



# Families in Focus CIC Handling Anger in Your Family

A CANparent evidence based course providing practical & proven techniques to reduce anger in your family



Stevenage - DSPL Area 2

**DSPL** | Delivering Special  
Provision Locally  
Achieving quality outcomes

*"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and our whole house in much calmer and even if we occasionally do get angry we now know what to do."*

Funded by Hertfordshire  
County Council



Families In Focus CIC  
A Community Interest Company

This very popular, effective and award winning anger management course offers:

- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children & parents
- ✓ Discover creative ways to support children to 'let go' of anger safely'
- ✓ Gain effective communication techniques to reduce angry outbursts & increase emotional regulation
- ✓ A toolkit to support healthy anger management for all the family

FREE places for parents living in Hertfordshire and caring for children Primary School age

Where:

**Peartree Spring School  
Hydean Way, Shephall,  
Stevenage  
SG2 9GG**

When:

**Wednesdays**

**12pm to 2pm**

**June 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 21<sup>st</sup>**

**July 1<sup>st</sup> 8<sup>th</sup>**

To book your free place on our award winning course contact Francine & Lesley:

Book direct: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or