**Managing Anger in Families**

Cameray Child and Family Services is hosting a **free** *6-week* workshop in New Westminster that is open to all families with children 0-5 years old

WORKSHOP:

**Managing Anger in Families**

Anger and confrontation are an inevitable part of family life. However, there are ways to manger internal and relational anger that can open communication in families and help keep the peace amongst all members. Join us for this informative group where we will discuss common sources of anger in the family, the purpose of anger, and how to manage and reduce it in both children and adults.

WHERE: **Centennial Community Centre**

 65 E Sixth Ave. *New Westminster*

 – *Room #2*

WHEN: Every Tuesday for six weeks from

 Tuesday February 2, 2016 – Tuesday March 8, 2016

 ***10:30am – 12:30pm***

\*\*REGISTRATION IS REQUIRED: to register please email pspgroupsignup@hotmail.com

or call 604-436-9449

* Families must have at least one child under the age of 5 to qualify for registration
* FREE Childcare is provided on site (limited space) – must register for child care
* FREE snacks and bus tickets are also provided at each group