

# Who's in Charge?

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



## ***Regain control and improve your family dynamics!***

The *Who's in Charge?* group is an 8-week program for parents or Carers of young people (8 to 18) who are beyond control, 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:** 4<sup>th</sup> February 2025 – 6:30-8:30pm (Evening Sessions)

**At:** Astley Cooper School, St Agnells Lane, Hemel Hempstead, HP2 7HL

8 weeks – 4<sup>th</sup> of February, 11<sup>th</sup> of February, 25<sup>th</sup> of February, 4<sup>th</sup> of March, 11<sup>th</sup> of March, 18<sup>th</sup> of March, 25<sup>th</sup> of March, 1<sup>st</sup> of April

COST per session: **FREE**

Enquires: Phone on 07977 057646/07870 370 938

or e-mail [amy.butler@hertfordshire.gov.uk](mailto:amy.butler@hertfordshire.gov.uk)

[collette.garland@hertfordshire.gov.uk](mailto:collette.garland@hertfordshire.gov.uk)