



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

**Otley Family Centre
Otley Way
Watford
Hertfordshire
WD19 7TB**

When

Tuesdays

9.30am to 11.30am

January 7th, 14th, 21st, 28th

February 4th, 11th

"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 or visit our website, www.familiesinfocus.co.uk



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