

DEALING WITH ANGER

For parents of children aged 5-12

DATE: 3rd May – 24th May 2017

WEDNESDAY, 7.30pm – 9.30pm

Community Room, Fire Station, 153 London Road, St Albans, AL1 1TQ

Four sessions run by Vista St Albans

£25.00 per person
(concessions available)



We will explore:

- Understanding anger- our own and others
- Strategies that can help children manage their own anger
- Safe ways of expressing anger
- Building children's sense of 'self'
- Challenging unacceptable behaviour

To find out more and to book a place please call Vista on 07584 798 528 or
Email: vistastalbans@gmail.com



www.vistastalbans.org.uk