

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 21, 28 Nov & 5, 12 Dec
Time: 9.30 to 11.30am
Venue: Hob Moor Children’s Centre
Green Lane York YO24 4PS

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 York City Council.

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