



Centacare

Who's in Charge?

A FREE 8 week course for parents whose children are abusive towards them

Based on the work of Eddie Gallagher

This course is for parents of children between 8 and 18 who feel constantly challenged by their children's behavior and aims to:

- Reduce parents' feelings of isolation
- Challenge parents' feelings of guilt
- Create belief in the possibility of change
- Explore anger, both children's and parents'
- Develop safety plans for families
- Help parents to look after themselves
- Clarify boundaries of acceptable and unacceptable behavior
- Examine strategies for creating meaningful and practical consequences for unacceptable behavior
- Reinforce progress and provide emotional support while you attempt to become more assertive parents



Venue:

Enfield Community Centre
540 Regency Road
Enfield, SA 5085

Time: 9.15am - 12.15pm

Dates:

Thursday 2 August 2018
Thursday 9 August 2018
Thursday 16 August 2018
Thursday 23 August 2018
Thursday 30 August 2018
Thursday 6 September 2018
Thursday 13 September 2018
Thursday 20 September 2018

Bookings essential. Please contact Centacare on 8215 6700 or email your details to: registrations@centacare.org.au

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www.centacare.org.au