



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 Wednesday for 6 weeks
beginning on
Wednesday 11th May -
Wednesday 15th June 2022

10am - 11.30am

To register call freephone
0808 8010 722