

UNDERSTANDING AND MANAGING ANGER

A PARENT/CARER WORKSHOP

PRESENTED BY:

**WIGAN MENTAL HEALTH SUPPORT
TEAM (MHST)**



THIS WORKSHOP AIMS TO HELP PARENTS AND CARERS IMPROVE THEIR UNDERSTANDING OF THE TRIGGERS AND SYMPTOMS OF ANGER, AS WELL AS EXPLORING UNDERLYING EMOTIONS.

PARENTS AND CARERS WILL LEAVE WITH PRACTICAL IDEAS AND STRATEGIES TO HELP YOUNG PEOPLE PREVENT AND MANAGE OUTBURSTS OF ANGER.

WHEN AND WHERE

Tuesday 26th May: 4.30-5.30pm at the Meadows Family Hub

Tuesday 26th May: 4-5pm at Hindley Family Hub

Weds 27th May: 6-7pm at Westleigh Family Centre

Thursday 28th May: 1-2pm at Clifton Street Family Hub

Thursday 28th May: 2-3pm at Atherton Family Hub

To book, scan the QR code

