

Who's in Charge?



Does your child threaten, hurt or intimidate you?
Do you feel you are losing control?
Want to better handle conflict?

Reclaim respect and your family!

The *Who's in Charge?* group is a 6 week programme for parents or carers of young people (5 to 18) who are beyond control, violent or defiant

The group aims to

- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame which most parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

CONTACT
School for more details