



Scan for our [Additional Information](#) and Services page on our website. This has a list of different online noticeboards with lots of information on a variety of topics.

How to get in touch and find out more

If you would like to know more about any of these courses you can contact your Family Hubs by phone, email or by visiting our website. You can book on to them by visiting our Eventbrite page or making a request through our website.

West & Central Locality

Newport Family Hub
Furlongs, Newport,
PO30 2AX
01983 529 208

South Wight Locality

Sandown Family Hub
The Fairway, Sandown
PO36 9EQ
01983 408718

North East Wight Locality

Ryde Family Hub
George Street, Ryde,
PO33 2JF
01983 617 617

Email us: iowfamilycentres@barnardos.org.uk

Website: www.isleofwightfamilycentres.org.uk

Website



Facebook



Instagram



Who's in Charge



For Parents/Carers with Children/Young people aged 8 years and over



Barnardo's Registered Charity Nos. 216250 and SC037605
24423shc23



Who's in Charge? is a **9-week** child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control.

The course is delivered **online** and is for parents and carers of **children 8 years and over**.

The group aims to:

- Provide a supportive environment to share experiences and ideas
- Reducing the blame, guilt and shame that parents may feel
- Offer ideas to help parents develop individual strategies for managing children/Young person's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed



What is covered in the course?

Introductory phone call with one of the facilitators.

Session 1 Introductions, hopes and genograms

Session 2 Cause and influences of abusive behaviour

Session 3 What is abuse?

Session 4 What can I control in my child's life?

Session 5 Consequences Introduction

Session 6 Anger and breaking the myths of anger

Session 7 Assertiveness and I-Statements

Session 8 Self-care, future goal setting and evaluation

Session 9 One month follow up on goal achievement, evaluation and further goals.



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for the website to
contact us and
book a place