



Tools for Parents[®]

Richmond Community Services Inc. is pleased to be able to offer a

FREE 3 week group with FREE childcare
For parents/primary carers of children 0-12years

Keeping Your Cool with Your Kids

Looks at how you can manage your anger instead of it spilling out onto your kids. The course covers:

- Signs of anger
- Knowing your triggers
- Patterns of how anger gets managed in your family
- How to manage your own anger as well as anger from the kids
- Ways to model healthy expressions of anger to children
- Safety in the home
- Forgiveness and reparation after the event

This group is not suitable for situations where anger has led to family violence

This is an ongoing 3 week group and participants must be able to attend all 3 dates.

3 x Saturdays—10am—12.30pm

2nd, 9th & 16th March 2024

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753

...making a difference...

