

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 your family!

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: 4th November 2025 – 6:30-8:30pm (Evening Sessions)

At: Queens' School, Aldenham Road, Bushey WD23 2TY

8 weeks – 4th November, 11th November, 18th November, 25th November, 2nd December, 9th December, 13th January, 20th January

COST per session: **FREE**

Enquires: Phone [07872 991566](tel:07872991566)/[07870 370938](tel:07870370938)
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