



Who's in charge?

This 8 week group programme is designed for parents and carers whose children are being abusive or violent toward them or who appear out of parental control. For parents and carers of children aged between 10-18 years.

During the 2-hour weekly sessions the programme aims to support parents/carers to:

- Help reduce feelings of isolation, guilt, blame and shame.
- Understand the causes of children's behaviour.
- Explore anger (both child and parents!)
- Make practical and meaningful changes.
- Examine strategies for unacceptable behaviour.
- Increase assertiveness and explore self-care.

There will also be guest speakers from CAMHS and Drugs & Alcohol Service as well as past parent's experience.

Date: 25th April 2023 – 27th June 2023

Total of 8 sessions (break for half term in May/June and bank holiday on 9th May)

Time: 18:00 – 20:00 Venue: The Bridge

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*

