



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.

This course will enable you and your family to:



- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand more about Autism and ADHD
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"A great non-judgemental space and to be with others who "get it" and my family is so much calmer and less anxious and meltdowns have reduced"



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children of primary school age with a diagnosed condition and those awaiting diagnosis

Where: Online via Zoom

When: Wednesdays 9.30-11.30am

June 9th, 16th, 23rd, 30th

July 7th, 14th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course