

# Parenting can be tough. So can being a kid.

"I have learned several strategies to strengthen the self-esteem and overall emotional health of myself and my children."

- Father of 3yr.  
and 4yr. olds



## Are your kids stressing you out?

### Incredible Years

Teaching parents new and different ways to help their child feel good about themselves, make and keep friends, do better in school and get into less trouble.

### For parents of children ages 2 to 8 years old

- All activities provided at no cost
- Parent training activities
- Quality child care provided
- Free family meal

12 Weekly Sessions in El Dorado, KS  
**Mondays, January 30 - April 16**

Meal: 5:30 p.m. Class: 6 p.m.

Call (316) 320-1342 or [akenneson@rui.org](mailto:akenneson@rui.org) to register or learn more about Incredible Years classes in Butler County.



"I can't believe how much things changed in just 12 weeks!"

- Single Mother  
of 2 kids

in collaboration with

