

# Families in Focus CIC

## Handling Anger in Your Family

*ZOOM online courses*

quality, evidence based course providing proven & practical strategies to  
reduce anger in your family

Funded by Hertfordshire County Council & free for parents living in Hertfordshire & caring for children from 5 years to 11 years



On this course you will gain:

Clearer understanding of the anger dynamics within your family.

Greater understanding of what Triggers anger in your family.

Effective strategies that will reduce angry outbursts in your family.

Communication techniques to enable a calm family environment so all can talk about emotions safely.

Skills to manage your family's emotional regulation.

Safe and creative ways for children to 'let go' of bottled-up emotions safely.

When:

### WATFORD

6 x Tuesdays 12.15pm to 2.15pm September 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> October 6<sup>th</sup> 13<sup>th</sup>

Book via Eventbrite: <https://www.eventbrite.co.uk/e/handling-anger-in-your-family-primary-aged-childrenin-watford-tickets-74265067817>

### ST ALBANS

6 x Tuesdays 9.30am to 11.30am September 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> October 6<sup>th</sup> 13<sup>th</sup>

Book via Eventbrite: <https://www.eventbrite.co.uk/e/handling-anger-in-your-family-primary-aged-childrenin-st-albans-tickets-98865016927>

### HEMEL HEMPSTEAD

6 x Tuesdays 12.30pm to 2.30pm November 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> December 1<sup>st</sup> 8<sup>th</sup>

Book via Eventbrite: