

Time Out For Parents



Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16

Date

16th January - 6th February 2023

Time

9.30am-11.30am

Venue

Mole Valley Family Centre, Goodwyns
Road, Dorking, RH4 2LR

Cost

£10 per attendee or £12 per couple

To book

Call Mole Valley Family Centre on
01306 740095

£10 per attendee or £12 per couple,
to include a parent handbook



Mole Valley Family Centre



positiveparenting

Common sense, jargon-free information and ideas to help
you to engage with your children and boost your relationship

Time Out For Parents

Handling Anger in the Family

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.

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



Care for the Family Tovey House, Cleppa Park, Newport NP10 8BA
Tel (029) 2081 0800. www.cff.org.uk

Care for the Family – a Christian response to a world of need.
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