

The Incredible Years Series

Parenting Programs and Child Social and Emotional Wellness Groups

Hempfield Behavioral Health is excited to announce that we've received a grant to support the evidence-based Incredible Years Series in Adams County! Through this support and the continued support of Adams County Children and Youth Services, we are happy to expand our programs to meet the needs of our community.

The series includes parenting programs and child small group therapy programs for children and parents of children ages 0-11.

Basic Parenting Program

- *Positive Parenting Skills
- *Parenting as a "coach"
- *Removing harsh punishment
- *Positive parent/child communication
- *Attending to children's needs

Small Group Dinosaur School

- *Children 4 - 11
- *Emotional identification and coping with feelings
- *Social skills and appropriate behaviors
- *Anger management and classroom behavior
- *Working with family and following home and school rules

Babies and Toddlers

- *For parents of children 0 - 3
- *Caring for baby/basic skills
- *Understanding developmental milestones
- *Modeling, nurturing, attending to baby
- *Gaining supports as a parent
- *Learning to coach toddlers and share their world
- *Bonding, communicating, and promoting social and emotional wellness

New Program Start Dates

- *Basic Parent/Small Group & Babies and Toddlers: enrolling for our fall program now!
- *Individual Family Support ongoing, please call

Make a Referral: IYS programs are available to meet families' needs ongoing through immediate integration to group or personalized assistance until our next full-group start date. Programs run 20 weeks, once per week for 2 hours. HBH staff will respond to all referrals quickly and work to bring services to the families you refer in the most effective, responsible, and clinically sound methods --- proven effective in over 30 years of research proving that the Incredible Years programs work!

Hempfield Behavioral Health, The Incredible Years

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"Changing Lives Through Evidence Based Practice"