

Talking Anger in Families



We can help you break the cycle of anger

Wednesdays 8.00 - 9.30pm

ONLINE ID:601

1st, 8th, 15th, 22nd, 29th November & 6th December



Our **FREE 6 week course** for parents and carers of children aged 0-19 will help you to:

- Understand why children and adults get angry.
- Recognise the early signs of anger.
- Develop strategies to handle anger in yourself and others within your family.
- Reduce conflict and arguments.
- Encourage positive behaviour.

'It has taught me new skills to deal with anger in my family'



**PARENTING COURSES
DELIVERED TO YOUR
HOME VIA ZOOM**

**OPEN TO PARENTS AND
CARERS ACROSS
HERTFORDSHIRE**

'It was a brilliant course and has made a huge difference'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund