



Families In Focus CIC
LOOKING FORWARD TOGETHER

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:



- ✓ 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

"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."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesdays 12:30-2:30pm
November 3rd, 10th, 17th, 24th
December 1st, 8th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk