



# Families in Focus CIC Handling Anger in Your Family

**Proven anger management techniques**  
**for *all* the family**



This very popular & award winning course offers:

- Understanding of triggers
- Healthy Anger Management strategies for *parents* and *children*
- Calming Techniques
- Creative ways to support children to 'let go' of anger safely
- Effective ways to become a Calm and Assertive Parent
- and much, much more ...

"I thought it was my children's anger that was the problem – I now understand that it was my anger! I now have the right techniques for me *and* my children and the whole house has calmed down, thank you."

FREE places are limited, to avoid disappointment  
BOOK your free place NOW!

Where:

**Hemel Hempstead Town  
Football Club  
Vauxhall Road  
Hemel Hempstead  
Herts.  
HP2 4HW**

When:

**Mondays  
12.30pm to 2.30pm**

**June 4th 11th 18th 25th**

**July 2nd 9th**



Hemel Hempstead Town FC  
supporting parents caring for children  
with SEND



**Families In Focus CIC**  
A Community Interest Company

**Places are limited and must be booked by contacting**

**Lesley & Francine:**

**Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or**

**Book from our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)**