



**Connections**

child, youth and family services



**headspace**  
Knox

# Who's in Charge?

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

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**"Dear Andy — How are you? Your mother and I are fine. We both miss you and hope you are doing well. We look forward to seeing you again the next time your computer crashes and you come downstairs for something to eat. Love, Mom and Dad."**

The *Who's in Charge?* group is a 7-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 wellbeing
  - Help you feel more in control and less stressed

**When:– Wednesdays 27 April to 8 June 2016**

**Time: - 12.00pm—2.30pm Enrolments essential\***

**Where: - headspace, Knox.**

**2 Capital City Bld, Westfield Knox Ozone. 509 Burwood Hwy, Wantirna South**

**Cost: - Free of charge**

*\*Enquiries & Enrolment (essential):*

Contact Lea on 9724 2222 (Connections) or Rima on 9801 6088 (headspace)

Further info on violence to parents: [www.eddiegallagher.id.au](http://www.eddiegallagher.id.au)