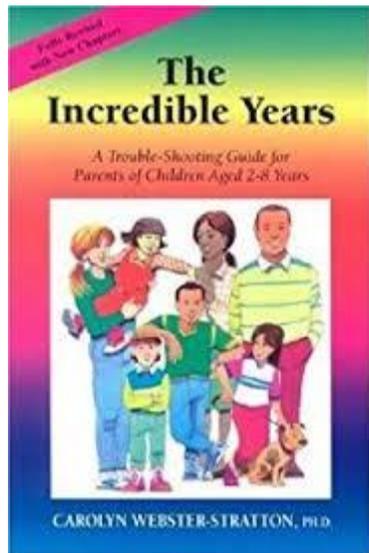




West Cheshire CAMHS 0-16 Service  
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Parenting Pyramid®



# West Cheshire CAMHS





West Cheshire CAMHS 0-16 Service is currently able to offer places on the Incredible Years Programme for families of primary aged school children (5-11yrs). This is accessed by self-referral only.

The group lasts for 12 weeks during term times, and we are delivering two separate groups in 2019. Unfortunately, we are unable to provide childcare facilities. The dates (excluding half-term dates) are as follows:

To find out more about the programme, parents/carers **must attend** one of the following drop-in sessions, to secure a place:

Stanley Lane Clinic, Ellesmere Port, CH65 9AE on the following dates/times:  
**Tuesday 22<sup>nd</sup> January 9:00-17:00 (For March 2019)**  
**Wednesday 13<sup>th</sup> February 9:00-17:00 (For March 2019)**

Neston Community Youth Centre, Neston, CH64 9RE on the following date:  
**Wednesday 6<sup>th</sup> March 9.00 – 12.00 (For March 2019)**

*Alternatively*

Marsden House, Brookdale Place, Chester CH1 3DY on the following dates/times:

**Wednesday 10<sup>th</sup> July 9:00-17:00 (For Sept 2019)**  
**Wednesday 17<sup>th</sup> July 9:00-17:00 (For Sept 2019)**

**Please note this is for the recruitment day only**

### Course Dates/Times/Venues

**Ellesmere Port & Neston: Neston Community & Youth Centre**  
9:30-12:30pm Wed 13<sup>th</sup> March - Wed 19<sup>th</sup> June 2019.

**Chester: Lache and Handbridge Children's Centre**  
9:30-12:30pm Wed 11<sup>th</sup> Sept - Wed 4<sup>th</sup> Dec 2019.



### What is the incredible Years Programme?

The Incredible Years programme is sometimes known as a 'Webster Stratton' devised by Dr Carolyn Webster Stratton. Carolyn describes the course as follows:

The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socioeconomic groups.

### What other families have said about the programme once completed:

Mother and father of two girls "For the last 12 weeks, we have learned so much from the course and the changes in us all are so evident"

Father of four children "Thank you so much for your support and advice in the last 12 weeks, the relationship with my children has improved so much, our home is no longer a house but a place here we can all be ourselves and enjoy being around each other".

Places are limited and therefore we would recommend attending the earliest possible drop-in date for your area.

If you have any questions, please call **01244 393 200**.