A FREE 4 week course for parents and carers of 6 – 13 years.

Time Out from Anger

This highly visual course gives insight into the many causes of anger together with a wealth of tried and tested strategies.

Sessions covered include:

- The anger process
- Triggers to anger
- Positive self talk
- Handling Rage
- Helping children manage their anger

Date:
Wednesday 3rd, 10th, 17th & 24th November 2010

Time:
10am – 12pm

Venue:
Windhill Primary School
Windhill
Bishop's Stortford
CM23 2NE

To book, please call Mel Priest, District Partnership Team, on;
01992 556372