

Who's in Charge?



This is an 8 week programme, with a follow-up 9th session to take place 2 months later. The programme uses group exercises, discussion, facilitator input and handouts to take parents through an experiential process of attitude and behaviour change.

The main goal is to empower parents, reduce stress and guilt. Working with parents to create coping strategies.

The programme works to develop social skills, improve relationships, independence, confidence and self-esteem.

For further information or details please contact:

Butterflies Family Hub, Normanton- 01924 307835

Oakhill Family Hub, Featherstone— 01924 723942

Wakefieldfamilies.together.co.uk

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