

Managing your Child's Angry Feelings



- Does your child lose their temper?
- Do you sometimes struggle to help them control themselves?

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Then this **FREE** course may be able to help you to...

- *Recognise the first signs of anger*
- *Learn calming strategies*
- *De-escalate conflict situations*

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Thursdays - from 19th April 2018 (term time only),
10.00am - 11.30am weekly
at Cornerstone, Hythe URC, New Road, Hythe, SO45 6BR
for 6 weeks



For more details or to book your place,
please call 023 80207623 or 023 80860320



This group is facilitated by:
Families Matter in Hythe and
Youth & Families Matter in Totton

