



Managing Anger & Conflict In the Family

A FREE/funded 6 week course for parents and carers of children up to 12 years.

Booking Essential

This course is funded by; Hertfordshire County Council Children's Services for parents in East Herts.

Topics covered include:

- Ways to manage anger and conflict safely 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



Venue: Thorn Grove Primary School
Thorn Grove, Bishop's Stortford
Herts CM23 5LD

Time: 7pm – 9pm

Date: Thursday's - 8th June to 13th July



To request a booking form, please contact:
Jo Deeks 01279 696842
Email: admin@aspects.org.uk



Natural Flair