



THE INCREDIBLE YEARS



Docklands Outreach Service will be offering Incredible Years parenting group for a period of 10 weeks for children aged 1-6 years (parent/caregivers of younger children welcome)



The final date for accepting referrals is Friday 20th December 2024

Coffee Morning/information will be 16th January 2025
Sessions will be every Thursday 23rd January to 13th March 2025 10am-12:15 (Excluding half term)



Venue: Overland Family Hub,
60 Parnell Road, Bow, London, E3 2RU
Refreshments will be provided
Creche will be provided
We do not provide language support



Incredible Years aims to:

- strengthen the relationship and bond between parent and child
- Reduce behavioural difficulties by using evidence-based behaviour management strategies
- build and promote the child's social and emotional skills



For more information, please contact Obianuju on
Obianuju.Anyika@dockout.org.uk, 07396813898 or Azra on
azra.naheed@dockout.org.uk, 07727123908



Thursday 16th January 2024- Coffee morning 10am-12:15pm

Thursday 23rd January 2024- Parent training 10am-12:15pm

Thursday 30th January 2024- Parent training 10am-12:15pm

Thursday 6th February 2024- Parent training 10am-12:15pm

Thursday 13th February 2024- Parent training 10am-12:15pm

Thursday 20th February 2024- NO TRAINING (HALF TERM)

Thursday 27th February 2024- Parent training 10am-12:15pm

Thursday 6th March 2024- Parent training 10am-12:15pm

Thursday 13th March 2024- Parent training 10am-12:15pm

Thursday 20th March 2024- Parent training 10am-12:15pm

Thursday 27th March 2024- Parent training/Celebration 10am-12:15pm Last day