

Who's in Charge?

Does your child's behaviour concern you?
Do you feel you are losing control?
Do you want to handle conflict better?



Reclaim respect and help your family

The *Who's in Charge?* Group is an 8-week program for Parents and Carers, of young people aged 8 to 18, who are beyond parental control, violent or defiant.

The group aims to:

- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame which some Parents/Carers can feel
- Offer ideas to help you develop strategies to manage your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

Starting: **Monday 31st Jan 2022** **12.00-2.00pm**

Held at: **60 Garraways, Coffee Hall, Milton Keynes
MK6 5EG**

Enquires: Phone on 01908 889407 or email
Angela.Houston@stephensonacademy.org.uk

Please contact Angela if you would like to register to attend
a Who's in Charge program