

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.

This course will enable you and your family to:



"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!"

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand more about Autism and ADHD
- ✓ 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



Funded by Hertfordshire County Council

Where: Online via Zoom
When: Wednesdays 9.30-11.30am
November 3rd, 10th, 17th, 24th
December 1st, 8th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course