

COBYS

Family Life Education

August & September
Classes

The Incredible Years®

INCREDIBLE YEARS

**WEDNESDAYS,
AUG 21-OCT 23
6:30-8:00PM**

This 10-week program supports attachment and parent-child interaction, encourages positive parenting, and increases parents' ability to promote children's social, emotional, and academic development. In addition to the group sessions held on Zoom, an educator will also meet with participants for weekly 15-minute individual sessions to help caregivers connect the concepts learned to their own family's needs.



BLUES PROGRAM FOR TEENS

**TUESDAYS
SEPT 24-OCT 29
7:00-8:00PM**

The Blues Program is an evidence-based program designed for teenagers, teaching skills that strengthen their power to push back against anxiety, stress, and depression. They will learn how their thoughts, feelings, and actions interact to take control of their moods. Teens will learn how to change their thoughts and actions to improve their mood. Group sessions are held on Zoom.

COOPERATIVE COPARENTING
through Separation or Divorce™

COOPERATIVE COPARENTING

**THURSDAYS
SEPT 5-OCT 24
6:30-8:00PM**

This free 11-session program is offered to parents of young children (aged 2-9) on the Autism spectrum or with language delays in order to promote children's emotional regulation, social competence, language skills, school readiness, and relationships with others. Group sessions are held on Zoom.

MONTHLY VIRTUAL PARENTING WORKSHOPS



FIVE LOVE LANGUAGES

**DATE: THURSDAY,
SEPTEMBER 19
TIME: 7:00-8:30 PM**

Learn how to identify your child's love language so you can best connect with your child. Also, learn to fill your own emotional tank so you can support your family.

ALL PROGRAMS ARE FREE TO LANCASTER COUNTY RESIDENTS.

TO REGISTER, PLEASE SCAN THE QR CODE BELOW OR VISIT [HTTPS://COBYS.ORG/FAMILY-SUPPORT/PROGRAMS-OFFERED/](https://cobys.org/family-support/programs-offered/)

QUESTIONS? PLEASE EMAIL [EDUCATION@COBYS.ORG](mailto:education@cobys.org) OR CALL 717-435-8139.



ADDITIONAL OPPORTUNITIES CAN BE FOUND ON OUR

Seeking SAFETY

SEEKING SAFETY
ON ZOOM

WOMEN'S GROUP
WEDNESDAYS
6-7 PM

MEN & WOMEN
WEDNESDAYS
7-8 PM

NEW TIME!

Seeking Safety is an evidence-based group therapy program that focuses on coping skills in the present moment for persons with past trauma and/or substance abuse. Course held