

Family Matters Richmond: Managing anger workshop

24
Feb

⌚ 6PM to 8PM
📍 Online.

This workshop will be run by Dr Maile O'Hara, a clinical psychologist at the Orchard Clinic in Twickenham and will cover strategies to manage anger in children.

During the workshop, she will cover the following:

What underlines anger

How to validate feelings but not behaviour

Naming anger with your child

Identifying triggers

Tools to manage anger

Consequences and safety issues

Book your place using this Eventbrite link: <https://www.eventbrite.co.uk/e/family-matters-richmond-managing-anger-in-children-tickets-137623933891>

Organiser and Contact Details

Organiser

RUILS - Tora Sykes Children's Team Administrator

Email Address

torasykes@ruils.co.uk

Phone

07377 971166

Website

<https://www.ruils.co.uk/>

Costs

Costs

Free

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Family Matters Richmond: Managing anger workshop' took place on 24 February 2021.