



Families in Focus CIC Handling Anger in Your Family

Proven anger management techniques for all the family



This very popular & award winning course offers:

- Understanding of triggers
- Healthy Anger Management strategies for *parents* and *children*
- Calming Techniques
- Creative ways to support children to 'let go' of anger safely
- Effective ways to become a Calm and Assertive Parent
- and much, much more ...

"I thought it was my children's anger that was the problem – I now understand that it was my anger! I now have the right techniques for me *and* my children and the whole house has calmed down, thank you."

FREE places are limited, to avoid disappointment
BOOK your free place NOW!

Where:

**Hemel Hempstead Town
Football Club
Vauxhall Road
Hemel Hempstead
Herts.
HP2 4HW**

When:

**Mondays
12.30pm to 2.30pm**

June 4th 11th 18th 25th

July 2nd 9th



Hemel Hempstead Town FC
supporting parents caring for children
with SEND



Families In Focus CIC
A Community Interest Company

Places are limited and must be booked by contacting

Lesley & Francine:

Email bookings@familiesinfocus.co.uk or

Book from our website www.familiesinfocus.co.uk