

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: Thursdays, starting 29 July 2021 for 8 weeks, 6:30pm to 9pm

At: The Junction Community Centre, Community Room, Corner Grand Junction Road and May Terrace, Ottoway

An initiative of Reconnect, City of Port Adelaide Enfield and Centacare Catholic Family Services
Enquiries and Referrals: Trevor: **8405 6862** Centacare: **8215 6700**

