

On-line Workshop

Anger Management

A workshop for all parents/carers of children 3-11yrs

Date: Monday 8th June 2026

Time: 7-9pm

Venue: On-line via ZOOM

Cost: £14.00/£5.00 concession (with proof)

Price is per parent/carer living in London



HOPE

Helping Families to Live and Learn Together

Does your child become angry easily?
Could anger management strategies help you at home?
Would you like to understand your child's anger?

In this 2 hour workshop we will look at improving our understanding of anger and share tips and strategies on how to manage difficult often destructive behaviours and emotions helping to create a happy cohesive home environment.



To enrol please visit
www.learnharrow.ac.uk
Courses/ Parenting and Family Learning



0208 863 7319 or 07498881496



info@hopeharrow.org.uk

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

www.hopeharrow.org.uk

Charity Registration Number: 1091703



LONDON BOROUGH OF
HARROW