

*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*



*Dates: Tuesdays 9, 16, 23, 30*

*January*

*To book a place or for any further information please  
contact Helen Atkinson on 07393 147259 or email*

*[helenatkinson@fmy.org.uk](mailto:helenatkinson@fmy.org.uk)*

*The course is free to attend thanks to generous funding from Awards for All, part of the Big Lottery Fund.*

**family**  
matters<sub>york</sub>

