



Time out from Anger

This highly visual course gives insight into the many causes of anger together with a wealth of tried and tested strategies.

Sessions covered include:

- The anger process
- Triggers to anger
- Positive self talk
- Handling Rage
- Helping children manage their anger



Date:

Monday 1st, 8th, 15th, 22nd March 2010

Time:

7:00pm – 9:00pm

Venue:

Christ Church School, New Road, Ware,
SG12 7BT

To book, please call Mel Priest, District Partnership Team, on
01992 556372

