



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:

- ✓ Use Anger Diaries to learn more about how anger 'lives' in your family
- ✓ 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

"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 places are limited, to avoid disappointment
BOOK your free place NOW!

Where:

**Southill Centre
Cemetery Hill
Hemel Hempstead
Herts
HP1 1JF**

When:

Mondays

6.30pm to 8.30pm

**November 5th 19th 26th
December 3rd 10th 17th**



Families In Focus CIC
A Community Interest Company

Places are limited and must be booked:

Email: bookings@familiesinfocus.co.uk or

Book from our website: www.familiesinfocus.co.uk