

TALKING ANGER in TEENS



Tuesdays 7.45 - 9.30pm Course ID: 863
15-Sep, 22-Sep, 29-Sep, 06-Oct, 13-Oct, 20-Oct 2026

Course delivered online via Zoom

6, weekly sessions for parents and carers of children aged 11-19, 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 & arguments.**
- **Encourage positive behaviour & strengthen relationships in the family.**

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

Funded by
Hertfordshire
County Council

