



# KEEPING YOUR COOL PARENTS ANGER MANAGEMENT PROGRAMME

Programme welcomes those parenting  
0-18 years specifically

This 6 week programme allows parents to explore their reaction to anger and how their anger impacts on the children, how to identify the triggers and find positive ways of managing their anger. Anger is a normal emotion, which most parents experience on a regular basis. It is often seen as a negative emotion but can be used as a motivator to instigate change.

Open to all areas within the  
Southern Health & Social  
Care Trust

Every Tuesday for 6 weeks  
starting 22nd February &  
finishing on  
29th March 2022

7.00pm - 8.30pm

To register call freephone  
0808 8010 722