

Who's In Charge?

Reclaim respect and calm in your family!

Does your child threaten you?
Does your child hurt you?
Does your child intimidate you?
Do you feel you are losing control?
Do you want to handle conflict better?

If the answer is YES, then Who's in Charge is the programme for you.

Jigsaw4u's Who's In Charge? group is a 9-week programme for parents or carers of children (aged 8 and above) living in Sutton or Merton who are beyond control, violent or defiant.

The group aims to:

- Provide a supportive environment for parents to share experiences and ideas
- Reduce the guilt and shame which most parents feel
- Offer ideas to help parents develop individual strategies for managing their child's behavior
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

Starting: Runs Thursday mornings term time from 10am to 12:30pm
(Autumn 2022: parents of 8-12 year olds. Spring 2023: parents of 13-17 year olds.)

Venue: Morden Baptist Church, Crown Lane, Morden SM4 5BL.

Enquires:

Please call or email Mona Ahmed or Sue Gray at Jigsaw4u:
020 8687 1384

Email: monaahmed@jigsaw4u.org.uk
suegray@jigsaw4u.org.uk

***Please note. Groups alternate: Some groups will be for parents of 13-17yr olds. Other groups will be for parents of 8-12yr olds.**