

A Seminar for parents

ANGER MANAGEMENT

**Explore and learn how to help your child
to deal with their angry feelings!**

TUESDAY 30TH OCTOBER 2018, 7- 8.30PM



Would you like to be able to:

- Understand your child's angry feelings?
- Identify and change your own responses to anger and aggression?
- Assist your child in recognizing and controlling their anger in positive ways?
- Teach your child healthy ways of expressing their big feelings and emotions?

In this sessions you will learn to :

- ★ Understand the feelings around Anger
- ★ How to recognize and change your parental responses
- ★ Strategies for dealing with anger in positive ways

Venue:

Kamaroi Rudolph Steiner School

Bookings:

<https://www.trybooking.com/YBQO>

Contact Godelieve: 0425 256 989 or info@goodfamilylife.com.au

Bookings are essential as places are limited!

This evening will be presented by Godelieve Hofman-Verkuy, an ex-Kamaroi parent and an accredited and highly experienced Parent and Youth Educator . Godelieve has over 15 years experience in assisting families in creating respectful, understanding and supportive relationships between parents and their children. More info: www.goodfamilylife.com.au

