



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:

Sopwell Family Centre
Mandeville Dr,
St Albans
AL1 2LD

When:

Wednesdays
9.30am to 11.30am
September 18th 25th
October 2nd 9th 16th 23rd



Places are limited and must be booked:
Email: bookings@familiesinfocus.co.uk

If you are a parent do join us on our closed Facebook group:
<https://www.facebook.com/groups/184975381651870/>