

# South East Cluster



## Welcome to Who's in Charge

Do you feel you are losing control ?  
Want to better handle conflict ?

## Reclaim respect & your family

The *Who's in Charge?* group is a 6 week programme for parents or carers of young people (6 to 18yrs) so that they are more able to manage challenging behaviours

The group aims to

- Provide a supportive environment to share experiences and ideas
- 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 less stressed
- And improve family relationships

Contact Cedars/Havercroft Family Hub on 01977 722305  
or pop into reception for more details