



For more information or to book a place, please contact:

The Families Matter Office:

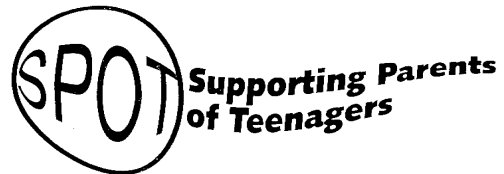
Cornerstone
Hythe URC
New Road
Hythe
Southampton
SO45 6BR

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Email: office.fm.hurc@gmail.com
www.families-matter.org.uk



**Also Available at
Families matter**

Parenting Courses:



**Women's
Wellbeing
Group**

Parent & Toddler Group

Parent Support Groups

1-1 support



**Managing Your
Child's Angry
Feelings**



**A course for parents,
exploring your child's
angry feelings and how
to manage them
successfully**



This course has been developed by Hampshire Educational Psychology Service



It is run by a team from Families Matter Youth & Families Matter



Topics Covered:

What is anger?

Where does anger come from?

What makes me angry?

What can I do to keep calm?

What are the physical signs of anger?

How can I express my anger effectively?



What else is available?

On The Right Track
A Home/School/Community Project supporting children through transition

Support Groups for:

Parents/ Carers of Children with Additional Needs (SWANS)

Parents/ Carers of children on the Autistic Spectrum (WASSP)

Families Coping with Addiction (Our Time)

Parent & Toddler Group

At Cornerstone, New Road, Hythe, SO45 6BR
Every Wednesday (term time)
10.00am to 11.30am