Who's in Charge?

For parents/carers with children aged 4 years and over

- **What is Who's in Charge?**
  Who's in Charge? is a 9-week child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control. The course is delivered online and is for parents and carers of children 4 years and over.
- **Aims**
  Provide a supportive environment to share experiences and ideas
- Reducing the blame, guilt and shame that parents may 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

What is covered in the course.

- Pre-arranged one-to-one session to complete pre-group questionnaire.
- Session 1 Introductions and genograms
- Session 2 Cause and influences of abusive behaviour
- Session 3 What is abuse?
- Session 4 What can I control in my child's life?
- Session 5 Consequences
- Session 6 Anger and breaking the myths of anger
- Session 7 Assertiveness
- Session 8 Self-care, future goal setting and evaluation
- Session 9 One/two month follow up on goal achievement, evaluation and further goals

"My boundaries in the home are clearer and there are less physical interactions"

"The course is a safe place where no one judges."

"Go for it and give it your all but you have to want to make the change"

I don't even know how to put into words how much the course has helped my life change for the better. It's tough to change the way we parent and the way we live our life but this course has changed my whole life and my perspective on things and how I cope daily with the challenges it brings

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