

TALKING ANGER in TEENS



Tuesdays 7.45-9.15pm Online Course: ID 626
**23rd, 30th January, 6th, 13, 27th February &
5th March 2024**

**6, weekly sessions for parents
and carers of children aged 12-
19, supporting you to:**

- Understand why young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

**Our online support sessions are
delivered weekly via Zoom.**

**Groups are open to parents, carers,
grandparents and guardians living,
or with a child in school, in
Hertfordshire.**

'I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much'.

Booking essential

Please quote the course ID
**To check eligibility and book a place,
contact Supporting Links on:**

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk