

Managing Anger & Conflict In the Family

A FREE 6 week course for
parents and carers of children
up to 16 years.

This course is hosted by;
Peartree Spring Primary Sch
and is funded by;
Hertfordshire County Council
Childhood Support Services
for parents in Stevenage and
North Herts

Topics covered include:

- Ways to manage anger and conflict in our families
- Recognising triggers to anger
- Recognising conflict styles and the anger process
- Handling rage and knowing our early warning signs
- Responding helpfully to our children's anger
- How to teach recognised anger management strategies to our children

Venue: Peartree Spring Primary School
Hydean Way, Stevenage. SG2 9GG

Time: 10.00am-12.00pm

Date: Mon 19th Feb – Mon 26th April 2018

To book your place, please call or email

01992 446051

or

bookings@natural-flair.co.uk

Natural Flair

PLACES ARE LIMITED, BOOKING ESSENTIAL