



# Parenting Programme “Who’s in Charge?”



This group aims to support parents by giving positive strategies to reduce stress.

As a result parents should see a reduction in their children’s difficult and challenging behaviour, and lead to an improvement in relationships between parents and family.

**Next programme:** 11<sup>th</sup> September - 6<sup>th</sup> November 2019 plus a follow up session on 11<sup>th</sup> December 2019 from 9:30am -11.30am at YOS Building, 16 North Street, Reading. Berks. RG1 7DA.

The programme is delivered in 9 x 2 hour weekly group sessions and supports parents with children aged 8-16.



## Aim of the course:

- Reduce parents’ feelings of isolation
- Create a belief in the possibility of change
- Clarify boundaries of what is acceptable and unacceptable behaviour
- Explore anger, both children’s and parents’
- Encourage assertiveness
- Reduce the amount of challenging behaviour

To enquire, please contact:  
Children’s Single Point of  
Access

Call: 0118 937 3641

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