

Time Out For Parents



Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16



 **positiveparenting**

Common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

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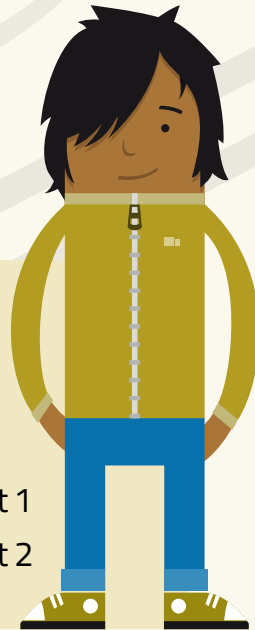
Time Out For Parents Handling Anger in the Family

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then *Time Out for Parents – Handling Anger in the Family* is for you. Over four sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.

The Sessions

- Session 1** Managing our anger – part 1
- Session 2** Managing our anger – part 2
- Session 3** Helping children manage anger – part 1
- Session 4** Helping children manage anger – part 2



Care for the Family Tovey House, Cleppa Park, Newport NP10 8BA
Tel (029) 2081 0800. www.cff.org.uk

Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales: 1066905; Scotland: SC038497).

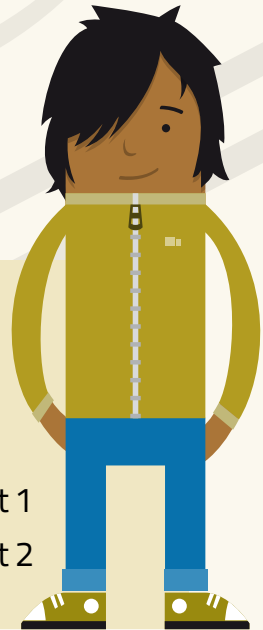
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