



Gloucestershire  
Gateway  
Trust

# 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



Free  
Refreshments  
Provided

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**  
**Matson Avenue, Matson, Gloucester GL4 6BE**  
(Opposite Winsley Road) **01452 560451**

Welcoming Families, Connecting Communities