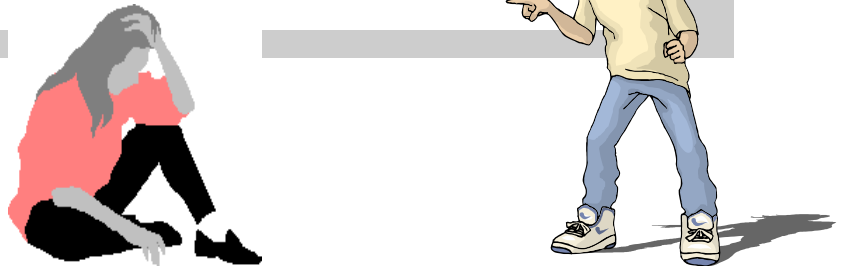


# Who's in Charge?

Does your child threaten, hurt or intimidate you?  
Do you feel you are losing control?  
Want to better handle conflict?



## ***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 (10 to 18) who are abusive, violent or defiant.

The group aims to

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

**Starting: 2018 Term 1 :Tuesday 6th Feb 9.30am - 11.30am**  
**Thursday 8th Feb 10.30am -12.30pm**  
**Thursday 8th Feb 5.30pm - 7.30pm**

**Place:** Mackay Youth Support Services  
CASA office, Cnr Gregory & Alfred Sts, Mky.

**Contact:** Karen 4951 4299 or 0417 223 747  
Email [u-nite@myss.org.au](mailto:u-nite@myss.org.au)