

Keeping Your Cool: Anger Help for Everyday Parenting



- Understanding how anger works
- Common and personal triggers
- Why kids “push our buttons”
- Strategies to reduce outbursts

Learn ways to reduce and handle anger so you can be the parent you want to be.

Facilitator: John Battye, M.Ed.

Families First

support for families...health care for all

- Date:** Wednesday evenings, September 8-29, 2010
Time: 6:00-7:30 pm
Place: Community Campus, Portsmouth
Cost: \$40 (includes child care & dinner for children up to 12)
Payment plans available; Free for FF Health Center clients

Registration required: 603-422-8208 ext. 123

More info: www.FamiliesFirstSeacoast.org



Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs in Portsmouth comes from The NH Department of Health and Human Services, the Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Fund, United Way of the Greater Seacoast, Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.