

# 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:**

**Tuesday 19<sup>th</sup>, 26<sup>th</sup> January, 2<sup>nd</sup>, 9<sup>th</sup>  
February 2010**

## **Time:**

**7:00pm – 9:00pm**

## **Venue:**

**Millfield First School, Monks Walk,  
Buntingford, SG9 9DT**

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