



## Anger Management Group

Groups for Children and Young People  
To help them understand their anger so that they can  
make healthy and successful choices.



Anger is a normal emotion and is in itself not a problem; the problem with anger comes when people have not learnt to manage the associated physical and emotional responses effectively. Children are no different to adults in that we all get annoyed at times; if children are not expected to express their anger, they will bottle it up, often leading to an explosive outburst or tantrum.

Each course runs for **6 weeks** and each session lasts for 1 hour. . We will be running each session with both the parent/carer and child together. Further information will be provided at the Parent/carer introduction session. The groups will be run by staff from the School Nursing service who are trained to deliver these programs.

Sessions are designed to be fun and enjoyable for children and young people. They will learn new skills through talking, playing games and taking part in other fun activities.

Sessions include:

- How to understand their feelings
- Body clues
- The link between thoughts, feelings and behaviours
- How to recognise angry feelings in the early stages
- How to express angry feelings in a safe and appropriate way
- To learn alternatives to physical and verbal violence to express anger
- Learn how relaxation can help

Date of the next course:

### Group 1 (VIRTUAL Group)

Parent/carer Introduction session: Tuesday 7<sup>th</sup> June 2022 at 4pm-4.30pm

Course will begin for children on: Tuesday 14<sup>th</sup> June 2022 at 4pm-5pm (for 6 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (Instructions and a link will be sent to parents/carers once you book a place for your child)

### Group 2 (VIRTUAL Group)

Parent/carer Introduction session: Wednesday 8<sup>th</sup> June 2022 at 4pm-4.30pm

Course will begin for children on: Wednesday 15<sup>th</sup> June 2022 at 4pm-5pm (for 6 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (Instructions and a link will be sent to parents/carers once you book a place for your child)

If you are a parent or carer and you would like further information or to book your child a place on one of the above courses then please contact us by email:

Email: [wellbeing@walsallhealthcare.nhs.uk](mailto:wellbeing@walsallhealthcare.nhs.uk)

If you have any questions please contact the School Nursing Single Point of Access on 01922 423349