

Community Education Service

Feelings: Understanding Children's Anger

Presented by: Barb Elder, B.Ed., CAL, CCFE, Family Educator,
Families Matter

April 18, 2012

Session: 6:30 pm - 8:00 pm

Sign in: 6:15 pm

Family Connections Parent Link

520 78 Avenue NW - Top Floor

Session is
FREE
of Charge

It is recommended that all participants please register no later than **April 11, 2012**.

Register by visiting http://fcrc.albertahealthservices.ca/course_registration/public_course_list.php

If you are having difficulty registering for the session please see <http://fcrc.albertahealthservices.ca/ces.php>

Courses with low registration will be cancelled one week prior to the session date.

Please register early to avoid disappointment.

Children's aggression can be very stressful. What can we do as parents to help our children manage their anger? This workshop will discuss emotions, how to recognize them in children and adults, how to express them in a healthy manner and the relationship between thought, feeling and behaviour.

Level I Activity: This activity presents an overview of children's anger and understanding what's behind it, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addictions and Mental Health Portfolio (CAAMHP) of Alberta Health Services,
Families Matter & Family Connections Parent Link