



Spring 2019

## “Who’s in Charge?” – Child/Adolescent to Parent Violence and Abuse (APVA) - SLOUGH

An 8 week course providing a therapeutic approach for Berkshire parents/carers of children and young people (aged 8 – 16) who are violent or aggressive.

### AIMS:

Provide a supportive environment to share experiences and ideas

- Reduce the guilt and shame which most parents 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

### SESSION OUTLINES:

- 1) Introductions and “Who’s in Charge?” course outline
- 2) Influences and “Causes” of violent and abusive behaviours
- 3) Child: Controlling and 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) One session review after 3 months (date to be decided during the course)

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#### TIME

6.45PM-8.45PM  
(no session during half term)

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#### DATE

28 JANUARY - 1 APRIL 2019

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#### VENUE

Arbour Park Stadium  
Stoke Road  
Slough SL2 5AY

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#### COST

£20

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#### CONTACT

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#### PLEASE REGISTER ONLINE:

<http://www.parentingspecialchildren.co.uk/event/whos-in-charge-e-child-adolescent-to-parent-violence-and-abuse-slough/>

Parenting Special Children are a charity working with families of children and young people with special needs in Berkshire.

[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

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