

TIME OUT FOR PARENTS



HANDLING ANGER IN THE FAMILY

Sessions for anyone parenting children aged 5 to 16

Date:
Every Thursday 10am-12pm
June 11th- July 2nd

This course will be run online via
Zoom

Book your place here:
hopeforfamilies.org.uk/events



For information contact
Hope for Families
07784 333825
or email hello@hopeforfamilies.org.uk
Booking closes 3rd June



Common-sense, jargon-free information
and ideas to help you to engage with your
children and boost your relationship



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HANDLING ANGER IN THE FAMILY

Time Out for Parents courses from Care for the Family provide common-sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then *Time Out for Parents – Handling Anger in the Family* is for you. Over 4 sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.

The sessions

- Session 1** Managing our anger – part 1
- Session 2** Managing our anger – part 2
- Session 3** Helping children manage anger – part 1
- Session 4** Helping children manage anger – part 2

