

# On-line Workshop

## Anger Management workshop for Parents/Carers of Teens

A workshop for all parents/carers of children  
aged 12yrs +

**Date:** Monday 13<sup>th</sup> October 2023

**Time:** 7.00 - 9.00pm

**Venue:** On-line via ZOOM

**Cost:** Per Parent/Carer

£14.00/£5.00 concession (with proof)

# HOPE

Helping Families to Live and Learn Together

It can be satisfying seeing our teens grow into wonderful young adults although this does not come, for most, without challenges. In many homes tensions are high, stress levels probably off the scale and our teens are having to conform to yet more rules just when they are trying to exert a bit of independence.

### Topics include:

- Increasing our understanding of anger
- The needs of parents and teenagers and how to reduce conflict
- Positive communication
- How to manage difficult often challenging, destructive behaviours and extreme emotions
- Helping to create a more cooperative, happy cohesive home

To enrol please visit  
[www.learnharrow.ac.uk](http://www.learnharrow.ac.uk)  
Courses/ Parenting and Family Learning



0208 863 7319 or 07498881496



[info@hopeharrow.org.uk](mailto:info@hopeharrow.org.uk)

[http://](http://www.hopeharrow.org.uk)

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