

## Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!



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This course will enable you and your family to:

- ✔ Gain greater understanding of anger dynamics in your family
- ✔ Understand the root causes or triggers of anger in your family
- ✔ Learn proven and effective strategies that will reduce anger in your family
- ✔ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✔ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✔ Create a calm family environment so all can talk about their emotions safely
- ✔ Gain skills to manage your family's emotional regulation
- ✔ Meet other parents in a calm, judgement-free group

Where: Online via Zoom

When: Wednesdays 12-2pm

November 3rd, 10th, 17th, 24th

December 1st, 8th

Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course