

**Contact Cedars/Havercroft Family Hub on 01977 722305**

**or pop into reception for more details**

**Welcome to Who’s in Charge**

The *Who’s in Charge?* group is a 6 week programme for parents or carers of young people (6 to 18yrs) so that they are more able to manage challenging behaviours

The group aims to

* Provide a supportive environment to share experiences and ideas
* 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 less stressed
* And improve family relationships

**Reclaim respect & your family**

 Do you feel you are losing control ?

Want to better handle conflict ?