

Time Out For Parents



Handling Anger in the Family

Sessions for anyone parenting children aged 5 to 16

Date

4 week programme

Friday 13th and 20th October and Friday
3rd and 10th November October 2023

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

Time

9.30am-11.30am

Venue

Dorking Nursery School, West Street
Dorking, RH4 1BY

Cost

£10 per attendee or £12 per couple

To book

Call Mole Valley Family Centre on
01306 740095

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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