



# You're Invited!

## Building Happy Families

Using the Webster Stratton 'Incredible Years' principles and strategies

at

**The Link Children and Family Centre  
Matson, Gloucester**

8 weekly sessions

Starting on Thursday 26<sup>th</sup> February

9.30am - 11.30am

Final session will be on Thursday 16<sup>th</sup> April 2026



Learn new skills and techniques of how to strengthen connections with your child, manage your child's behaviour, and taking time for your own self-care.

### Topics include:

- The importance of quality time spent with your child
- Praising and encouraging positive behaviours
- Establishing rules, responsibilities & routines



**Scan the QR code to book your space**



Contact: **The Link Children & Family Centre  
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(Opposite Winsley Road) 01452 560451**