**Anger Management…especially for parents**

* **How can I avoid “blowing my top” at my children?**
* **How can I channel my anger into effective discipline?**
* **Are there any “good” ways to express my anger?**

Under the expert direction of facilitators at Family Services Ottawa, this five-week course offers an informative and interactive exploration of the challenges and opportunities for parents when it comes to managing anger – a common emotion in every parent’s life.

Come and meet with other parents to discover new strategies for making parenting less stressful and more rewarding – for everyone

### When: Wednesdays: September 23 – October 28, 2020

### Time: 6:30 pm - 8:30 pm

**Where:** Zoom Health Video Conferencing

**Cost:** $200.00 per person

#### Please visit us at [www.familyservicesottawa.org](www.familyservicesottawa.org%20) to register online

#### For more information, email [wsmith@familyservicesottawa.org](mailto:wsmith@familyservicesottawa.org) or call 613-725-3601 ext. 108