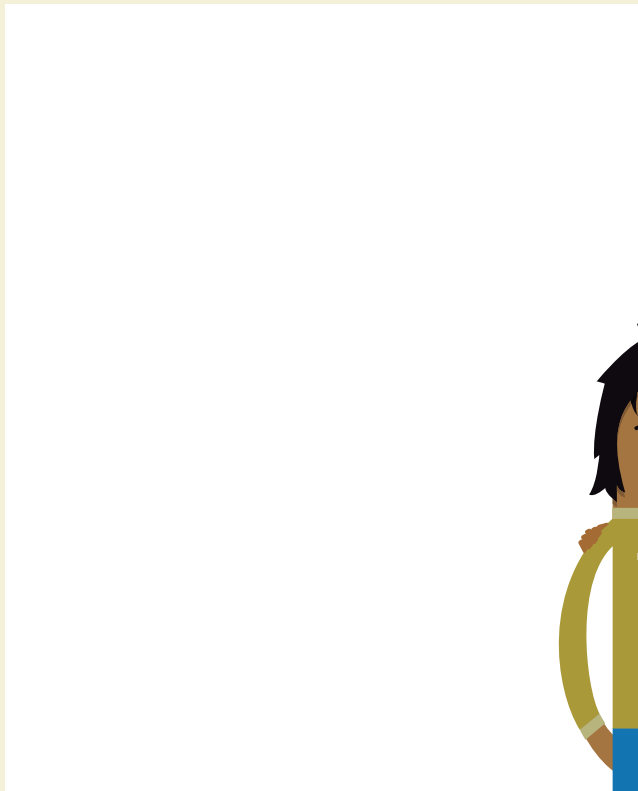


TIME OUT FOR PARENTS



HANDLING ANGER IN THE FAMILY

Sessions for anyone parenting children aged 5 to 16



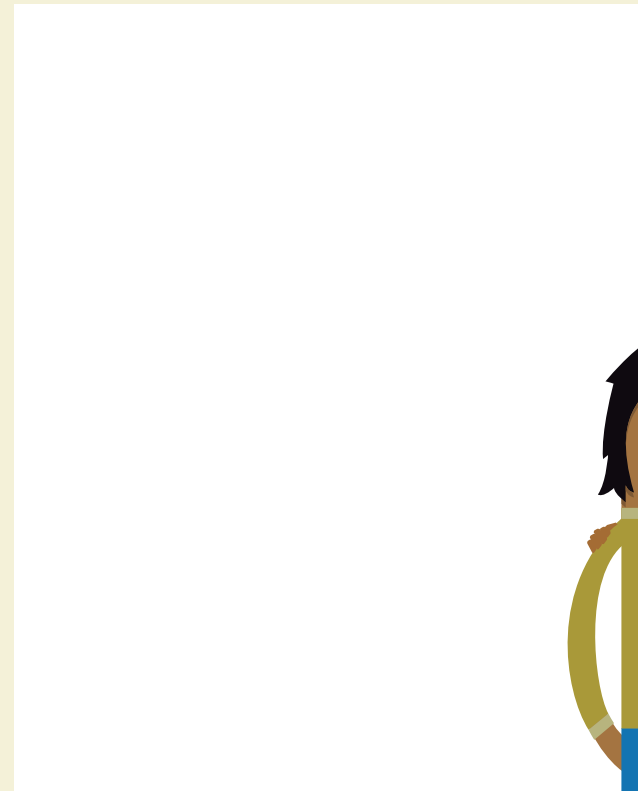
Common-sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

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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 4 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. cff.org.uk

Care for the Family is a Christian initiative to strengthen family life.
A registered charity (England and Wales: 1066905; Scotland: SC038497).

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