



# Tools for Parents<sup>©</sup>

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

## Healthy Anger Skills for Parents

Looks at how you can manage your anger instead of it controlling you or your family.

The course covers:

- signs of anger
- where and what you learned about dealing with strong emotions
- patterns of how anger gets managed in your family
- how to manage your own anger as well as anger from others
- way to model healthy strategies to children

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

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

**3 x Saturdays—10am—12.30pm**

**20th & 27th October, 3rd November 2018**

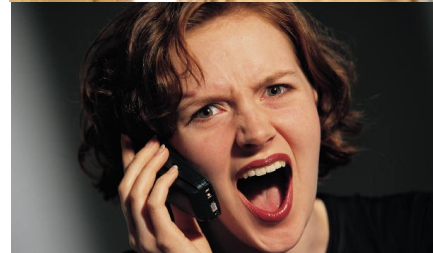
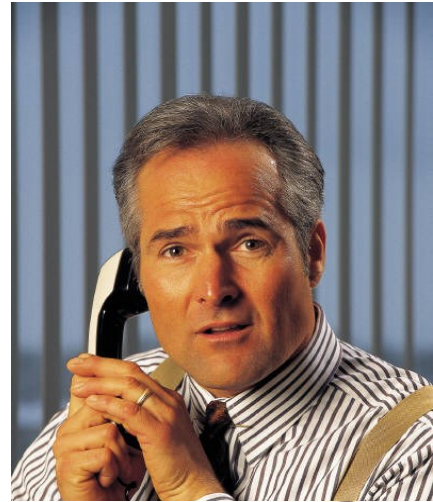
**BOOKING ESSENTIAL! 02 4588 3502**

**Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

**At: Richmond Neighbourhood Centre**

**20 West Market Street, Richmond, NSW 2753**

***...making a difference...***



The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc . purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Mindsers Service for the project and is delighted to offer them free to participants.