

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

Starts : 2018 Term 4 :Tuesday16 October 9.30am -11.30am
Thursday18 October10.30am -12.30pm
Thursday18 October 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