



# Families in Focus CIC Handling Anger in Your Family

A CANparent quality mark course providing practical & proven techniques to reduce anger in your family



This very popular, effective and award winning anger management course offers:

- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children & parents
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective communication techniques to reduce angry outbursts
- ✓ A personal/family toolkit to support healthy anger management

*"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and our whole house in much calmer and even if we occasionally do get angry we now know what to do."*

FREE places for parents living in Hertfordshire and caring for children 4 years to 12 years old



Where:

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

When:

**Tuesdays**

**12.30pm to 2.30pm**

**September 17, 24**

**October 1, 8, 15, 22**



Families In Focus CIC  
A Community Interest Company

**Places are limited and must be booked:  
Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**