

DON'T SHOUT AT ME!!

5 Steps To A Calmer Family Life



- Fed up with shouting?
- Are you constantly repeating yourself?
- Getting into constant power struggles with your child?
- Do you want tips and strategies to deal with angry children?
- Want to know how to model and teach safe ways of expressing anger?



*An interactive "ZOOM" workshop for parents & carers of children aged 5-11.
Discover how to explore the best ways of approaching angry behaviour, and develop a calmer family environment*



Date: Tuesday 15th March '22

Time : 9.30am - 11.30am

Price: £2.00 per household

Booking Information

**Please contact
Jo at ASPECTS
Family Support Service**

admin@aspects.org.uk

or call 01279 758134

