

# WHO'S <sup>in</sup> CHARGE?



*Does your child hurt or intimidate you?*

*Do you feel you are losing control?*

*Do you want to handle conflict better?*



## Reclaim respect and calm in your family

The *Who's in Charge?* group is an 8 week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.

This is a **FREE** program

The group aims to:

- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame that parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Help in understanding power in relationships and coping with stress
- Explore ways of increasing safety and well-being

Next group: Thursday's commencing 26 October 2023 for 8 weeks, 9:30am to 12pm

Where: Greenacres Library, Community Room, 2 Fosters Rd, Greenacres

For any queries or referrals please call Trevor: 0410 698 907 or Centacare: 8215 6700

An initiative of Reconnect, City of Port Adelaide Enfield and Centacare Catholic Family Services