

Time out for parents

Handling anger in the family

Sessions for anyone parenting
children aged 5 to 16



'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.

Starts Wednesday 26th September

12.30pm-2.30pm

Old Malden Children's Centre, Lawrence Road, New Malden, KT3 5NB (next to Malden Manor Primary School)

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

For more information and to book a place, please contact - **Karen Williams**

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for children**