



Managing Parental Anger

starts 12/6/07

This workshop is designed for all parents as they struggle to effectively and positively handle conflicts with their children. Inappropriately expressed anger is an emotion that can damage the family and weaken the bond that children need with their parents in order to feel safe and establish a healthy sense of self.

This class will help parents learn how to:

- Identify what triggers their anger.
- Take control of their emotions before disciplining their child.
- Use Active Listening, and other positive communication skills.
- Discipline rather than punish their child.
- Resolve conflicts constructively and with love.
- Help an angry child.



Class Size: Maximum of 20 adults

When: 2 Thursdays: 12/6 & 12/13 2007 from 7:00-9:00pm

Where: Campbell Community Center, Board Room E-42

Cost: FOFV Members: \$40 per person or \$60 per couple;
Non-members: \$55 per person or \$75 per couple.

Instructor:

Jackie Hope Kite has been involved in teaching and caring for children for most of her professional life. She is a Teacher and has worked with kids from two years old through their teens. Jackie is also a credentialed Parent Educator and has taught classes for 10 years on topics such as Learning Styles, Ages and Stages of Development, Managing Stress, Parenting Styles, Learning through Play, and more.

REGISTER ONLINE NOW:

visit <http://www.fofv.org> for more information and to register.

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