



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



"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."

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

- ✓ Gain greater understanding 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

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