

PARENTING COURSE



DEALING WITH ANGER

**Does your home sometimes seem like a battlefield?
These sessions will help you learn how to deal positively with anger.**



Run by an experienced facilitator from Parentline Plus

A five week course

Thursday mornings 9.30-11.30am

Venue to be confirmed – possibly Fleetville Junior School

Dates: 21 Feb, 28 Feb, 6 March, 13 March, 20 March



To reserve a place please call
Jo Maher on 07939 11152 or
01727 855134.



Parentlineplus
because instructions aren't included
0808 800 2222
www.parentlineplus.org.uk