

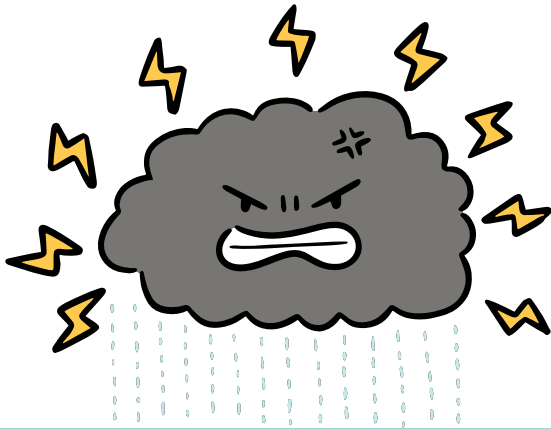
# Parent & Carer Session: Understanding anger & managing strong feelings

## Join Us

**Wednesday 27th  
November**

**2pm-3.15pm**

**Please wait at the main  
school office**



Anger is a normal and useful emotion, but angry behaviour can be difficult to manage and can have a big impact on family life.

Please come along to this parent & carer session with Ellie from the Mental Health Support Team (MHST). We will explore and unpick the feeling of anger and look at practical calming strategies.

This is also a great opportunity to meet with other parents & carers at Summerhill Infant School.



Community Children's  
Health Partnership



Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

