



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:

**Stanborough Centre,
Oak room
609 St Albans Road,
Watford
WD25 9JL**

When:

**Tuesdays
7pm to 9pm**

**June 5th 12th 19th 26th
July 3rd 10th**

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



Families In Focus CIC

A Community Interest Company