



Natural Flair Coaching Ltd

In Partnership with



# ASPECTS Family Support Team

## Managing Anger & Conflict in the Family

A “lite bite” 2 hour workshop  
for parents of children aged  
5-13 years



### Topics covered include:

- Ways to manage anger & conflict in our families
- Recognising triggers to anger
- Recognising conflict styles & the anger process
- Handling rage & knowing our early warning signs

**Venue:** Summercroft Primary School,  
Bishop's Stortford , CM23 5BJ

**Date:** Friday 10th May 2019

**Time:** 9.30am – 11.30am

**Price:** £6.00 per person

subsidised by ASPECTS Schools Partnership



To request a booking form please  
contact Jo at Aspects on 01279 696842  
or  
email [admin@aspects.org.uk](mailto:admin@aspects.org.uk)

