

If you would like to know more about any of our courses you can contact your Family Centre by phone, email or by visiting our website.



Who's in Charge?
For parents/carers with children aged 8 years and over

Website




How to get in touch and find out more:

Email us: iowfamilycentres@barnardos.org.uk

Website: www.isleofwightfamilycentres.org.uk

Facebook



 <https://families.barnardos.org.uk/>

Instagram



West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW
PO30 2AX
Tel: 01983 529208

North East Locality Hub

Ryde Family Centre
George Street, Ryde IOW,
PO33 2JF
Tel: 01983 617617

South Wight Locality Hub

Sandown Family Centre
The Fairway, Sandown
PO36 9EQ
Tel: 01983 408718



There when you need us

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**.



What is covered in the course?

- Pre-arranged one-to-one session to complete pre-group questionnaire.
- **Session 1** Introductions 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
- **Session 6** Anger and breaking the myths of anger
- **Session 7** Assertiveness
- **Session 8** Self-care, future goal setting and evaluation
- **Session 9** One/two month follow up on goal achievement, evaluation and further goals.

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 you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

Supporting Parent relationships

The digital resources provided by OnePlusOne are designed to help parents reflect on conflict in their relationship with current or ex-partners, as well as the impact on their children.

