

UNDERSTANDING ANGER

For parents of children
aged 5-12 yrs

DATE: 7th- 28th November 2018

Wednesdays, 7 - 9pm

St Albans Fire Station, Community Room, 153 London Road, 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