



## Parenting Workshops IDAS

**Weekly online sessions to support parents where children are showing challenging behaviour or aggression at home**

IDAS Children and Family Domestic Abuse Service supports young people (10-16) and can offer a range of support, including 1:1 and group sessions. We can also offer support for parents irrespective of the age of their children.

We are delivering a programme of online workshops to assist parents to support their children who are showing aggression or challenging behaviour towards them at home

**1. 14.01.25 introduction, aims of the workshop, safety planning**

**2. 21.01.25 parenting styles -how to be assertive**

**3. 28.01.25 -types of parenting, how it impacts behaviour**

**4. 04.02.25 family agreements, nurturing vs rewards and consequences**

**5. 11.02.25 -understanding anger , how that can present**

**18.02.25 - not running**

**6. 25.02.25 - building resilience and esteem.**

For any referrals or to register your interest please email  
[childrenhub@idas.org.uk](mailto:childrenhub@idas.org.uk) or follow the link to make a referral  
[Make a referral - IDAS](#)

**idas.org.uk**

**safe lives, free from abuse and violence**

IDAS (Independent Domestic Abuse Services) is a registered charity in  
England and Wales Number: 1102337. Company Number: 4984337

