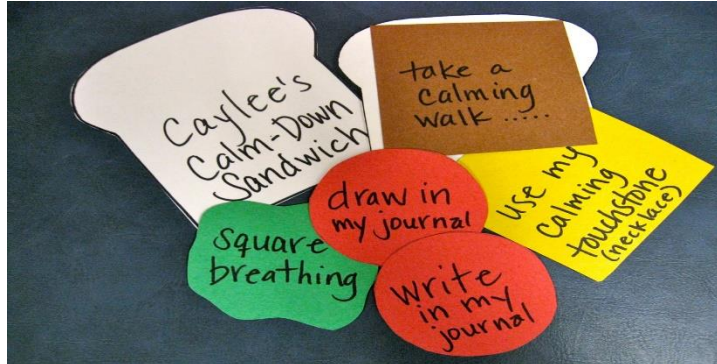


Anger Management for Children



Does your child have anger management issues?

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to further problems. This group is aimed at teaching children how to manage anger and deal with intense emotions when faced with difficult situations.

Key Goals:

- Help understand their anger and why it happens
- Learning and practising better ways of expressing anger and prevent it happening in the first place
- To help children find their triggers and early signs of anger
- Learn how to regulate their emotions
- Find activities that help to release anger from their body, both actively and passively by relaxation.
- Simple strategies to calm down and manage the situation before it gets out of control
- Developing skills to communicate more effectively

Groups run every term, please contact our office for more information on time and costs.