



# 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:

**Stanborough Centre,  
Oak room  
609 St Albans Road,  
Watford  
WD25 9JL**

When:

**Tuesdays  
7pm to 9pm**

**June 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup>  
July 3<sup>rd</sup> 10<sup>th</sup>**

**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)**



**Families In Focus CIC**

A Community Interest Company