The modern parent has a million demands on his or her time, meaning they have an ever increasing amount of stress. Stress can make a person quick to anger. At times a parent may feel like lying down on the floor, kicking and screaming louder than the child who is having the tantrum. Anger is one of the most difficult emotions to deal with as a parent. Many parents have difficulty expressing feelings of anger and dealing with the anger constructively. By learning how to effectively deal with anger, parents can improve their relationships with their children.

This seminar looks at how parents can manage their own anger as well as helping children with theirs.

Areas covered are -
- coping with anger – staying calm, communicating better, improving stress management skills
- how anger affects children
- how to handle our children’s anger and helping children to manage it themselves

Date: Thursday 16th October 2014
Time: 6.30 – 8.30pm
Place: The Edensor Room
St John’s park Bowling Club
93 Edensor Road
Edensor Park
Child Mindering is not available for this course. Please make alternative arrangements.

Families Together is funded by the Department of Education and Communities in addition to sponsored by Fairfield City Council.

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We are all careful to make sure our children are not watching violent shows on television but at the same time we are concerned about them being exposed to the harsh realities in everyday life. Children are confronted daily with news stories about violence, war and other tragedies as well as having troubling events in their own personal lives such as divorce, parent separation or loss of a loved one, changes in family income and moving house. This seminar aims to help parents to identify signs of distress and explore strategies to support children through these times.

Bookings are essential and places are limited. Please call 0407 708 626 to book your place.

Families Together is for parents.
Children’s services workers, teachers, family support workers and other professionals will not be given a place. Families Together is for families living in the local government areas of Fairfield, Liverpool and Bankstown.

Date: Thursday 6th November 2014
Time: 6.45 – 8.45pm
Place: Training Room
Brian Wunsch Centre
126 Avoca Road
Wakeley
Child Mindering is not available for this course please make alternative arrangements.

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