



New Updated Programme & Resources

This 14-week course will use the latest version of the Incredible Years programme, with updated materials, activities, and resources designed to better support today's families. Sessions include refreshed videos, handouts, and practical tools you can use at home.

Would you like to...

- Build a stronger, more positive relationship with your child?
- Encourage good behaviour without constant battles?
- Help your child manage their emotions and make friends?
- Feel more confident and calmer as a parent and carer?

We have **free** courses for parents and carers of children aged 3- 5 years

To apply visit: [Parenting Programmes Edinburgh](#)

Further information contact: morag.lang@edinburgh.gov.uk

Facilitated by trained group leaders, this is a targeted intervention for parents and carers of children presenting difficulty in understanding or challenging behaviours.

The group aims to promote positive relationship-building strategies,

- Encourage positive behaviour
- New ways to manage situations at home
- Learning ways to stay calm
- Teach emotional regulations and coping skills
- Supporting Parents with individual goals
- Shared experiences
- Weekly check in support from facilitators

Support for families

Find the right support at the right time



Want to take part.

**Goodtrees Neighbourhood
Centre, 5 Moredunvale Place,
EH17 7LB**

**Thursdays 27 August – 3
December 2026
10am -12pm
(14 weeks term – time)**

**Cameron House Community
Centre, 34 Prsetonfield
Avenue, EH16 5EU**

When

**Monday's 21 Sept 2026 – 8
Feb 2027
12-30 – 2.30pm
(14 weeks term- time)**