

UNDERSTANDING ANGER

For parents of children
aged 5-12

DATE: 19th February – 12th March 2018

MONDAY, 9.30am – 11.30am

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

Four sessions run by Vista St Albans

£40.00 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