



# Families in Focus CIC Handling Anger in Your Family

A CANparent quality mark course providing practical & proven techniques to reduce anger in your family for parents of children under 12 years old with ADHD



This very popular, effective and award winning anger management course offers:

- ✓ Gain greater understand 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."*

For parent living in Hertfordshire and parenting children with ADHD under 12 years old.

Where:  
**Roe Hill Hall  
Community Centre  
Briars Lane  
Hatfield  
AL10 8EY**

When  
**Thursdays**  
**12.30pm to -2.30pm**  
**January 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup>**  
**February 7<sup>th</sup>, 14<sup>th</sup>**



Families In Focus CIC  
A Community Interest Company

**Places can only be booked by contacting:**  
**[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**