Family Matters York invite you to take:

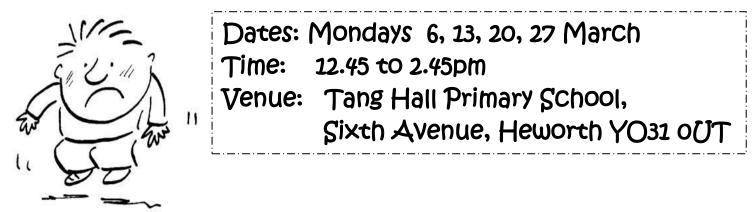




"We all get angry - it's what we do with it that matters."

This 4-session course for parents looks at:

- what makes us angry
- safe ways to deal with our anger
- how we can help our children to deal better with their anger



To book a place or for any further information please contact Helen Atkinson on 789214 or email helenatkinson@fmy.org.uk

The course is free to attend.

