



Centacare

## Who's in Charge?

**A FREE 8 week course for parents whose children are abusive towards them**

**Based on the work of Eddie Gallagher**

This course is for parents of children between 8 and 18 who feel constantly challenged by their children's behavior and aims to:

- Reduce parents' feelings of isolation
- Challenge parents' feelings of guilt
- Create belief in the possibility of change
- Explore anger, both children's and parents'
- Develop safety plans for families
- Help parents to look after themselves
- Clarify boundaries of acceptable and unacceptable behavior
- Examine strategies for creating meaningful and practical consequences for unacceptable behavior
- Reinforce progress and provide emotional support while you attempt to become more assertive parents



**Venue:**

Enfield Community Centre  
540 Regency Road  
Enfield, SA 5085

**Time:** 9.15am - 12.15pm

**Dates:**

Thursday 2 August 2018  
Thursday 9 August 2018  
Thursday 16 August 2018  
Thursday 23 August 2018  
Thursday 30 August 2018  
Thursday 6 September 2018  
Thursday 13 September 2018  
Thursday 20 September 2018

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

[www.centacare.org.au](http://www.centacare.org.au)