

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 a FREE 7-week program for parents or carers of young people (8-18 years) who are beyond control, violent or defiant.

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

WHEN: Every Wednesday from 5:30pm to 8pm - commencing 31 January 2024

WHERE: The Lights Community & Sports Centre - upstairs Community Function Room, 244-270 East Parkway Corner Hampstead Road and East Parkway, Lightsview

An initiative of Centacare Catholic Family Services, City of Port Adelaide Enfield Council and Reconnect

Enquiries and Referrals: Trevor: **0410 698 907** or Centacare: **8215 6700**

