



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 & award winning course offers:

- Use an Anger Diary to learn more about how to reduce anger 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 have the right techniques for me and my children and the whole house has calmed down – something I didn't believe could happen. I now I have all the right tools for my parenting toolbox and we have laughter back in our family too."

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

Where:
**Hatfield Connect
First Floor,
The Triangle,
Beaconsfield Close,
Beaconsfield Road
Hatfield
AL10 8YE**

When:
**Wednesdays
12.30pm to 2.30pm
November 7th, 14th, 21st, 28th
December 5th, 12th**



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