

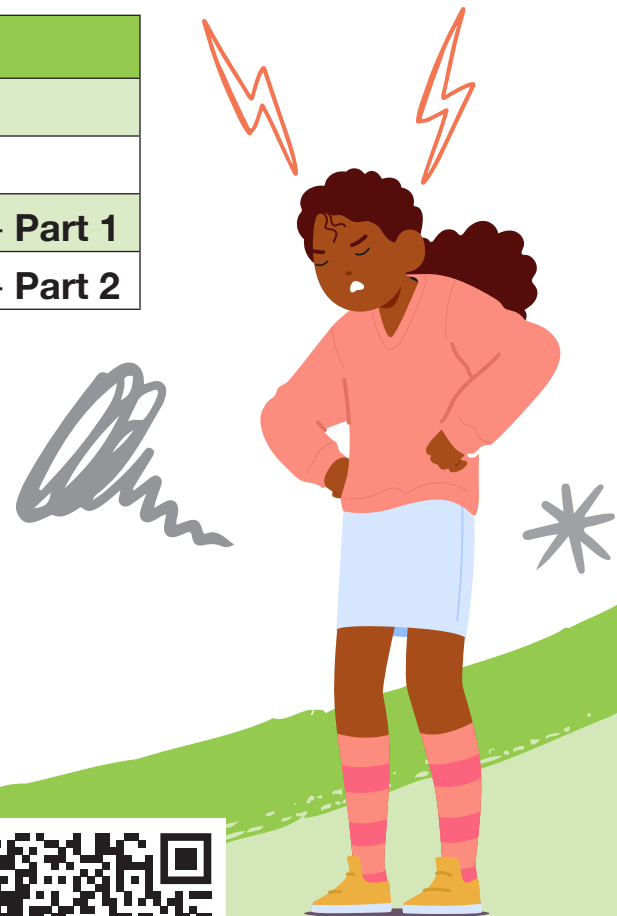
Time Out for Parents - Handling Anger in the Family



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



Please **scan the QR code** to request a place on this course.

