



Who's in Charge?

A FREE 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

DATES:

Wednesday evenings
5th Feb - 2nd April (no session during half-term)

TIME: 18:30-20:30

LOCATION: Ridgeway Academy

To book a place, please use the QR code or go to this link:

<https://forms.office.com/e/GF6FKraGdt>

