

Anger Management...especially for parents

- How can I avoid “blowing my top” at my children?
- How can I channel my anger into effective discipline?
- Are there any “good” ways to express my anger?

Under the expert direction of facilitators at Family Services Ottawa, this five-week course offers an informative and interactive exploration of the challenges and opportunities for parents when it comes to managing anger – a common emotion in every parent’s life.

Come and meet with other parents to discover new strategies for making parenting less stressful and more rewarding – for everyone

When: Wednesdays: September 23 – October 28, 2020

Time: 6:30 pm - 8:30 pm

Where: Zoom Health Video Conferencing

Cost: \$200.00 per person

Please visit us at www.familyservicesottawa.org to register online
For more information, email wsmith@familyservicesottawa.org or call 613-725-3601 ext. 108