

Family Matters York invite you to take:

Time Out from **Anger**



“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



Dates: Mondays 6, 13, 20, 27 March

Time: 12.45 to 2.45pm

Venue: Tang Hall Primary School,
Sixth Avenue, Heworth YO31 0UT

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.

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