



Families in Focus CIC

Handling Anger in Your Family for parents caring for children with Additional Needs

Proven anger management techniques for *all* the family



This very popular & award winning course offers:

- Understanding of triggers
- Healthy Anger Management strategies for *parents* and *children*
- Calming Techniques
- Creative ways to support children to 'let go' of anger safely
- Effective ways to become a Calm and Assertive Parent
- and much, much more ...

“Understanding more about why my child with Autism and I get angry and then learning what we can both do to reduce our anger has made such a huge, positive difference to our relationship.”

Fully funded places available by DSPL 7 so FREE for parents caring for children under 11 years old with any additional needs and living in DSPL7 areas of St Albans, Harpenden & Villages

Where:

Fleetville Junior School
228 Hatfield Road,
St Albans
AL1 4LW

Parking in Morrisons free for up to 3 hours regret no parking on school site

When:

Monday's

January 8th, 15th, 22nd, 29th

February 5th

12.30 to 2.30pm.

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



Families In Focus CIC

A Community Interest Company

Places are limited and must be booked by contacting Lesley, Francine or Maria:

Email info@familiesinfoocus.co.uk

Phone and leave a message: 01442 219720