

# TALKING ANGER in FAMILIES



**Wednesdays 7.45 - 9.30pm** Online Course: ID 705  
**8th January - 12th February 2025**

**6, weekly sessions for parents and carers of children and young people aged 0-11, supporting you to:**

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

'I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much'.

**Booking essential**  
**Please quote the course ID**  
**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**