



## Incredible Years - Online

### A Class in Family Life

**Instructed by: Maribeth Darst-Curran & Emitt Thrower**

Calling all parents of children ages 2-8! In this 16-week class you will learn:

- Tools and strategies for having less stress as a parent
- How to help your children be better behaved
- How to recognize and value personal experiences with your children

**Zoom Meetings - Wednesday, January 13th - April 28th, 2021, 6-8pm**



**We ask that you log on to Canvas and read through the course content before the Zoom call begins at 6pm.**

**Register on Eventbrite by visiting our website [www.collegeofhope.org](http://www.collegeofhope.org)  
Registration closes at midnight on Tuesday, January 12th, 2021**