



Who's in Charge?

For Parents and Carers whose children are abusive towards them

Based on the work of Eddie Gallagher

A FREE 6 week workshop for Parents and Carers of children between 8 and 18 who feel constantly challenged by their children's behaviour 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 behaviour | Strategies for creating meaningful and practical consequences for unacceptable behaviour | Reinforce progress and provide emotional support while you attempt to become more assertive parents

Time: 1:00pm – 3:30pm
Date: Tuesdays
26 July
2, 9, 16, 23, 30 August

Venue: Elizabeth Rise Community Centre
Shop 5/26 Hamblynn Road
Elizabeth Downs 5113



Please note childcare facilities are not available and children cannot be present at this course

Bookings essential. Please contact Centacare on 8215 6700 or email your details to: registrations@centacare.org.au

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www.centacare.org.au