

Time Out from Anger

A **FREE** 4 week course for parents and carers of all ages

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

Topics include:

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



Date:

Wednesday 12th, 19th, 26th January
& 2nd February 2011

Time:

9:15am – 11:15am

Venue: Silver Birches Children's
Centre, St. Catherine's School,
Park Rd., Ware, SG12 0AW

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