



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling Anger in Your Family with ASD and/or ADHD

A CANparent quality mark course for parents of primary ages children providing practical and 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 and 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 your own

"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."

FREE for parents living in Hertfordshire and parenting primary aged children



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where

Phoenix Centre
The Hyde,
Stevenage,
SG2 9SE

When

Thursdays 12.30pm to 2.30pm

27th February
5th, 12th, 19th, 26th March
2nd April

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk
Email: bookings@familiesinfocus.co.uk