

Family Matters York invite you to take:

Time Out from Anger



“We all get angry – it’s what we do with it that matters.”

This 4-session course for parents looks at:

- what makes us angry
- safe ways to deal with our anger
- how we can help our children to deal better with their anger

Dates: Thursdays 15, 22, 29 November 6 December

Time: 12.45 – 2.45pm

Venue: Cornerstone @ St. George’s Methodist Church
Millfield Lane York YO10 3AL

To book a place or for any further information please contact Helen Atkinson on 07393 147259 or email helenatkinson@fmy.org.uk

I was sceptical at first but the course has really helped. Our home is a lot calmer and I have many tools to try.

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