

### Additional Information for Facebook/Website/Seesaw communication

The Jigsaw Project are delighted to welcome fellow Barnardo's colleague Rachel Lawrence to guide parents through this common sense, jargon free course, aimed at helping you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then  
***Time Out for Parents – Handling Anger in the Family*** is for you.

Over four sessions, you will increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.

#### **The Sessions**

Session 1 Managing our anger – part 1

Session 2 Managing our anger – part 2

Session 3 Helping children manage anger – part 1

Session 4 Helping children manage anger – part 2

Book your place now by contacting Lori Erwin or Victoria McGinley:

Lori: 07880 781892 or via email on [lori.erwin@barnardos.org.uk](mailto:lori.erwin@barnardos.org.uk)

Victoria: 07712 547481 or via email [victoria.mcginley@barnardos.org.uk](mailto:victoria.mcginley@barnardos.org.uk)

Spaces are limited so they will be allocated on a first-come, first-served basis. So book early to avoid disappointment.

All spaces should be booked before Friday 12<sup>th</sup> March 2021.