

**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**: 8th January 2020 – 4th March 2020 plus a follow up session on 1st April 2020 from 9:30am -11.30am at YOS Building,16 North Street, Reading. Berks. RG1 7DA.



**Parenting Programme**

**“Who’s in Charge?”**

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



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To enquire, please contact:

Children’s Single Point of Access

Call: 0118 937 3641

Email:ChildrensSinglePointofAccess@reading.gcsx.gov.uk

[**www.brighterfuturesforchildren.org**](http://www.brighterfuturesforchildren.org)