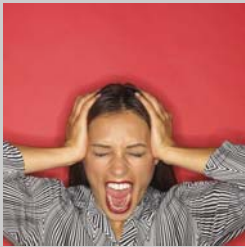


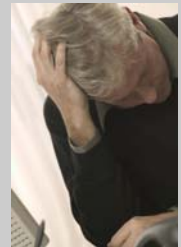


# Do emotions run high in your Family?

**Is there conflict in your family?  
Would you like a calmer family life?**  
These six sessions will help you to identify triggers that raise the temperature, provide strategies to manage anger and techniques to become calm and assertive and help your children control their emotions too.



**Topics will include**  
Exploring our emotions  
Triggers that raise the temperature  
Becoming calm and assertive  
Handling conflict in the home  
Helping our children handle their emotions  
Taking care of ourselves



**Monday 10th, 17th, 24th May  
7th, 14th and 21st June  
9.30am-11.30am**

**Meryfield Community Primary School, Borehamwood  
WD6 4PA**

**To book your place please contact  
The District Partnership Team  
01438 843030  
[admin\\_dpteamcentral@hertsc.gov.uk](mailto:admin_dpteamcentral@hertsc.gov.uk)**

