

TIME OUT FOR PARENTS: HANDLING ANGER IN THE FAMILY

4 sessions on managing
our anger and our
children's anger

Starting
Monday 8th June
7.15 to 9pm
Online via Zoom

To book contact Helen on 07393 147 259
or email helenatkinson@fmy.org.uk
or for more info visit www.fmy.org.uk

family
matters_york



JRHT JOSEPH
ROWNTREE
HOUSING TRUST

TIME OUT FOR PARENTS: HANDLING ANGER IN THE FAMILY

**4 sessions on managing
our anger and our
children's anger**

**Starting
Monday 8th June
2 to 4pm
Online via Zoom**

**To book contact Helen on 07393 147 259
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or for more info visit www.fmy.org.uk**

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www.fmy.org.uk

TIME OUT FOR PARENTS: HANDLING ANGER IN THE FAMILY

4 sessions on managing
our anger and our
children's anger

Starting
Wednesday 3rd June
9 to 11am
Online via Zoom

To book contact Helen on 07393 147 259
or email helenatkinson@fmy.org.uk
or for more info visit www.fmy.org.uk

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JRHT JOSEPH
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HOUSING TRUST

SEPARATED PARENTS

2 sessions exploring the issues of parenting after separation and how we can do the best for our children.

Starting
Wednesday 24th June
2 to 4pm
Online via Zoom

Ex-partners must attend separately

To book contact Helen on 07393 147 259
or email helenatkinson@fmy.org.uk
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