

WHO'S ⁱⁿ 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 4th August for 8 weeks, 9:30am to 12pm*

Where: *The Parks Library, Community Room 1, 46 Trafford Street, Angle Park*

For any queries or referrals please call: Trevor: 8405 6862 or Centacare: 8215 6700

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

