

Parenting Through Anger: How to Foster Connection in the Home



Cameray
Child & Family Services

Cameray Child and Family Services is hosting a free 6-week workshop in New Westminister that is open to all families with children 0-5 years old!

Parenting Through Anger: How to Foster Connection in the Home

Anger is an inevitable part of family life. However, there are ways to manage internal and relational anger that can open communication in families and help keep the peace amongst all members. Join us for this informative group where we will discuss common sources of anger, the purpose of anger, and how to manage and reduce anger in both caregivers and children.

WHERE: Room 2, Centennial Community Centre (65 E Sixth Ave, New Westminister)

WHEN: Tuesdays February 6th – March 13th 10:30am-12:30pm

HOW TO REGISTER: **Registration is required** - to register please email pspgroupsignup@hotmail.com or call 604-436-9449

- Families must have at least one child under the age of 5 to qualify for registration
- FREE childcare is provided on site
- FREE snacks and bus tickets are also provided at each group

Check out our website for more groups in Burnaby and New Westminister: <http://cameray.ca/events/>



Stronger Children, Stronger Families, Stronger Communities

For more information: Phone: 604-436-9449 | Fax: 604-436-1990 | www.cameray.ca