

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: Wednesday's commencing 8 May 2024 for 8 weeks, 9:30am to 12pm

Where: Enfield Library, Community Room, 1 Kensington Cres, Enfield

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

