

Natural Flair Coaching Ltd

In Partnership with

ASPECTS Family Support Team

Managing Anger & Conflict in the Family

A "lite bite" 2 hour workshop
for parents of children aged
5-13 years

Topics covered include:

- Ways to manage anger & conflict in our families
- Recognising triggers to anger
- Recognising conflict styles & the anger process
- Handling rage & knowing our early warning signs

Venue: Northgate Primary School
Cricketfield Ln, Bishop's Stortford
CM23 2RL

No parking available at school

Date : Thursday 15th November 2018
Time 9.30am – 11.30am



Price: £6.00 per person (subsidised by ASPECTS School Partnership)

To request a booking form please contact Jo:

Email: admin@aspects.org.uk

Or call:

01279 696842