

Playing together  
to build  
your  
relationship



Using praise and  
rewards to  
encourage positive  
behavior



Setting clear  
limits



Effective and  
positive discipline  
techniques

# It's Incredible! And Fun!

Parenting is a lot of hard work! Join us to find ways to make parenting easier and fun for both you and your child.

## The Incredible Years® Parenting Program

Wednesdays, April 26th - August 9th, 2023

Class 6-8pm

Sessions will take place via Zoom

*\*Adults only—Earn incentives and have fun while you learn!*

**To enroll, contact:**

Shana Orlic: (724) 217-8303, shana.orlic@wfspa.org



wesley  
family  
services

**ParentWISE Program of Wesley Family Services**

*\*Classes provided through a grant from  
Westmoreland Drug & Alcohol Commission*



**Westmoreland**  
Drug & Alcohol Commission, Inc.  
www.wedacinc.org