

Effective Parenting - Anger Management

A workshop for parents of children aged 3-11

Does your child become angry easily?
Could anger management strategies help you at home?
Would you like to understand your child's anger?

In this 2 hour workshop we will look at improving our understanding of anger and share tips and strategies on how to manage difficult often destructive behaviours and emotions helping to create a happy cohesive home environment.

Starting: Monday 8th November 2021
Time: 7.00-9.00pm
Venue: On-line
Cost: £15.00/£7.50 Concession (with proof)
Per parent living in London

To book a place please call us on **020 8863 7319** or
07498881496

Or email info@hopeharrow.org.uk

