



## ONLINE ANGER & CONFLICT WORKSHOP

**Date:** Thursday 16<sup>th</sup> September 2021

**Time:** 10am - 11.30am

**Cost:** Free - For Parent/Carers

This workshop is presented by Susan Brooks who is a Chartered Educational Psychologist and an Associate Fellow of the British Psychological Society.



**Content that will be covered in this workshop include:**

- *What is anger?*
- *What is anger management?*
- *The assault cycle/ Antecedents, Behaviour and Consequences*
- *Strategies for managing anger and conflict*



Please use the Eventbrite link below to reserve your place:

<https://www.eventbrite.co.uk/e/anger-and-conflict-workshop-tickets-166578565975>

**Limited Places Available**

training@spaceherts.org.uk



events@spaceherts.org.uk

www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178