

TALKING ANGER in TEENS



Tuesdays 7.45 - 9.30pm Online Course ID: 805
06-Jan, 13-Jan, 20-Jan, 27-Jan, 03-Feb, 10-Feb 2026

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- **Understand why children and adults get angry.**
- **Develop strategies to handle anger in yourself and others within your family.**
- **Recognise the early signs of anger and be able to avoid escalation.**
- **Reduce conflicts and arguments.**
- **Encourage positive behaviour and strengthen relationships in the family.**

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

‘I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much’.

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

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www.supportinglinks.co.uk