

27 January to 24 March 2025 (8 Weeks) Online

Who's in Charge - Online (for West Berkshire parent/carers)

This course provides a therapeutic approach for families of children and young people with special educational needs (aged 8 – 18) who are displaying violent or aggressive behaviours

SESSION OUTLINES:

- 1) Introductions & “Who’s in Charge?” course outline
- 2) Influences & “Causes” of violent & abusive behaviours
- 3) Child: Controlling & Abusive Behaviours
- 4) Parent: Behaviour Management Options
- 5) Styles of Parenting
- 6) Child & Parent: Exploring the Concept of Anger
- 7) Assertiveness
- 8) Self-care, Resilience and Maintenance
- 9) Follow up session 3 months after course has finished

TIME

Mondays 7pm-9pm

DATE

27 January to 24 March
(excluding half term week)

VENUE

Online

COST

Free (£10 charge for course materials)

To book:

<https://parentingspecialchildren.co.uk/events/whos-in-charge-west-berkshire-council-area-jan-2025/>

CONTACT

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