



## Time out for Parents-Managing Anger in the Family

Four parenting sessions to help you and your child understand, recognise and handle anger in a safe and healthy way.



### What can I expect?

Session 1 - Managing our anger Part 1

Session 2 - Managing our anger Part 2

Session 3 - Helping children manage their anger Part 1

Session 4 - Helping children manage their anger Part 2

### When?

Wednesday 8th March- Wednesday 29th March

9:30am-11:30am

Tweeddale Children's Centre, Tweeddale Road Carshalton, SM5 1SW

### What shall I do next?

Contact the parenting team on [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk) to book your space, or scan the QR code below 😊

