

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: Tuesdays 9, 16, 23, 30 January

Time: 12.45 – 2.45pm

Venue: New Earswick Children’s Centre,
Hawthorn Terrace, New Earswick, York. YO32 4BY

To book a place or for any further information please contact Helen Atkinson on 07393 147259 or email helenatkinson@fmy.org.uk

The course is free to attend thanks to generous funding from Awards for All, part of the Big Lottery Fund.

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