

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: Thursday's starting 12th May 2022 for 8 weeks, 6:30pm to 9:00pm

WHERE: The Junction Community Centre, Corner of May Terrace & Grand Junction Road, Ottoway

An initiative of Reconnect, City of Port Adelaide Enfield and Centacare Catholic Family Services Enquiries and Referrals:

Trevor: **8405 6862**

Centacare: **8215 6700**

