

# TALKING ANGER in TEENS



**Wednesdays 7.45-9.30pm Online Course: ID 681  
18th September - 23rd October 2024**

**6, weekly sessions for parents and carers of children and young people aged 12-19, supporting you to:**

- **Understand why children and adults get angry.**
- **Develop strategies to handle anger in yourself and others within your family.**
- **Recognise the early signs of anger and be able to avoid escalation.**
- **Reduce conflicts and arguments.**
- **Encourage positive behaviour and strengthen relationships in the family.**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

'I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much'.

**Booking essential**

**Please quote the course ID  
To check eligibility and book a place,  
contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**