

# Families in Focus CIC

## Handling Anger in Your Family

*ZOOM online courses*

quality, evidence based course providing proven & practical strategies to  
reduce anger in your family

Funded by Hertfordshire County Council & free for parents living in Hertfordshire & caring for children from 5 years to 11 years



**On this course you will gain:**

**Clearer understanding of the anger dynamics within your family.**

**Greater understanding of what Triggers anger in your family.**

**Effective strategies that will reduce angry outbursts in your family.**

**Communication techniques to enable a calm family environment so all can talk about emotions safely.**

**Skills to manage your family's emotional regulation.**

**Safe and creative ways for children to 'let go' of bottled-up emotions safely.**

Where: **From the comfort of your own home via ZOOM**

When:

**6 Tuesday evenings 6.30pm to 8.30pm: June 2nd, 9th, 16th, 23rd, 30th & July 7<sup>th</sup>**

**Book via Eventbrite: <https://www.eventbrite.co.uk/e/handling-anger-in-your-family-primary-aged-children-tickets-98865546511>**

**6 Wednesday evenings 6.30pm to 8.30pm: June 3rd, 10th, 17th, 24th & July 1st, 8<sup>th</sup>**

**Book via Eventbrite: <https://www.eventbrite.co.uk/e/handling-anger-in-your-family-primary-aged-children-hemel-hempstead-tickets-98869825309>**

**6 Wednesday afternoons 12pm to 2pm: June 3rd, 10th, 17th, 24th & July 1st, 8<sup>th</sup>**

**Book via Eventbrite: <https://www.eventbrite.co.uk/e/handling-anger-in-your-family-primary-aged-children-stevenage-tickets-98865879507>**

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