



Parenting Support Programme for parents experiencing child to parent violence and abuse

Who's in Charge?

This 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 structure of the programme consists of **8 two and a half hour sessions with a two-month follow up.**

The programme is designated to parents of children aged 8-18 living in Bradford District.

Programme Outline

Session 1 Introductions, questionnaires 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 Two month follow up on goal achievement, evaluation and further goals

Places for **Who's in Charge?** programme are now available for the cohorts commencing on:

Monday, 28 February at 10.00 AM

Thursday, 3 March at 10.00 AM

Thursday, 12 May at 10.00 AM

More information regarding new dates, times and face to face training sessions to follow.

To make a referral for parents who are ready to attend and engage with this programme, please complete the 'Request for Parenting Programmes' and email this, with signed consent from the parents to: whosincharge@bradford.gov.uk