



# Families in Focus CIC Handling Anger in Your Family

A CANparent quality mark course for parents of primary aged children providing practical & proven techniques to reduce angry meltdowns in your family

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

- ✓ Gain greater understanding of how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children & parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents living in families similar to yours

FREE for parents living in Hertfordshire and parenting primary aged children.

Where

St Albans City Football Club,  
Board Room,  
Clarence Park,  
York Road,  
St Albans  
AL1 4PL

When

Tuesdays

12pm to 2pm

25<sup>th</sup> February

3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, March

*"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 the whole house has calmed down."*

Funded by Hertfordshire CC for parents living in Hertfordshire



Families In Focus CIC  
A Community Interest Company

Only 12 free places available and book your place on this course by emailing us:

[Bookings@familiesinfocus.co.uk](mailto:Bookings@familiesinfocus.co.uk) or visit our website, [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



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