

TIME OUT FOR PARENTS: HANDLING ANGER IN THE FAMILY

4 Wednesday sessions

Starting 15th June

9:30-11:30

**Acomb Methodist
Church, Front Street
Acomb YO24 3BX**



famiy
matters_york

This course, led by trained facilitators, will help you to better understand, recognise and manage anger in your family and give you the chance to share your own thoughts and ideas. You will quickly see you're not alone!

For more info contact Helen Atkinson

Tel: 07393 147259

Email: helenatkinson@fmy.org.uk