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# HEMPFIELD BEHAVIORAL HEALTH

*Changing Lives Through Research-Based Practices*

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*2019 N. Second Street  
Harrisburg, PA 17102*

## **FAMILY TEAMWORK IS THE FOCUS ON FAMILY GAME NIGHT DURING THE INCREDIBLE YEARS CHILD AND PARENTING PROGRAM**

GETTYSBURG— As part of The Incredible Years Series in Adams County, they recently held Family Game Night as a child and parent event focused on family teamwork.

“In our very busy lives, it is helpful to remember the value of play with our children. Playing is also a great time to coach our children through social situations, building persistence, and coping with emotions.” remarked Andrea Niedererr, Program Director

The Incredible Years Series is a set of interlocking, comprehensive, and developmentally based programs for parents and children. The parent and child programs are designed to work together to promote emotional, social, and academic competency and to prevent, reduce, and treat behavioral and emotional problems in young children. In the parent and child training programs, trained facilitators use video vignettes to structure how the group runs and encourage group discussions, problem solving and practices related to participants’ goals.

The Incredible Years Program has been shown to reduce parental depression and stress; increase positive family communication and problem solving, nurturing parenting interactions, and replacing harsh discipline with proactive methods.

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For more information on The Incredible Years Parent and Child Programs in Adams County, please contact Andrea Niedererr at 717-642-4244 or [incredibleyears@gmail.com](mailto:incredibleyears@gmail.com)

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*Pictured: Melissa Dietrich and her daughter play together at game night.*