time with my child/children.
- ☐ I want my child/children to grow up knowing that they are loved and valued.
- ☐ I want to learn how to deal with behavior issues I sometimes have with my child/children.

Name: _____

Telephone: _____

Email: _____

