



Managing Anger (in our families)

This four session course has two sessions focusing on helping adults handling their own anger and two sessions on helping children manage theirs. This highly visual course will help identify the many causes of anger and provide tried and tested strategies that will help manage anger in our families



Topics will include
How we become angry
What makes us angry
Positive self-talk
Handling Rage
Helping children manage their anger



Thursday 6th, 13th, 20th and 27th May
7pm-9pm

Queens School, Bushey WD23 2TY

To book your place please contact
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