



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

**The Parish Centre.
St Michaels Church,
St Albans
AL3 4SL**

(opposite Verulamium Museum
Parking charges apply)

When

Wednesday afternoons

12.30pm to 2.30pm

February 27th

March 6th 13th 20th 27th

April 3rd



Families In Focus CIC
A Community Interest Company

**Places can only be booked by contacting:
bookings@familiesinfocus.co.uk**