

## 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?

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Under the expert direction of facilitators at Family Services Ottawa, this six-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

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**When:** Mondays, May 7 to June 18, 2018 (May 21 excluded)  
6:30 p.m. to 8:30 p.m.

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** \$175.00 per person. Subsidies are available.

For information and registration, please contact us at 613-725-3601 extension 117 or visit us at [www.familyservicesottawa.org](http://www.familyservicesottawa.org)

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**Get the *parenting edge*!**