



Time Out For Parents: Handling Anger in the Family

Anger is a natural emotion, but a lot of us don't know where it comes from or what to do with it! This FREE 4 week course will help you understand, recognise and manage anger in your family, giving tools & strategies to handle it positively. You will quickly see you are not alone!



Monday evenings (online via Zoom)
7.30 -9.15pm starting 18th September
Via Zoom

To sign up click [here](#)

For information flyer click [here](#)

Or contact Jen for more details : jenwootten@fmy.org.uk; 07393 147259